

AYURVEDIC OVERVIEW OF *ERANDA* (*RICINUS COMMUNIS* LINN).Dr. Manju^{1*}, Mita Kotecha² and A. Ramamurthy³¹PG Scholar, *Dravyaguna* Dept., National Institute of Ayurveda, Jaipur.²Prof. & HOD *Dravyaguna* Dept., National Institute of Ayurveda, Jaipur.³Registrar & HOD *Dravyaguna* Dept., National Institute of Ayurveda, Jaipur.Article Received on
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*Corresponding Author

Dr. Manju

PG Scholar, *Dravyaguna*
Dept., National Institute of
Ayurveda, Jaipur.

ABSTRACT

The field of herbal medicine has experienced exponential expansion during the last few decades. *Ricinus communis*, commonly known as the castor plant, holds a significant place in Ayurveda, the ancient Indian system of medicine. This article delves into the Ayurvedic perspective on *Ricinus communis*, shedding light on its botanical attributes, therapeutic properties. Pharmacological action on *doshas* reveals a predominance of *vatahara* properties, followed by *kaphahara* and *pittakara* effects. *Bhedana*, *Dipana*, *Grahi*, *Rechana*, *Sara*, *Shodhana*, *Vayasthapana*, *Vatahara*, and *Vrushya* are only a few of its many attributes. Attempts have been made to critically collect material about *Eranda* from different *samhitas* and various *nighantus*. Even if this plant is already valuable commercially because to its many applications in industries, medicine, cosmetics, etc., this new classical assessment will uncover the underutilized and nuanced potentialities of the widely available plant, opening the door for more studies.

KEYWORDS: Ayurveda, *Eranda*, *Ricinus communis*, *Nighantu*.

INTRODUCTION

Eranda (*Ricinus communis* Linn.) from Euphorbiaceae family is an important medicinal plants mentioned in the classical texts of *Ayurveda* dating back to the *Vedic* era. This plant is widely used in the treatment of various diseases. *Ricinus communis*, which is thought to be native to Africa, can withstand a broad range of weather conditions and is widespread in India's drier regions.

It is a perennial or annual shrub with a height of at least 6 meters, castor plants grow quickly. **Stem** is Solid, cylindrical, branching, and upright with herbaceous top and woody bottom. The **leaf** is alternate, broad, between 30 and 60 cm in diameter, palmately lobed and veined, with lobes between 5 and 12. It is simple, petiolate, and has multicostate reticulate venation. **Flowers** are Monoecious, apetalous, hypogynous, bracteate female flowers. **Roots** are the robust, cylindrical roots range in diameter from 1.5 to 3.5 cm. Oval-shaped, slightly laterally compressed, 8-18mm long, and 4-12mm wide are the dimensions of **seeds**.

Distribution

Middle East and northeastern Africa are the original habitats of this plant. Later, it spreads everywhere in tropical and subtropical areas of the planet as a weed. It can be found at heights of up to 7000 feet. The majority of the time, it grows on the boundaries of cultivated lands, on rocky hillsides, and in waste farms.

In the *agreya dravyas* described in *Charak samhita sutra sthana Erandamoola* is described as “*Vrushyavataharanam*.”^[1] Oil obtained from its seeds is said the best medicine for *Aamvata*^[2] (Rheumatic disorders). *Susrutha* cited *Erandataila* as the greatest oil purgative.^[3]

The oil extracted from seeds and the root are frequently utilised in formulations, although the leaves are rarely used. However, in *Bhavprakash samhita*, the usage of delicate leaves and aged leaves for particular ailments like *yakruthvikaras* and *medovridhi*^[4] has been mentioned.

MATERIALS AND METHODS

Eranda (*Ricinus communis* Linn.) descriptive information has been provided by using several Ayurvedic lexicons and presented in a tabular form that would be simple to understand.

Table 1: Showing the *Gana/Varga* according to the various *Nighantus*,

Table 2: Showing the Synonyms according to the various *Ayurveda* lexicons

Table 3: Showing the *Rasa Panchaka* and *Doshakarma* according to the various classics.

Table 4: Showing *Karma* of *Eranda*.

Table no. 1: Showing Categorization of Eranda in Samhita & Nighantu.

