

PHARMACEUTICAL FORMS OF FLOWERS AND DEALING OF PUSHPA AYURVEDA IN SHALAKYA TANTRA

**Dr. Bhavya B. G.*¹, B.A.M.S., Dr. Vinod M. Jadhav², M.S. (Phd) (Shalakyas), Dr.
Manjunath Koutal³ M.S. (Shalakyas)**

¹Final Year P.G. Scholar, Department of P.G. Studies in Shalakyas Tantra, Shri Vijay Mahantesh Ayurvedic Medical College and PG Research Centre, Ilkal-587125 Karnataka-India.

²Professor, Guide and H.O.D, Department of P.G. Studies in Shalakyas Tantra, Shri Vijay Mahantesh Ayurvedic Medical College and PG Research Centre, Ilkal-587125 Karnataka-India.

³Assistant Professor and co-guide, Department of P.G. Studies in Shalakyas Tantra, Shri Vijay Mahantesh Ayurvedic Medical College and PG Research Centre, Ilkal-587125 Karnataka-India.

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***Corresponding Author**

Dr. Bhavya B. G.

B.A.M.S., Final Year P.G.
Scholar, Department of P.G.
Studies in Shalakyas Tantra,
Shri Vijay Mahantesh
Ayurvedic Medical College
and PG Research Centre,
Ilkal-587125 Karnataka-
India.

ABSTRACT

Flower is the most attractive part of the plant, which bewitches with its beautiful harmony, colors, and fragrance. It Symbolizes blossoming of universal consciousness and the smile of spirit hidden in nature. This is the reason why flowers occupy an important place in individual and social life. They have been an integral part of human beings since ancient times for various purposes like ornamental, decorations, medicine (fresh, distillates, decoction and powdered form), nutrients/foods (fresh garnishes, dried, in cocktails, canned sugar), during religious rites, to pray gods, culinary preparations, essential oils, treating eye and oral disorders and in beauty care products etc. A review has been made focusing on the therapeutic uses, brief description of some important flowers used in Ayurvedic System of Medicine as single drugs and in compound formulations contributing to the popularization of various important medicinal uses of these

flowers.

KEYWORDS: Flowers, *Ayurveda*, Human, Therapeutic.

1. INTRODUCTION

Flowers are playing an important role in our day-to-day life directly or indirectly. Each flower labelled with specific name based on quality which they represented. In *Ayurveda*, flowers have distinct place and are used in health improvement and curing diseases from time immemorial. As there are several flower drugs in *Ayurvedic* science which are useful for treating different types of disease conditions.

2. Pharmaceutical forms of flowers^[1]

1. Pushpa rasa (Flower juice): The juice extracted from fresh flowers is known as 'Pushpa-rasa'. It should be strained cleanly and taken with honey.

The juicy extract of flowers is termed as pushpa drava, pushpa sara, pushpa sveda, pushparasanjana, pushpa niryasaka and pushpa jambu.

Pushpa drava is fragrant, cold, astringent, exhilarating, laxative and saturating. It alleviates burning, fatigue, distress vomiting, confusion, diseases of mouth, thirst, disorders of pitta and kapha and anorexia.

2. Churna (Powder): The flowers should be dried in the sun and then rubbed (in the mortar) and finally strained through a cloth piece to make it a fine powder.

3. Hima (Cold infusion): Crushed flowers 40 gm, are kept in 240 ml of water over night, This is known as hima as of nilotpala etc.

4. Phanta (Hot infusion): In flowers 40 gm, hot water four times should be poured in it, after a while it should be strained through a cloth, this (tea-like preparation) is known as phanta (hot infusion).

5. Kalka (Paste): Paste is made of fresh flowers on pounding them in a mortar or on a stone slab, it is taken generally with milk.

6. Avaleha (Linctus): The paste of flowers should be made lickable after mixing with honey or ghee, it is known as avaleha.

7. Asava (Fermented extracts): Asava is prepared from flowers which are kept for fermentation in water without boiling, while Arista is prepared of decoctions.

In the *Charaka samhita*, ten pushpa asavas are mentioned (asavas prepared from flowers such as padma, utpala, nalina, kumuda, saugandhika, pundarika, satapatra, madhuka, priyangu and dhataki).

Madhukasava, kanakarista and aravindasava are indicated in grahami disorder, piles and diseases of children respectively.

Sidhu- It is a type of asava prepared of unboiled juice as Susruta has described sidhu of madhuka flowers.

8. Oil: Fragrant oil is obtained by pressing sesamum seeds scented profusely with flowers of jati, patala etc. Oils are also prepared with fragrant flowers like campaka, jati etc. by the traditional method of oil-cooking as in case of gandharaja taila. Flowers are also used for perfuming other cooked oils.

