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EXPLORING THE SIGNIFICANCE OF NIGHANTU ADARSHA: A COMPREHENSIVE CRITICAL REVIEW

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ABSTRACT

Ayurvedic Nighantus are essential lexicons for the identification and therapeutic application of medicinal plants. *Nighantu Adarsha*, authored by Bapalal G. Vaidya, is a significant Ayurvedic lexicon that systematically documents medicinal plants along with their pharmacological attributes and therapeutic applications. It also represents a significant advancement by integrating classical Ayurvedic knowledge with modern botanical classification. A critical review was conducted using *Nighantu Adarsha* as the primary source, supported by classical Ayurvedic texts and indexed research articles. The text documents approximately 571 medicinal plants categorized into 127 Vargas, with detailed descriptions including synonyms, morphology, pharmacological properties, and therapeutic uses. *Nighantu Adarsha* serves as a vital bridge between traditional Ayurvedic knowledge and modern pharmacognostic research. Its integration with regional studies enhances its utility in evidence-based herbal medicine.

KEYWORDS: *Nighantu Adarsha*, *Dravyaguna*, Pharmacognosy, *Ayurveda*, Medicinal Plants.

INTRODUCTION

Ayurveda, the ancient Indian system of medicine, extensively utilizes medicinal plants for disease management. The knowledge of these plants is systematically compiled in Nighantus,

which serve as specialized lexicons describing nomenclature, pharmacological properties, and therapeutic applications.[1] Among these, *Nighantu Adarsha* is a notable contribution due to its systematic classification and incorporation of botanical nomenclature. Authored by Bapalal G. Vaidya, it represents a transition from traditional descriptive texts to more structured pharmacognostic documentation.[2] Vaidya Bapalal Garbaddas Shah, the author of *Nighantu Ādarśa*, was a distinguished Ayurvedic scholar known for his significant contributions to Ayurvedic literature, especially in classifying and documenting medicinal plants. Born on September 17, 1896, in Sansoli, Panchmahal District, Vadodara, Gujarat, he played a pivotal role in advancing Ayurvedic education and research.[3]

He served as the Principal of Nazar Ayurvedic College in Surat, Gujarat, from 1946 to 1965 and was also the Dean of the Ayurveda Faculty at Gujarat University. Vaidya's expertise was recognized at the national level, as he chaired key committees, including the Committee for Standard and Genuine Ayurvedic Herbs and Drugs, established by the Government of Bombay in 1955, and the *Sandigdha Aushada Nirnayak Samiti* (Pharmacopeia Committee) under the Ministry of Health, New Delhi.[4,5] *Nighantu Ādarśa* is a comprehensive treatise on Vegetable Materia Medica, authored by Bapalal G. Vaidya was first published in Gujarati in 1927 in two volumes. The first edition of *Nighantu Ādarśa* was printed at Aditya Mudranalaya in Ahmedabad, Gujarat.[6] The second edition came out in 1965, and recognizing the wider readership of Hindi literature, the book was later translated into Hindi and published in 1968 by Chaukambha Sanskrit Series. Vaidya credits Shri Jaydevbhai Desai, Ayurveda *Śīromaṇi*, Ayurvedacharya, Professor, Shri Nazar Ayurveda College, Surat, for his active role in the Hindi translation. The book thoroughly describes 571 medicinal plants from 127 families, including their names in various languages, uses, and scholarly discussions from ancient to modern times. Vaidya also addresses controversies regarding identifying different medicinal plants and organizes them according to their natural order, beginning with Ranunculaceae, and concluding with Lichens.[7]

MATERIALS AND METHODS

This study is based on a **critical narrative review**.

Data Sources

- Primary: *Nighantu Adarsha*
- Secondary: Indexed journals

METHODOLOGY

- Structural analysis of Vargas classification.
- Critical appraisal of therapeutic relevance.

REVIEW OF LITERATURE

Nighantus are compilations focusing on drug identification and pharmacological attributes. Classical texts such as *Bhavaprakasha Nighantu* and *Dhanvantari Nighantu* laid the foundation for later works.[8]

Nighantu Adarsha expands this tradition by incorporating:

- Botanical classification
- Chemical constituents
- Regional plant names

It includes approximately 571 drugs categorized into 127 Vargas, reflecting a comprehensive approach to plant classification.[2]

RESULTS

1. Structural Organization

The classification into Vargas based on botanical families enhances systematic understanding and identification.

Table 1: List of varga with their properties.