Sr.No.	Samhita / Nighantu	Ganas / Varga
1.	Charak Samhita	Marutaghna, Svedopaga, Angamardaprashamana, Sneha varga, Madhura skandha, Anuvasanopagagana
2.	Sushrut Samhita	Samshamna, Vidarigandhadi, Vatasamshamana, Sleshamasamshamana
3.	Ashtanga Hridya ^[5]	Madhyama panchamula, Tail varga, Shak varga, Vidaryadigana, Vatanashna, Shleshmaprashaman
4.	Dhanvantari N. ^[6]	Guduchyadivarga
5.	Bhav Prakash N. ^[7]	Guduchyadivarga
6.	Kaiyadev N. ^[8]	Aushaddivarga
7.	Madanpal N. ^[9]	Abhyadivarga
8.	Raj N. ^[10]	Ksheeradivarga
9.	Sodhal N. ^[11]	Guduchyadivarga
10.	Saushrut N. ^[12]	Vidarigandhadigana
11.	Abhidhan manjari ^[13]	Vidaryadivarga
12.	Amarkosha ^[14]	Vanaushaddivarga
13.	Nighantu Shesh ^[15]	Vrukshkand
14.	Raj Vallabh N. ^[16]	AushadhaashryaParicheda
15.	Shabda Chandrika ^[17]	Vrukshadivarga
16.	Saraswati N. ^[18]	Kshupavarga
17.	Siddhabhaishajya Manimala ^[19]	Haritkyadivarga
18.	Saligram N. ^[20]	Guduchyadivarga
19.	Nighantu Adarsh ^[21]	Aamalkyadivarga
20.	Shivkosh ^[22]	द्व्यक्षरंबान्तः
21.	Priya Nighantu ^[23]	Shatpushpadivarga

Interpretation of Synonyms^[24]

Various synonyms for *Eranda* has been given in *Ayurvedic* texts. They are as following

➤ उरुबूक - उरु महान्तं वायुं वायति इति। 'ओवै शोषणे ।'

It subsides even the most aggaravate *Vata*.

➤ व्याघ्र-पुष्प - व्याघ्रस्य पुच्छ इव पुष्पगुच्छोऽस्य इति ।

Its inflorescence is simile to tip of the tiger's tail.

➤ गन्धर्वहस्तक - गन्धर्वस्य मृगविशेषस्य (भूतविशेषस्येव वा) हस्त इव पत्रमस्य इति।

Its leaves resemble the shape of the hand of an animal called Gandharva.

➤ पञ्चांगुल - पंच पत्रत्वात् पञ्चांगुलः इति ।

Pentafoliate leaf is present.

- चित्रक - चित्रयति आश्चर्यं करोति वाय्वादिरोगनिवारणेन इति ।

It provides miraculous cure for *vatrogas*.

- आमण्ड- आसमन्तात् मण्डयति इति । 'मद्रि भूषायाम् ।'

It appears beautiful from all angles.

- व्यडम्बर- व्यडं मलं अम्बयति संसयति इति ।

It acts as purgative.

- वर्धमान - वर्धते छिनत्ति शूलादिन् रोगान् इति।

It provides relief from *Shool* etc.

- चित्रबीज - चित्राणि चित्रितानि बीजानि अस्य इति।

Its seeds are naturally painted with different colours.

- वातारि- वातस्य अरिः शत्रुः नाशको वा इति ।

It is enemy of *Vata* disorders.

Table no. 2: Synonyms of *Eranda* in various *Nighantu*.

Sr. No.	Prayaya	ध. नि.	भा. नि.	शा. नि.	कै. नि.	रा. नि.	म. नि.	प्रि. नि.	अ. मं.	अ. को.	नि. आ.	ह. दी. नि.	सौ. नि.
1.	गन्धर्वहस्तक	+	+		+		+				+		
2.	पञ्चाङ्गुल	+	+		+		+	+		+	+		
3.	वर्धमान	+	+		+		+			+	+		
4.	आमण्ड	+	+							+	+		
5.	दीर्घदण्डक	+	+		+		+						
6.	हस्तपर्ण	+											
7.	व्याघ्र-पुष्प		+		+		+				+		
8.	हस्तिकर्णी	+					+						
9.	चञ्चुक	+	+		+					+			
10.	व्यडम्बर									+	+		
11.	उरुबूक	+			+		+			+	+		

12.	चित्रक	+	+		+		+			+	+		
13.	चित्रबीज							+			+		
14.	वातारि		+				+				+		
15.	उत्तानपत्रक	+	+		+		+						
16.	रुचक									+			
17.	गजकर्ण												
18.	सिरापत्र								+				
19.	महापत्र								+				
20.	लोहितशीर्षक				+								
21.	करपर्णी					+							
22.	त्रिबीज			+									
23.	त्रिपुटीफल			+									
24.	रक्तवर्णक											+	
25.	यक्षहस्तक				+								
26.	स्नेहप्रद												+
27.	दीर्घदंतक			+									
28.	तिलकूपक								+				
29.	व्याघ्र	+					+						

Table no. 3: Rasa-Panchak According to Different Classics.

