

## A REVIEW ARTICLE ON BHALLATAK

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**ABSTRACT**

The plant Bhallataka (Semecarpus Anacardium Linn.), also known as marking nut, dhobi nut, bhilawa, or biba, is a member of the Anacardiaceae family. One of the best, most useful, most popular herbs for home remedies. It has been utilised for millennia all over India. Ancient ayurvedic stages held it in high regard. It is a plant that is well known for having significant medicinal significance in Ayurveda and for treating a variety of illnesses. This page included information about Bhallataka.

**KEYWORDS:** *Bhallataka, Bhilwanol, Brihatrayee.*

**INTRODUCTION**

Bhallataka belongs to the Anacardiaceae family and is known botanically as Semecarpus anacardium Linn.f. It is sometimes referred to as the "Indian marking nut" and is widely utilised in the Ayurvedic medical system to treat a variety of illnesses, such as piles and cancer. In the 1940 Drugs and Cosmetics Act (India), Bhallataka is referred to as a dangerous medicinal plant. It is listed in the Upavisha series of Ayurvedic texts. After proper shodhana (purification/processing), bhallataka should be employed. The Ayurvedic literature mentions various shodhana techniques. Here, an effort has been made to gather detailed information about the drug Bhallataka, such as its paryaya (synonyms), guna (property), karma (actions), various indications, shodhana procedures, characteristics of high-quality bhallataka, antidotes for bhallataka, etc.

Vernacular Name<sup>[1]</sup>

English - Marking nut tree.

Hindi-Bhilawa, Bhela.

Bengali - Bhela, Bhelatuki.

Gujarati-Bhilamu.

Kannada-Bhallataka, Godugeru, Karigeri.

Malayalam-Chera, Cheru, Alakkucheru.

Marathi - Bibba, Bhilava. Punjabi - Bhilawa, Bhela, Bhiladar.

Tamil Tatamkottai, Scramkotati, Senkottati, Erimurgi.

Telugu - Nallajidi, Nallajidiginga, Bhalatamu.

Arabia - Beladin, Habbul-fahm.

Assam- Bhelaguti, Bhala, Bholaguti.

Oriya-Bhollataki, Bholai, Balia. Urdu-Baladur, Bhilavan.

### Plant description

A deciduous tree of average size that produces a black juice. Petioles, young branches, inflorescences, and leaf undersides are hairy. Obovate, rounded at the apex, cartilaginous at the border, and very coriaceous leaves are present. Flowers are fasciculate, greenish yellow in hue, and grouped in erect, compound, terminal panicles. Fruits are drupes that are somewhat obliquely oval or oblong, smooth, glossy, purplish-black, and when mature, cup orange-red (Fruits ripen from November to February, with flowering occurring all year round, primarily in May and June.<sup>[2]</sup>

### Synonyms of Bhallataka<sup>[3]</sup>

Bhallataka, Dahana, Arushkara, Krimighna, Vatari, Prthagvija, Agni, Tapan, Anala, Taila-bija, Sphotaka- bijaka, Dhanurvija.

### Clinical manifestation of Bhallataka poisoning<sup>[4]</sup>

1. If Ingested Orally Burning sensation in mouth, throat, chest & epigastric region (upper GIT)

Blackish blister containing acrid serum Excessive salivation, nausea & vomiting

Pain & cramps in abdomen (Entire) Watery purgation, sometime with blood stains & mucus

Excessive thirst, Oligourea, Anurea

2. Application on Skin

Painful blackish blister containing acrid serum Eczematous eruption with severe itching

Fever, painful micturation with brown urine.

### Treatment of Bhallataka Toxicity

Bhallataka Shothahara Yoga - Local application of paste of Tila rubbed with buffalo milk and mixed butter or local application of paste of Yasthimadhu and Tila rubbed Shalapatra.

Arushkara Shothaghna Lepa - Paste of Tila with goat milk and butter or Krishna Mritika is used in Shotha caused by Bhallataka

Local Application - For quick relief of Bhallataka Shotha are as follows - Mixture of Mehnad Swarasa

### Samhita Period

#### Brihatrayee

##### In Charaka Samhita

6 formulations are mentioned for skin disease, in that Bhallataka is mentioned in 5<sup>th</sup> formulation.<sup>[5]</sup> Bhallataka phala and puspha was mentioned under Aetiology of Agantuja shotha (Exogenous swelling).<sup>[6]</sup> Bhallataka was mentioned under Phala varga.<sup>[7]</sup> Bhallataka taila recipe was mentioned.<sup>[8]</sup> Under recepies of Madanaphala in the form of choorna, it is mentioned to extract juice of Madanaphala according to the procedure used for extracting the essence of bhallataka mentioned in chikitsa sthana.<sup>[9]</sup> Collection and purification methods of Bhallataka are told.<sup>[10]</sup> Recipes like Bhallathaka ksheera, Bhallataka khaudra, Bhallthaka taila, Bhallataka sarpis, Guda Bhallataka, Bhallataka lavana, Bhallataka tarpana and Bhallataka yusa-palala-sakthu are explained.<sup>[11,12]</sup> Bhallataka guna and karma is separately mentioned.<sup>[13]</sup>