NIGHANTU ADARSHA (PURVARDHA/VOL.I)				
S. No.	**Varga Name**	**Family**	**No. of Drugs**	**Key Properties / Uses**
1.	*Vatsnabhadi*	Ranunculaceae	6	1. It has 30 family & 1200 species. 2. Flowers- exquisite & visible. 3. Entomophilous e.g. *Vatsnabha, Atees, Kalaunji,* etc.
2.	*Bhavyadi*	Dilleniaceae	1	1. It has 16 family & 400 species. 2. Mostly in Australia 3. Medicinally not important group.
3.	*Swarnachampakadi*	Magnoliaceae	2	1. It has 10 family &100 species. 2. It is the smallest varga. 3. Name based on french botanist Piare Magnol of 17th century. 4. *Ausadhiya Guna- Katu, Sugandhit, Grahi, Balya, Uttejak, Swedal & Jwarghna*
4.	*Sitaphaladi*	Anonaceae	2	**1.** Drugs are *Garbhnashak, Jantughna, Vidahi, Kaphakarak,*

				Rechaka, Jwaraghna, Paustik.
5.	*Guduchyadi*	Menispermaceae	4	1. Seeds of this varga are moonshaped. *2. Guna-Katupaustik. Jwaraghna, Mutrala, Paustika, Krimighna, Pittaghna.* 3. Fruits are generally poisonous & *tandrakarak.*
6.	*Daruharidradi*	Berberidaceae	02	1. It has 12 family & 210 species. 2. Breberin alkaloid found in the plants of this varga. **3.** Roots and bark act as *virechaka.* **4.** Guna- **Tvak**- *Tikta, Balya, Jwaraghna.* **Phala**- *Raktapittahara, Lavana, Kasaya.*
7.	*Kamladi*	Nymphoeaceae	02	1. Plants are found in water. 2. Guna- *Sheetal, Paustik, Mutral, Swedala.*
8.	*Ahiphenadi*	Papaveraceae	02	1. It has 28 family & 600 species. **2. Guna**- *Madaka, Grahi, Nidrajanak, Kshobhaka, Rechaka.*
9.	*Sahatara (Parpatadi)*	Fumariaceae	01	1. **Guna**- *Balya, Rasayana, Swedal.* **2.** Alkaloids- Bulbocapenin, Koribulbin, Fumerin, Protopine etc.
10.	*Rajikadi*	Cruciferae	09	1. It has 220 family & 1900 species. 2. Contains volatile oils. **3.** *Guna*- Some plants have *Tikta, Katu, Vidahi.*
11.	*Kariradi*	Capparidaceae	06	1. It has 40 family & 450 species. 2. Similar to *Rajikadi varga.* 3. *Guna* of *Tvak- Tikta, Mriduvirechaka.*
12.	*Vanfshadi*	Violaceae	01	1. It has 21 family & 450 species. 2. Flowers are colourful. 3. *Guna* of *Mula- Vamaka, Mutrala, Rechaka, Jwaraghna, Kaphaghna & Sothaghna.*
13.	*Katiradi*	Cochlospermaceae	01	1. It has 03 family & 18 species. 2. Medicinally not important.
14.	*Tuwrakadi*	Flacourtiaceae	01	1. It has 70 family & 500 species. 2. *Guna- Krimighna, Tandraprada.* 3. Example- *Prachinamalaka, Paniyamalaka.*
15.	*Lonikadi*	Portulacaceae	01	1. It has 17 family & 225 species. **2.** *Lonika* is the only plant which is

				medicinally important in this varga.
16.	*Jhabukadi*	Tamaricaceae	01	1. *Guna- Paustik and Grahi.* **2.** Chemical constituents- Methyl quercetin, Tanic acid.
17.	*Nagpuspadi*	Guttiferae	07	1. It has 40 family & 630 species. 2. *Guna- Sugandhita, Stambhan.*
18.	*Chai*	Ternstraemiaceae	01	1. *Guna- Uttejak, Grahi* useful in *Samgrahani* (IBS). **2.** Contains caffeine and theophylline alkaloids.
19.	*Shaladi*	Dipterocarpaceae	04	1. It has 25 family & 350 species. **2.** Produces gum, best quality of camphor and oil.
20.	*Karpasadi*	Malvaceae	11	1. Total 900 species found in world among them 111 species are found in india. 2. *Guna- Paustik, Grahi, Mutrala, Swedala, Vishara, Sothaghna, Jwaraghna, Vataghna* etc.
21.	*Shalmalyadi*	Bombacaceae	04	1. It has 21 family & 150 species. 2. Gum-producing plants. **3.** Some plants are *tikta rasa pradhana*, some are *kashaya.*
22.	*Muchukundadi*	Sterculiaceae	04	1. It has 48 family & 660 species. 2. Chemical constituents- Glucoside-coletin, Tannin-coletin, Gum, Alkaloids- Caffeine, Theobromine etc.
23.	*Dhanvanadi*	Tiliaceae	05	1. It has 35 family & 380 species. 2. *Guna- Paustik, Pramehanashak, Snehakrit, Vataghna, & Mutrala.*
24.	*Rudraksha*	Eliocarpaceae	01	1. Seeds are called Rudraksa & they are used as Jwellery. 2. *Phalamajjja* used in Apasmara.
25.	*Atasyadi*	Linaceae	01	1. It has 09 family & 150 species. 2. *Guna- Snigdha, Paustik.*
26.	*Kokenadi*	Erythroxylaceae	01	1. It has 02 family & 200 species. **2.** *Guna- Snigdha, Balya, Grahi, Uttejak, Snighdha, Rechaka, Mutrala.*
27.	*Madhvilatadi*	Malpighiaceae	01	1. This *varga* is named in honour of the 17th-century anatomist and renowned botanist Marcello Malpighi. 2. *Guna- Pittaghna, Kaphaghna, Kushtaghna.*
28.	*Laghu gokshuradi*	Zygophyllaceae	02	1. *Guna- Mutral, Swedala, Sleshmahara, Rasayana.*
29.	*Changeriyadi*	Oxalidaceae	02	1. It has 07 family & 880 species.