9. Preparations: Flower petals are sprinkled with powder of drugs for emesis etc. Such preparation is given to delicate, weak and sensitive patients.

10. Arka (Distilled extract): Essence of flowers like rose, ketaki etc. dipped in water and extracted through distilled apparatus is known as arka.

Parisrutodaka (Distilled aromatic water): Distilled aromatic water is a type of arka and is prepared of rose, ketaki etc. which is used for mixing in drinking water particularly in summer season. It is cooling and pacifies thirst.

11. Gandhasatva (Scents): Scents are prepared of the flowers of rose etc. It is also extracted through the media of alcohol etc.

12. Puspakhanda (Flower-electuary): It is prepared by mixing flowers with sugar and keeping them for a certain period. Generally three times sugar is mixed with flowers which are kept in open for forty days.

Dietary Preparations-

13. Soups should be prepared of flowers such as Sana, silmali, dhataki, kamala, kovidara and kancanara. Flower- soup made with pomegranate without adding oil and sours is useful in pradara, raktapitta and burning sensation in abdomen and eyes.

14. Saka (Vegetable): They are prepared of flowers after cooking then with water, adding oil or ghee etc. and spicing with asafoetida, cumin and black pepper.

Vegetable of salmali flowers cooked with ghee and rocksalt is useful in pradara.

15. Panaka (Syrup): They are prepared of sour flowers or fruits adding with sugar and black pepper.

16. Sara (A soury preparation): Agastya flowers are dipped in sara (soury liquid). It is known as agastyasara. It is palatable, slightly bitter, pacifies vata and kapha and is useful in anaemia, oedema, anorexia, spleen enlargement, gulma and colic.

17. Kvathali (Vegetable curry): Vegetable of flowers, root, fruit, or leaves cooked with buttermilk etc. is known as kvāthali. It is appetiser, digestive, relishing and pacifies vata and kapha.

3. MATERIALS AND METHODS

- Kunkuma^[2] (*Crocus sativus* Linn), (saffron) is pungent, bitter, hot, pacifies kapha and vata, कायकान्तिकृत्, दृष्टि शिरोरोग.
- जाती^[3] (मालती) flowers of जाति (*Jasminum officinale* Linn.) Both types of जाती (जाती and स्वर्णजाती) are bitter, astringent, light, hot, pacify vata and alleviate shira, नेत्र, मुख and दन्त रोग.
- तिलक^[4] Flowers of तिलक (*Wendlandia exerta* Dc) flowers of are pungent, light, hot, kapha vataghna, and Netra rogaghna.
- दाडिमपुष्प^[5] (*Punica grantum* Linn.) flower bud of dadima is, ग्राहि and useful in treating epistaxis by snuffing (flowers juice).
- Flowers of Nimba^[6] (*Azadirachta indica* A.Juss.) – They are pungent in vipaka, beneficial for eye, aggravate vata and alleviate worms, disorders of pitta, poison and all types of Anorexia.
- Panasa pushpa^[7] are bitter, heavy and cleanse the mouth.
- Paribhadra pushpa^[8] are red and juicy, they are astringent and useful in Disorders of pitta and कर्णव्याधि.
- Mucakunda^[9] (*Pterospermum acerofolium* Willd) yellow colour flowers are effective in treating शिरःशूल.
- Flowers of Yuthika^[10] (*Jasminum auriculatum* Vahl.) and Svarna yuthika are bitter, sweet, astringent, pungent in vipaka, cold, light, beneficial for heart, pacify pitta and aggravates kapha and vata. They are utilised in Mukha, Danta, Netra and Shiro roga.
- Flowers of Lavanga (*Syzygium aromaticum* Linn) are cold, good for eyes, treats shiro rogas.
- Flowers of Shigru and Madhusigru (*Moringa oleifera* lam, and *Moringa concanensis* Nimmo) are pungent, hot, sharp and are good for eyes.

- शिरस्तेल - fragrant head oil prepared with flower of jaati, Patala, Mucakaunda etc are used by healthy people.
- Flowers are used in food as vegetable etc, according to season as white flowers of Agastya are used in the month of कार्तिक (autumn) has described in the context of vegetables of शाल्मलि निम्ब, कोविदार, करीर, कुमुद etc. Smoking stick contains कमल and Nagakesara.
- In summer, one should cover his bed with Banana leaves, flowers, with it's lotus stalk to eliminate excessive heat.
- Dandruff - stamens of Amalaka, Neelotpala combined together is applied as paste in Darunaka.