##### In Sushruta Samhitha

Bhallataka was mentioned under Nyagrodhadi gana and Mustadi gana.<sup>[14]</sup> It is mentioned to construct sootikaagaram with wood of Bhallataka/ Bilva/ Nyagrodha/ Tinthuka.<sup>[15]</sup> One preparation with Bhallataka taila is told for application on wounds and another preparation of Bhallataka taila mixed with latex of snuhi is also told for application onwounds.<sup>[16,17]</sup> Bhallataka flowers are told as one of the ingredient for preparation of anjana.<sup>[18]</sup> Decoction prepared out of kapitha, suvaha, bimbi and nadi Bhallataka is used for treatment of seethapoothana.<sup>[19]</sup>

### **In Astanga Hridayam**

Guna and karma of Bhallataka fruit and nut is told. In vishama jwara chikitsa Bhallataka along with guda recipe is mentioned. In uttara sthana, it has been told to prepare fresh juice of Bhallataka just like madanaphala. Bhallataka is told as doopanadravya.

### **Chakradatta**

In Rasayana adhikara, a preparation known as Amrutha Bhallatakam is mentioned and in the same chapter Bhallataka is also old as one ingredient in Shiva gutika preparation. In vrishya adhikara, a preparation known as Bhallatakadi lepa has been explained. In Gulma adhikara, Bhallataka ghritham has been explained for treatment of kapha gulma and raktha gulma. In kusta chikitsa, Bhallatakadi lepa prayoga has been explained. In Nadi vrana chikitsa, Bhallataka Taila prayogam has been mentioned. In shotha chikitsa, Bhallataka shotha hara lepa has been explained. In urusthamba chikitsa, Bhallatakadi kwatha has been explained.

## **DISCUSSION**

### **Pharmacological properties**

Different parts of Bhallataka have been attributed with different properties in Nighantu (Lexicons). There are some difference in opinion regarding the properties of Bhallataka and its parts. Bhallataka is having Tikta (bitter), Kashaya (astringent), Madhura (sweet) rasa; Laghu (light), sheeta (cold) guna; Katu vipaka, Grahi and Shukrala properties. It is mentioned as Pittakaphahara in Kaiyadeva nighantu while Bhavamishra mentioned its Vatakaphahara action. Bhallataka pakva phala is having Madhura, kashayarasa; Ushna virya; Madhura vipaka. As per Kaiyadeva nighantu, it is having Guru, Ruksha, Sheetam properties; while As per Bhavaprakasha nighantu it is having Laghu, Snigdha, Tikshna properties. Brimhana, Vishtambhi, Shukrala, Durjara, Balya, Pachana, Chedana, Bhedana, Medhya,

Deepana are some of the pharmacological actions mentioned by both the authors. Properties and actions of Bhallataka asthi are enlisted only in Kaiyadeva nighantu, which are Madhura, Tikta, KatuRasa; Laghu, Snigdha, Tikshna guna; Ushna virya; Katu vipaka; Kaphavatahara, Pachana, Chedana, Bhedana, Medhya, Deepana Karma. Both Bhallataka vrinta and Bhallataka majjaare Madhura in Rasa. Bhallataka vrintha acts as Pittahara, but Bhallataka majja alleviates both Pittaand Vata dosha. Bhallatakamajja is having Vrishyaand Brimhana properties while Keshya is the specific action mentioned for Bhallataka vrintha.

## CONCLUSION

*Semecarpus anacardium* Linn. is responsible for the diverse medicinal potentials, according to the aforementioned research. When *Bhallataka*'s qualities were examined from an Ayurvedic and modern perspective, it was discovered that it included several hazardous principles. It is acknowledged as 'Upavisha' in a number of *Rasagranthas*. Various illnesses like *Arsna*, *Kushtha*, *Krimi*, etc. are also treated with it. Mostly used as a *rasayana* and *vajikarana*, *Acharya Charaka*. Only use it after *shodhan sanskara*, it is advised. Through the study of Ayurvedic and contemporary literature, a thorough analysis of *Bhallataka* and *semecarpus anacardium* was conducted.

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