				2. *Guna- Amla rasa, Grahi, Raktastambhaka.*
30.	*Beejpurkadi*	Rutaceae	11	1. *Guna- Uttejaka Sankochaka, Vatahara, Saraka, Mutrala, Jwaraghna.*
31.	*Ingudyadi*	Simarubaceae	03	1. It has 28 family & 125 species 2. *Guna - Jwaraghna, Katu-Paustik.*
32.	*Gugulwadi*	Burseraceae	03	1. It has 13 family & 350 species 2. *Guna -Vataghna, Paustik, Rechaka, Kaphaghna.*
33.	*Nimbadi*	Meliaceae	03	1. *Guna -Kushtaghna, Krimighna, Jwaraghna, Katu-Paustik.*
34.	*Jyotishmatyadi*	Celastraceae	03	1. It has 13 family & 105 species 2. *Guna – Vataghna.*
35.	*Badradi*	Rhamnaceae	01	1. It has 18 family & 51 species 2. *Guna - Shothaghna, Grahi, Paustik, Sothaghna, Pittashamaka.*
36.	*Drakshadi*	Vitaceae	03	1. It has 03 family & 94 species 2. *Guna – Vidahi* 3. Chemical Constituents – a) Alcoholas Inositol b) Acid – Citric, Pamitic, Salicylic etc. c) Salts – Calcium Titrate, Potasium Acid Titrate
37.	*Pheniladi*	Sapindaceae	05	1. All fruits of this *varga* are *Vamaka* except Litchi. 2. Chemical Constituents – Saponin. 3. *Guna- Vantikar, Visahara and Jantughna*.
38.	*Bhallatakadi*	Anacardiaceae	10	1. *Guna - Paustik and Rasayana.* 2. Fruits are edible e.g. *Amra, Mukulak (Pista), Kaju* etc.
39.	*Shigruadi*	Moringaceae	01	1. *Guna- Mutral, Shothaghna, Swedala, Asmarighna, Kaphaghna, Uttejak, Dahak.*
40.	*Shimbi*	Leguminosae	-	1. It has 1000 of species.
41.	*Palashadi*	Papilionaceae	38	1. Important medicinal plants & *Atiposhak Khadyapadartha* (nutritious food ingredients) are found in this Varga. 2. Guna- Beeja- Jwarpratibandhaka. Mula- Krimighna. 3. Example- *Mudgaparani, Mashaparani, Aadhaki, Aparajita, Mungphali* (peanut) etc.
42.	*Putikaranjadi*	Caesalpiniaceae	15	1. Pod type fruits.