RASAPANCHAK		REFERENCES								
		C.S.	S.S.	A.H.	D.N.	M.N.	K.N.	B.N.	R.N.	Sa.N.
Rasa	Madhura	+		+	+	+	+	+		+
	Katu	+	+		+		+		+	
	Tikta	+			+		+	+		
	Kashaya		+				+			
Guna	Guru	+		+	+	+	+	+		+
	Snigdha									
	Tikshna		+	+						
	Sukshma		+							
Virya	Ushna		+	+	+	+	+	+	+	+
Vipaka	Madhura	+	+							
Doshakarma	Vatahara	+	+	+	+	+	+	+	+	
	Kaphahara		+					+	+	
	Pittakara			+	+			+		

Table no. 4: *Karma of Eranda.*

	धन्वन्तरि निघन्टु	मदनपाल निघन्टु	राज निघन्टु	भावप्रकाश निघन्टु	कैयदेव निघन्टु
भेदन	+	+		+	
शोधन					+
शूलघ्न	+		+	+	+
दीपन			+	+	
रसायन			+	+	+
वृष्य	+				+
वातशामक	+	+	+	+	+
कफशामक	+	+	+	+	+
कृमिघ्न			+	+	+
पित्तवर्धक				+	

Types of *Eranda* in classics

Dhanvantari Nighantu, *Sodhala Nighantu*, *Kaiyadeva Nighantu*, *Bhava Prakasa Nighantu*, and *Raj Nighantu*, described two varieties of *Eranda*

- *Shveta Eranda* (white)
- *Rakta Eranda* (red)

Raja Narahari mentioned another variety in the name of *Sthula Eranda*.

Both red and white varieties are identified as *Ricinus communis*.

On the basis of **age** also two types

1. *Bahuvvarshayu* (Perennial)
2. *Varshayu* (Annual)

DISCUSSION

By the thorough review of literature we found that the drug *Eranda* has *Madhura*, *Katu*, *Tikta*, *Kashaya Rasa*, *Guru*, *Snigdha*, *Tikshna*, *Sukshma Guna*, *Ushna Veerya* and *Vata Kapha nashak* properties.^[25]

Acharya Charak has mentioned *Eranda* in *Svedopaga*^[26], *Angamarda Prashamana*^[27] *Mahakshaya* for pacifying *Vata Kapha dosha*. *Acharya Sushruta* has mentioned *Eranda* in *Vidarigandhadi*^[28], *Vata samshaman*^[29] and *Shleshma Samshaman gana*. *Vidarigandhadi gana* is mentioned as *PittaVata nashak*, *Angmarda*, *Gulma*, *Shwas*, *Kasa nashak*. Due to its *Katu*, *Tikta Kashaya Rasa*, *Ushna Veerya* it balances *Kapha dosha* and from *Teekshna*,

Sukshma guna it opens the obstructed channels from *Meda*. **Shodhan** guna of *Eranda* is described by *Kaiydev Nighantu*. *Madanpal Nighantu* & *Dhanvantari Nighantu* mentioned the **Bhedana** guna of *Eranda*. *Kaphahara* property of *Eranda* is mentioned by almost all *Nighantus*. As we see *Eranda* has *Katu*, *Tikta*, *Kashaya Rasa* which have **Kleda**, **Meda**, **Ama Upshoshana**^[30] properties and balances *Kapha* and *Meda* (both has same properties). Its *Mool*, *Patra* and *Tail* is mostly used in formulations. *Kwath* and *Sneha kalpna* is most commonly used. *Eranda* is mostly indicated in *Vata Kaphaj* conditions due to its *rasa*, *guna* *veerya* *vipaka* properties.

Acharya Bhavprakash has mentioned *Eranda* leaves *Kshara* with *Hingu* for *Medovrudhhi nasha*. Another reference for *Kshara* of *Eranda* leaves is found in *Charak Samhita Kasa Chikitsa* with *Trikatu churna*, *Til tail* and *Guda* as *avaleha* for *Kshayaja Kasa*.^[31] *Acharya Vagbhatt* also mentioned *Eranda Patra Kshara* as *Ksharaleham* for *KshatajKshayaja Kasa*.^[32]

CONCLUSION

Eranda (*Ricinus communis* Linn.) has been in use, both therapeutically and commercially, for a very long time. Every part of *Eranda* has *Vata Shamaka* property making it widely mentioned and used in Ayurveda. Two types of it are mentioned from *Samhita* period through *Samgraha* and *Nighantu* periods. Various classical aspects about widely used but lesser known castor plant are highlighted. Its *Mool* and *Tail* is most commonly used. Due to its properties mostly indicated in *Vata Kaphaj* conditions. It can be used for both internal and external purpose in various conditions.

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