Baldness and greying of hairs^[11]

- Gokshura and flowers of tila are mixed with equal quantity of honey and ghee. By applying this paste on head hairs will grow.
- One who always uses paste of amalaka mixed with mandura and japa flowers during bath does not suffer from greying of hairs^[14]
- Ketakyadi taila contains flowers of ketaki and arjuna.
- Nila bindu taila contains flowers of jambu, amra, and arjuna.
- Flowers of Sala, arjuna, jambu and sahachara will participate in kashmaryadi taila.
- Kesaranjana contains flowers of sahachara.
- Oil cooked with Bhrngaraja, triphala, nilotpala, sariva and iron slag destroys dandruff and makes the hairs dense and stable.
- Mahanili taila contains utpala and lotus-stalk.
- In nilitaila are the flowers of bijaka and sahacara.
- Sairiyadi formulation contains flowers of saireyaka, jambu, arjuna, kasmari and tila.
- Tila, amalaka, lotus-stamens, madhuka and honey this paste applied on head removes baldness and greying of hairs.
- Candanadya taila contains nilotpala.
- Mahanila taila contains utpala and flowers of arjuna and kasmari.
- Japakusumataila.
- Kunkumadya taila used as cosmetic contains kunkuma, nilotpala and lotus-stamens.

- Paste of the flowers of Mallika, Usira and Nagakesara is useful in sweating, skin rashes and burning sensation.

Shiro Roga (Head Diseases)^[12]

- i. The paste of Tagara, utpala, candana and kustha mixed with ghee should be applied in headache.
- ii. Paste of Prapaundarika, devadaru, kustha, yaṣṭimadhu, ela and flowers of kamala and utpala mixed with ghee should be applied in headache.
- iii. The paste of Saivala, flowers of kamala and utpala, vetra, punnaga, prapaundarika, usira, lodhra, priyangu, kaleyaka and candana mixed with ghee relieves burning sensation.
- iv. Pain-balm consisting of Nala, vetasa, red utpala, candana, nilotpala, padmaka, vamsa, saivala, yaṣṭimadhu, musta and kamala mixed with ghee and also similar formulations prescribed for visarpa are applicable in head-disease caused by pitta and rakta.
- v. Sariva, nilotpala, kustha and madhuka pounded with sour gruel and mixed ghee and oil should be applied as balm in both suryavarta and hemicrania.
- vi. In Anantavata, the paste consisting of satavari, tila (black), madhuka, nilotpala, durva and punarnava should be applied.
- vii. Mayura ghṛita contains utpala.
- viii. Mahamayura ghṛita contains lotus-stalk.
- ix. Prapaundarikadi yoga contains water lily.
- x. Contact with cooling lotus and water lily, sandal water and soothing breeze should be used, It alleviates heat and distress
- xi. Unctuous and cold paste of lotus-stalk, stem and root, sandal, lily and nagakesara and similarly of amalaka and lily should be applied on head
- xii. Fresh buds of pomegranate pounded and mixed with half sugar applied as snuff relieve headache instantaneously
- xiii. Saffron fried with ghee and mixed with sugar should be used in various types of head ache particularly caused by vata and rakta

Diseases of Mouth^[13]

1. Yasti taila contains Nilotpala.
2. Astringent drugs and cow urine along with the flower buds of Jati are always useful in diseases of mouth.

Diseases of Teeth

- ✓ Sarivadi ghṛita, indicated in sausura (spongy gums) contains utpala.

DISEASES OF EYE^[14]**Conjunctivitis caused by Kapha**

1. In conjunctivitis caused by kapha and having itching and swelling the collyrium consisting of sunthi, devadaru, musta, rocksalt and buds of jati pounded with wine is useful.
2. In the same disorder, flowers of jati, karanja and Sobhanjana pounded with water should be used as collyrium or fruits of putika or flowers of Sigru mixed with equal quantity of both types of Brihati should be used similarly.

Conjunctivitis caused by Pitta:

3. In conjunctivitis caused by pitta, rasakriya (semisolid extract) of musta, samudraphena, utpala, vidanga, ela, amalaki and bijaka should be used as collyrium.
4. Flower of kimsuka rubbed with honey (in a copper vessel) is also useful as collyrium.

Conjunctivitis caused by Rakta:

5. Nilotpadi formulation is used as paste.
6. Flowers of patala, arjuna, gambhari, dhataki, amalaki, bilva, bṛhati, kantakari and bimbilota and manjistha in equal quantity, rubbed with honey or sugarcane juice should be applied as collyrium.
7. Candanadyanjana contains kumuda and kunkuma.