43.	*Babbuladi*	Mimosaceae	08	1. Lomentum type fruits.
44.	*Padmakadi*	Rosaceae	12	1. It has 100 family & 2000 species. 2. It includes fruits like *Badam, Pitch, Seb* (Apple) etc.
45.	*Pashanbhedadi*	Saxifragaceae	01	1. It has 90 family & 750 species. 2. Main drug of this varga is *Pashanbheda.* 3. *Guna*- Lithotriptic (stone-breaking).
46.	*Jakhmehayat*	Crassulaceae	01	1. *Guna – Vrana soodhana, Rakta Sangrahak, Rakta skandana.*
47.	*Turushkadi*	Hamamelidaceae	01	1. It has 18 family & 50 species. 2. Famous drug of this *varga* is "*Shila rasa*".
48.	*Haritakyadi*	Combretaceae	05	1. It has 16 family & 480 species. 2. *Guna*- Cardio tonic *(Tvak).* Fruits-*Rechaka, Paustik, Kaphaghna.* 3. Example- *Arjuna, Haritak, Bibhitaki etc.*
49.	*Jambwadi*	Myrtaceae	08	1. It has 11 family & 158 species. 2. *Guna – Sugandhi, Dipana, Pachana, Stambhana, Svedajanana and Paustik. Taila-Jantughna.* 3. Example- *Jambu, Lavanga, Kumbhi* etc.
50.	*Dhatkyadi*	Lythraceae	03	1. It has 21 family & 500 species *2.* *Guna- Grahi, Dahak, Ranjak.* 3. Example- *Dhataki, Madayantika* etc.
51.	*Dadimadi*	Punicaceae	01	1. It has 1 family & 2 species. 2. Example- *Dadima*.
52.	*Shringatakadi*	Onagraceae	01	1. It has 45 family & 500 species. 2. *Guna- Paustik.*
53.	*Saptrangi*	Samydaceae	01	1. Mild laxative, Hepatostimulant
54.	*Papaiyadi*	Caricaceae	01	1. It has 4 family & 45 species.
55.	*Kushmandadi*	Cucurbitaceae	18	1. It has 90 family &750 species *2.* *Guna- Virechak, Paustik, Mutral, Sothaghna.* 3. Example- *Kushmand, Katutumbi, Devdali* etc.
56.	*Nagphani*	Cactaceae	01	1. It has 15 family & 1500 species 2. *Guna* of *Phala- Virechaka, Pittahara and Rakta-pittanashaka*.
57.	*Varshabhu*	Ficoidaceae	01	1. Mutrala, Sothahara.
58.	*Jirakadi*	Umbelliferae	14	1. It has 200 family & 2700 species. 2. *Sugandhayukta Dravya – Balya,*

				Uttejaka, Vataghna. 3. *Sugandhrahit Dravya – Dahak, Madak, Savisha.* 4. Example- *Jiraka, Mandukparni, Hingu etc.*
59.	*Jinseng*	Araliaceae	02	1. *Guna- Vajikar, Ajirna, Kaphaghna, Raktapradara* etc.
60.	*Ankoladi*	Alangiaceae	01	1. It has 1 family & 22 species.
61.	*Manjishthadi*	Rubiaceae	14	1. It has 450 family & 5500 species. 2. *Guna – Jwaraghna, Rakta Shodhaka, Saraka and Vishari.* 3. Example- *Manjishtha, Kadamba, Madanphal,* Coffee etc.
62.	*Jatamansi*	Valerianaceae	02	1. It has 8 family & 350 species. 2. Example- *Valerian officinalis, Tagara, Jantamamsi* are famous drugs of this *varga*.
63.	*Sahdevyadi*	Compositae	25	1. It has 900 family & 13000 species. It is the largest Varga. 2. Example- *Kusumbha, Artimisia, Calendula, Rasna, Kushtha* etc.
64.	*Devnal*	Campanulaceae	01	1. It has 60 family & 1000 species *2. Guna- Tikta, Dahaka, Vamaka & Madaka.*
65.	*Wintergreen*	Ericaceae	01	1. It has 50 family & 1350species. 2. *Guna- Tikta, Grahi, Mutral, Uttejaka, Madaka.* 3. Wintergreen oil is famous drug of this *varga*.
66.	*Chitrakadi*	Plumbaginaceae	01	1. It has 10 family & 280 species. 2. *Guna- Vidahi, Pachaka, Uttejaka & Grahi.* 3. Example- *Chitraka*.
67.	*Vidangadi*	Myrsinaceae	01	1. It has 35 family & 1000 species. 2. *Guna of Phala & Beeja- Snigdha, Jwaraghna, Vamaka, Rechaka & Krimighna.*
68.	*Madhukadi*	Sapotaceae	04	1. It has 35 family & 600 species. 2. *Guna* of *Tvak - Tikta, Kashaya and Jwara Pratibandhaka.* 3. Example- *Madhuka, Bakula, Chiku, Rajadana* etc.
69.	*Tindukadi*	Ebenaceae	01	1. It has 7 family & 320species. *2. Guna- Kashaya, Grahi, Jwara-pratisedhaka, Krimighna.* 3. Example- *Tinduka and Aabnus.*
70.	*Rodhradi*	Symplocaceae	01	1. It has 1 family & 290 species. 2. Chemical Constituents- Methyl Selicylate, Alkaloid - Harman, Glucoside- Saponin.

71.	*Lohbana*	Styraceae	01	1. *Guna- Paustika, Swaas-Kaashar, Mutra roga* 2. Useful part- *Pushpa* & *Niryas.*
72.	*Jatyadi*	Oleaceae	08	1. It has 21 family & 400 species. 2. *Guna-**Twaka**, Patra -Tikta, Grahi, Balya. **Pushpa** - Aakshephar, Shamaka & Mrudu vichaka.*
73.	*Pilvadi*	Salvadoraceae	01	1. It has 3 family & 8 species. *2. Guna-Vidahi, Dahaka, Uttejaka, Paustika.*
74.	*Kutajadi*	Apocynaceae	07	1. It has 180 family & 1400 species. 2. Most of the plants of this varga are toxic. 3. Mostly fruits & seeds are used. e.g. *Karmarda, Indrayava* etc.
NIGHANTU ADARSHA (UTTARARDHA/VOL.II)				
75.	*Arkadi*	Asclepiadaceae	11	1. It has 320 family & 1700 species. 2. *Guna- Savisha, Madaka, Grahi, Sodhaka, Kshobhaka, Swedala, Sothaghna, Jwaraghna* etc. 3. Example- *Jivanti, Madhunashini, Murva. Anantamula* etc.
76.	*Vishtindukadi*	Loganiaceae	04	1. It has 35 family & 550 species. 2. It contains important alkaloids like strychnine. 3. Example- *Vishatinduka, Nirmali* etc.
77.	*Kiratadi*	Gentianaceae	03	1. *Guna- Tikta, Jwaraghna.* 2. Example- *Kirattikta, Mamajjak, Trayamana.*
78.	*Shleshmatakadi*	Boraginaceae	04	1. It has 100 family & 1800 species. 2. *Guna- Paustika, Mutrala, Swedala, Grahi.* 3. Example- *Sleshmatak, Gojihva, Gojihva.*
79.	*Vriddhadarvadi*	Convolvulaceae	13	1. It has 50 family & 1000 species. 2. *Guna- Rechaka.* 3. Example- *Vridhdaru, Sankhapushpi, Trivrit, Rudanti* etc.
80.	*Kantakaryadi*	Solanaceae	13	1. It has 50 family & 1000 species. 2. Most of the drugs are poisonous but they are medicinally important. 3. *Guna- Madaka, Uttejaka, Paustika, Mutrala, Vedanashamaka* & *Swedala.* 4. Example- *Kantkari, Kakamachi, Aswagandha, Dhatura* etc.

81.	*Tiktalonikadi*	Scrophulariaceae	04	1. It has 200 family & 2600 species. 2. Every drug has distinct pharmacological properties (*gunas*). 3. *Guna- Hrdayaavasadak &Snigdha. Tikta & paustika, Vamaka & Tikshnavirechaka, Dahaka & Madaka*. 4. Example- *Brahmi, Katuki, Hritpatri.*
82.	*Patladi*	Bignoneaceae	03	1. It has 100 family & 800 species. 2. *Guna- Grahi, Mutrala, Prvahikahara & piitanihasaraka.* 3. Example- *Shyonaka, Patla, Rohitaka.*
83.	*Tiladi*	Pedaliaceae	02	1. It has 14 family & 45 species. 2. *Guna- Mutrala, Paustika, Dugdhavardhaka, Saraka, Jwaraghna & Kaphaghna.* 3. *Example- Tila, Gokhsura etc.*
84.	*Vasadi*	Acanthaceae	07	1. It has 240 family & 2000 species. 2. *Guna- Pichchila, Tikta, Dahaka, Uttejaka*. 3. Example- *Vasa, Parpat, Saireyak etc.*
85.	*Nirgundyadi*	Verbenaceae	09	1. It has 70 family & 750 species. 2. *Guna*- Katu paustika, Vataghna, Raktasodhaka, Dugdhavardhaka etc. 3. Example- Nirgundi, Arani, Gambhari etc.
86.	*Tulsyadi*	Lamiaceae	10	1. It has 200 family & 3000 species. 2. *Guna- Sugandhita, Paustika, Uttejaka, Swedala, Jwaraghna* etc. 3. Example- *Tulsi, Ajamoda, Dronapuspi* etc.
87.	*Isabgoladi*	Plantaginaceae	01	1. It has 3 family & 203 species. 2. Example- *Isabgol.*
88.	*Punarnavadi*	Nyctaginaceae	02	1. *Guna- Rechaka, Grahi, Mutrala, Paustika, Sothaghna etc.* 2. Example- *Punarnava*.
89.	*Apamargadi*	Amaranthaceae	07	1. It has 72 family & 700 species. 2. *Guna- Mutrala, Saraka, Snighdha.* 3. Example- *Apamarga, Matsyakshi* etc.
90.	*Vastukadi*	Chenopodiaceae	05	1. It has 75 family & 500 species. 2. Most of the drugs are Alkaline. 3. Example- Vastuka, Palak etc.