Sirotpata

8. Juice of Shirisa flowers mixed with wine, shweta marica and honey should be used as collyrium.

Corneal ulcer and opacity

1. In corneal ulcer, Shirisa flowers, cow's tooth and samudraphena mixed with honey should be applied. For corneal opacity - Pillet should be prepared of the seeds of karanja impregnated many times with the juice of palaka flowers and after rubbing applied to the spot.

Balasagrathita

1. Flowers of arjaka, asphota, kapittha, bilva, nirgundi and jai participate in the formulation used as collyrium in this disease.

Netrapaka

1. Flowers of jati, rocksalt, sunthi, pippali and vidangi all these pounded together and mixed with honey should be applied as collyrium.

Timira (defects of vision)

1. The aforesaid collyrium kept within serpent's mouth wrapped with kusa for a month is applied after mixing with buds of jati and rocksalt in timira with redness. Impregnated with milk for three days it destroys cataract.

2. Alkali of Bringaraja pounded with juice of the flowers of white girikarnika and nandyāvartha, petiole of tala and breast-milk and mixed with haridra and honey should be applied to eyes.

Pancasatika varti.

Day blindness and night blindness

1. In the paste of kashmarya flowers, madhuka, daruharidra, lodhra and rasanjana mixed with honey should be applied as collyrium.

2. In night blindness, the following formulations are used as collyrium

(a) Harenuka pounded with the juice of the flowers of amra and jambu and mixed with honey and ghee.

(b) Stamens of lotus and nilotpala mixed with red ochre and cowdung juice.

3. The flowers of kubjaka, asoka, sala, amra, priyangu, kamala and utpala are useful as collyrium in both disorders.

Pilla

1. Semi-solid extract prepared by cooking Triphala or flowers of palasa or apamarga is useful as collyrium.

2. Mustadi yoga contains utpala.

Clearing vision

1. In collyrium the flowers of Mesasringa, Sirisa, Dhava and jati are used.

Arjuna

1. Sphatika, kunkuma, Sankha and madhuka are mixed with honey and used as collyrium.

Red Eye

1. Flowers of jati, Sirisa, dhava and meshasringa participate in the collyrium prescribed for the disease which clears and promotes vision.
2. Goat's ghee cooked with milk, madhuka, utpala, jivaka and rabhaka is useful in injury to the whole eye.

Eye disease caused by Rakta and Pitta

1. Prithvikadi formulation contains utpala.
2. Buds of jati, sankha, triphala, madhuka and bala are pounded with rain water and made into a pillet which is rubbed and used as collyrium.

Eye disease caused by vata

1. Brihati, root of eranda, flowers of sigru and rocksalt are pounded with goat's milk and made into a pillet. It is useful as collyrium in eye disease caused by vata.

Disease of the whole eye

- a) Amritadi yoga contains fresh flowers of jati.
- b) Semi-solid extract made of pippali, juice of kimsuka flowers, snake's fat, rocksalt and old ghee alleviates diseases of the whole eye.
- c) External application of jati flowers fried in ghee is wholesome for eye.
- d) Pillet made of candana, red ochre, lakṣa and buds of jati in equal quantity (and used as collyrium) removes corneal ulcer and checks haemorrhage.
- e) Lotus cooked alone with cow's milk alleviates redness, haemorrhage, pain, kṣatapaka and ajaka.
- f) Muktiadi mahanjana contains flowers of jati and tulasi.
- g) Tila flowers 80 + pippali fruits 60 + jati flowers 50 + Maricha 16 = with this kusumika varti is prepared which restores even the lost eye.
- h) In Nilotpala taila, nilotpala is the chief drug.
- i) Jatipuspadi gudika
It contains fresh flowers of jati, lakṣa and rakta candana and is useful in cataract, defects of vision and internal disorders of eye.
- j) Haridradi pindika contains flowers of babbula.

Eye diseases in children's

1. In conjunctivitis caused by kapha, sprinkling with warm water dipped with petals of lotus and nilotpala is wholesome.
2. The paste of girikarnika flowers pounded in cow or of milk is applied on eye lids and the juice dropped in eyes. It cures ophthalmia neonatorum.

Dentitional troubles^[15]

1. The powder of Dhataki flowers and pippali mixed with honey should be rubbed on gums, The same may be done with the powder of amalaka fruit.

PRAPAUNDARIKA**YASTIMADHU**

JAPA PUSHPA



JAMBU PUSHPA



AMRA PUSHPA



AMALAKI



SHIGRU



LAVANGA PUSHPA



PANASA PUSHPA



NIMBA PUSHPA



TILA PUSHPA



KUNKUMA



JAPA PUSHPA



DHATAKIPUSHPA



MADHUSHIGRU



BEEJAKA PUSHPA



SARIVA PUSHPA



HARITAKI PUSHPA



SAHACHARA



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