91.	*Chukrikadi*	Polygonaceae	03	1. It has 40 family & 750 species. 2. *Guna- Mutrala, Rechaka, Vidahi & Grahi.* 3. Example-*Chukrika, Amlaparni, Rajgara.*
92.	*Kitmaryadi*	Aristolochiaceae	03	1. It has 5 family & 300 species. 2. The flowers are beautiful and are planted in the garden. 3. Example- *Ishwari* etc.
93.	*Pippalyadi*	Piperaceae	05	1. It has 7 family & 1150 species. 2. *Guna- Sugandhita, Uttejaka, Lalasravavardhaka, Kaphaghna.* 3. Example- *Pippali, Marich, Chavya* etc.
94.	*Jatiphaladi*	Myristicaceae	01	1. It has 1 family & 85 species. 2. *Guna- Sugandhita, Uttejaka.* 3. Example- Jayphala.
95.	*Karpuradi*	Lauraceae	06	1. It has 40 family & 1000 species. 2. *Guna- Sugandhita, Uttejaka, Balya, Shamaka.* 3. Example- *Kapur, Tamalapatra, Tvak* etc.
96.	*Agurvadi*	Thymelaceaeae	02	1. It has 38 family & 550 species. 2. *Guna- Dahak, Sphotajanaka, Uttejaka.* 3. Example- *Mazriun, Aguru.*
97.	*Vrikshruhadi*	Loranthaceae	02	1. It has 30 family & 520 species. 2. These are the Parasitic plants. 3. Example- *Vanda, Bandaka.*
98.	*Chandanadi*	Santalaceae	01	1. It has 26 family & 250 species. 2. *Guna- Grahi, Kasaya, Sugndhita, Patrasaraka, Vamaka.* 3. Example- *Chandana,*
99.	*Amlakyadi*	Euphorbiaceae	19	1. It has 220 family & 4000 species. 2. *Guna- Rechaka, Uttejaka, Vamaka, Mutrala.* 3. Example- Amalaki, Eranda, Danti etc.
100.	*Vatadi*	Moraceae	09	1. It has 100 family & 1500 species. 2. *Guna- Mdaka, Grahi, Ruksha, Roichaka, Saraka, Sodhaka, Paustika* etc. 3. Example- *Vata, Aswaththa, Udumbara* etc.
101.	*Chirbilvadi*	Ulmaceae	01	1. *Guna- Tikshna, Usna.* 2. Example- *Chirbilva*
102.	*Bhangadi*	Cannabiaceae	02	1. *Guna- Grahi, Pachana, Laghu, Tikshna, Usna etc.* 2. Example- *Bhanga*.
103.	*Akshotkadi*	Juglandaceae	01	1. It has 6 family & 40 species.

				2. *Guna- Uttejaka, Grahi, Rechaka & Jantughna.* 3. Example- Akshota,
104.	*Katphaladi*	Myricaceae	01	1. It has 1 family & 45 species. 2. *Guna- Ruchya etc.* 3. Example- *Katphala.*
105.	*Bhurjpatradi*	Cupuliferae	02	1. Trees have calcified tubers. 2. *Guna- Grahi.* 3. Example- *Bhurjapatra, Mayaphala* etc.
106.	*Jalvetasadi*	Salicaceae	01	1. It has 2 family & 180 species. 2. *Guna- Sheeta, Raktapittahara, Sothaghna etc.* 3. Example- *Vetasa*.
107.	*Shaivaladi*	Ceratophyllaceae	01	1. It is found in water. 2. *Guna- Shita, Kashaya, Tikta, Madhura, Laghu.* 3. Example- *Shaivala.*
108.	*Somlatadi*	Gnetaceae	01	1. It has 3 family & 45 species. 2. *Guna- Balya, Swedaka, Jwarapratibandhaka, Rasayan* 3. Chemical Constituents- Ephedrine alkaloid. 4. Example- *Somlata.*
109.	*Devdarvadi*	Pinaceae	06	1. Plants are evergreen. 2. *Guna-Tvaka, Patra- Kashaya, Grahi. Raal, Taila* (Volatile oil)- *Uttejaka, Mutraala.* 3. Example- *Devadaru, Sarala, Talishapatra* etc.
110.	*Munjtakadi*	Orchidaceae	02	1. It has 610 family & 8000 species. 2. These plants are Epiphytes. 3. *Guna- Paustik, Sothahara, Balya, Brumhana etc.* 4. Example- *Munjataka, Amarphala.*
111.	*Adrakadi*	Zingiberaceae	09	1. It has 50 family & 1300 species. 2. *Guna- Paustik, Grahi, Shamaka, Sheetala.* 3. Example- *Haridra, Tvakshir, Ela* etc.
112.	*Kadalyadi Varga*	Musaceae	01	1. *Guna- Paustik, Tarpak, Stambhaka.* 2. Example- Kadali.
113.	*Kesaradi Varga*	Iridaceae	02	1. It has 57 family & 800 species. 2. *Guna- Uttejaka, Vamaka, Tivrarechaka.* 3. Example- *Kesar, Haimavati vacha.*
114.	*Muslikandadi*	*Amaryllidaceae*	02	1. Its roots are mostly Kanda

	Varga			(tuber) 2. *Guna- Paustik, Grahi, Madaka.* 3. Example- *Musali, Sudarshana.*
115.	*Annanasadi Varga*	Bromeliaceae	01	1. It has 65 family & 850 species. 2. *Guna- Ruchya, Hrudya, Guru.* 3. Example- *Ananasa*
116.	*Varahikandadi Varga*	Dioscoriaceae	01	1. It has 9 family & 220 species. 2. *Guna- Savisha, Kshobhaka, Vidahi.* 3. Example- *Varahikanda.*
117.	*Lashunadi Varga*	Liliaceae	09	1. It has 250 family & 2700 species. 2. *Guna- Paustika, Dahaka, Madakara, Tikta, Vamaka, Mutrala etc.* 3. Example- *Shatavari, Rasona, Chopachini, Palandu* etc.
118.	*Vatspriyadi Varga*	Commelinaceae	01	1. It is the smallest varga having small plants. 2. *Guna- Pramehara, Mutrala, Sothaghna.* 3. Example- *Vatspriya*
119.	*Taladi Varga*	Arecaceae	08	1. It has 200 family & 1500 species. 2. Example- *Taala, Kharjura, Puga* etc.
120.	*Ketkyadi Varga*	Pandanaceae	01	1. It has 3 family & 225 species. 2. *Guna-Laghu, Tikta, Chakshusya.* 3. Example- *Ketaki.*
121.	*Erakadi Varga*	Typhaceae	01	1. Perennial plants grows in freshwater. 2. *Guna- Mutrala, Ropaka, Shitavirya.* 3. Example- *Eraka.*
122.	*Vachadi Varga*	Araceae	06	1. It has 107 family & 1000 species. 2. *Guna- Mutrala, Kshobhaka, Vidahi, Savisha.* 3. Example- Vacha, Surana, Gajapippali etc.
123.	*Mustadi Varga*	Cyperaceae	02	1. It has 85 family & 2600 species. 2. *Guna- Sugandhi, Sodhaka, Swedala etc.* 3. Example- *Musta, Kaseruk.*
124.	*Trinadi Varga*	Poaceae	22	1. It has 450 family & 4500 species. 2. *Guna- Paustik, Uttejaka, Mutrala etc.* 3. Example- *Durva, Ushira, Hribera* etc.
125.	*Hansrajadi Varga*	Filiaces	03	1. It has Cryptogamous plants. 2. *Guna- Madaka, Grahi, Paustik etc.* 3. Example- *Mayursikha,*

				Hamsaraj, Sunnisanaka.
126.	*Bhuchhtrakadi Varga*	Fungi	01	1. It has 2580 family & 75000 species. 2. *Guna- Shitala, Dosakaraka, Atisara etc.* 3. Example- Mushroom.
127.	*Shilapushpadi Varga*	Lichens	01	1. It has 240 family & 2000 species. 2. *Guna- Sugandhita, Sheetala, Swadista.* 3. Example- *Saileya.*

2. Pharmacognostic Relevance

- Inclusion of botanical names improves accuracy
- Morphological descriptions aid identification
- Chemical constituents support scientific validation

3. Therapeutic Utility

The text describes drugs with actions such as:

- Rasayana (rejuvenative)
- Jwaraghna (antipyretic)
- Krimighna (antimicrobial)

These properties align with modern pharmacological findings.[5]

DISCUSSION

The present study critically evaluated *Nighantu Adarsha* with respect to its structural organization, pharmacognostic relevance, and therapeutic applicability. The findings derived from the Varga-wise classification substantiate the study objectives and validate the adopted analytical framework.

The classification of 571 medicinal drugs into 127 Vargas based on botanical families reflects a highly organized system that parallels modern taxonomy. This structure enhances clarity and facilitates accurate drug identification, indicating a shift from descriptive lexicons toward a more scientific approach in Ayurvedic literature.

Pharmacognostically, the integration of morphological features, botanical nomenclature, and chemical constituents demonstrates a multidimensional understanding of medicinal plants. The documentation of phytochemicals such as alkaloids, tannins, and volatile oils further supports the scientific relevance of the text and its applicability in drug standardization.

Therapeutically, the consistent occurrence of actions such as Jwaraghna, Krimighna, Rasayana, Mutrala, and Shothaghna highlights a well-defined and empirically grounded pharmacological framework. The uneven distribution of drugs across Vargas suggests selective emphasis on clinically significant plant groups.

The inclusion of diverse biological categories, including fungi and lichens, broadens the scope of the text and reflects an integrative approach to natural drug sources.

Overall, *Nighantu Adarsha* emerges as a systematically organized and scientifically relevant pharmaco-botanical compendium that effectively bridges classical Ayurvedic knowledge with modern pharmacognostic principles.

CONCLUSION

Nighantu Adarsha represents a significant advancement in Ayurvedic Nighantu literature through its systematic classification and integration of pharmacognostic principles. The organization of medicinal plants into botanical family-based Vargas, along with detailed therapeutic and chemical descriptions, underscores its scientific relevance.

The study demonstrates strong coherence between structural classification, pharmacognostic attributes, and therapeutic applications, validating the text as a reliable resource for modern research.

In conclusion, *Nighantu Adarsha* serves as an important link between traditional Ayurvedic knowledge and contemporary pharmacognostic science, offering a robust foundation for future research in herbal drug standardization, medicinal plant classification, and natural product drug discovery.

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INTRODUCTION

Ayurveda, one of the most ancient systems of medicine, relies extensively on plant-derived drugs for preventive and curative healthcare. Classical Ayurvedic literature contains detailed descriptions of medicinal substances, among which *Nighantus* play a crucial role as specialized lexicons compiling synonyms, pharmacological properties, and therapeutic indications of drugs.[1]

Nighantu Adarsha, authored by Bapalal G. Vaidya in the early 20th century, represents a significant contribution to Ayurvedic materia medica. Unlike earlier Nighantus, it incorporates regional plant knowledge, particularly from western India, thereby enhancing its applicability in field-based identification and ethnobotanical studies.[2]

In the contemporary era, there is increasing global interest in herbal medicine and natural product-based drug discovery. This has led to a renewed focus on classical texts as foundational resources for pharmacognostic research and drug standardization.[6,8] However, the practical relevance of such texts depends on their correlation with locally available flora and their validation through modern scientific approaches.

The Vadodara region of Gujarat is rich in medicinal plant diversity and provides an ideal

setting to evaluate the applicability of *Nighantu Adarsha*. By correlating classical descriptions with regional plant availability, the present study aims to bridge traditional knowledge with contemporary research practices.

MATERIALS AND METHODS

The present study adopts a **qualitative literary and observational research design**.

Data Sources

Primary data were derived from *Nighantu Adarsha*. Secondary data sources included classical Ayurvedic texts such as *Bhavaprakasha Nighantu* and standard pharmacognosy literature.[3–5]

Methodology

- Systematic review of drug descriptions in *Nighantu Adarsha*
- Identification of key pharmacological attributes (Rasa, Guna, Veerya, Vipaka, Karma)
- Field-level correlation with commonly available medicinal plants in the Vadodara region

Analytical Approach

A comparative analytical framework was used to:

- Match classical descriptions with regional plant species
- Evaluate pharmacognostic relevance
- Assess continuity of traditional knowledge

RESULTS

The study identified a significant overlap between medicinal plants described in *Nighantu Adarsha* and those found in the Vadodara region. Commonly observed plants included *Azadirachta indica* (Neem), *Ocimum sanctum* (Tulsi), *Emblica officinalis* (Amla), and *Terminalia arjuna* (Arjuna).

These plants demonstrated strong concordance with classical descriptions in terms of:

- Pharmacological properties
- Therapeutic indications
- Traditional usage patterns

The presence of these plants in the local ecosystem indicates the **continuity of ethnomedicinal practices** and validates the regional applicability of *Nighantu Adarsha*.

DISCUSSION

The findings of the present study highlight the enduring relevance of *Nighantu Adarsha* in the field of Ayurvedic pharmacognosy. The strong correlation between classical descriptions and regional plant availability suggests that traditional knowledge systems were deeply rooted in local biodiversity.

Pharmacognostic Significance

Classical descriptions of Rasa, Guna, Veerya, and Vipaka provide a theoretical framework that aligns with modern pharmacological concepts such as bioactivity and therapeutic efficacy. This supports the role of *Nighantu Adarsha* as a foundational reference in pharmacognostic research.[7,10]

Ethnobotanical Relevance

The continued use of medicinal plants like Neem and Tulsi in the Vadodara region reflects the persistence of traditional healthcare practices. This demonstrates that classical texts are not merely historical documents but remain actively relevant in community health systems.

CONCLUSION

Nighantu Adarsha represents a significant contribution to Ayurvedic literature and continues to hold substantial relevance in modern pharmacognostic and ethnobotanical research. The strong correlation between classical descriptions and medicinal plants of the Vadodara region highlights its practical applicability.

The study emphasizes the need for interdisciplinary approaches that combine classical Ayurvedic knowledge with modern scientific validation to promote evidence-based herbal medicine.