

## REVIEW ARTICLE KASHMARI - A REVIEW

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**ABSTRACT**

Gambhari is extensively used in Ayurveda. It is one of the five roots of Brihat Panchamula (five larger roots or stem bark of tree, Gmelina arborea, Aegle marmelos, Premna integrifolia, Oroxylum indicum and Stereospermum suaveolens). Brihat Panchamula is used in Ayurveda for chronic fever, high fever, rheumatic affections, haemorrhages, urinary tract infections, anuria, and dysuria. Gambhari is considered astringent, sweet and bitter. It alleviates phlegm and biliousness. The fruits are unctuous, heavy, cooling, astringent, brain Tonic, cardio Tonic, removes giddiness, acidity, urinary troubles, burning sensation of the body, wounds, wastage and troubles

caused by Vata. The fruits are given in case of fever, excess pitta, burning sensation, excessive thirst, painful urination, and heart diseases. The fruits are promoter of good hair, rejuvenating and promoter of intellect. Roots are described as acrid, bitter, anthelmintic, galactagogue, laxative, stomachic, Tonic, useful in the burning sensation, dyspepsia, fever, hemorrhoids, hallucination, fever, indigestion, anasarca, etc.

**KEYWORDS:** Dhashamool, dahaprashanam, sarivadi, bruhat panchamool, virochopag, prabhadradi, shothahara.

**INTRODUCTION**

Ayurveda one of the ancient science of medicine not only deal with cure of diseases but works on preventive aspects and maintenance of health of individual. for prevention and cure of diseases use at an antioxidant agent is one of the best method. This antioxidant properly found in herbs. According to ayurveda synonyms of Kashmari are shreeparni, madhuparnika, kashmari, pitrohini, bhadraparni, madhuras etc. Kashmari belongs to G.arborea species and

verbenaceae family. Latin name of Kashmari is Gmelina arborea Linn. Kashmari is fast growing deciduous tree which is among Dashmoola group of herbs. Kashmari is a known bitter tonic & its fruit as general tonic in weakness. It treat vata & pitta diseases. The root, fruit and the leaves of Kashmari have great medicinal value therefore traditionally it was wide in use as antimicrobial, antidiabetic, anti-aging, analgesis, diuretic hepato protective. The fruiting happens in May-June.

Acharya Sushrut and mentioned in Sarivadi and brihat panchmula Acharya charak mentioned in Shothhar Dahaprashamana and virochanopaga gana Vagbhat mentioned in sarivadi gana. Mentioned and also in Rajniganthu mentioned as Prabhadradi varg. Properties of fruits of Kashmari it support healthy tissue of the body It is aphrodisiac in nature; It is also good for hair and rejuvenating It manage anemia, constipation vata-pitta disorder, thirst as it is cold potency with detoxifying properties It is good for body heat Epistaxis & emaciation.

गम्भारी भद्रपर्णी च श्रीपर्णी मधुपर्णिका ।

काश्मीरी काश्मरी हीरा

काश्मर्यः पीतरोहीणी ॥१४॥

कृष्णवृन्ता मधुरसा महाकुसुमिका पिऽ च ।

काश्मरी तुवरा तिका वीर्योष्ण मधुरा गुरुः॥१५॥

दीपनी पाचनी मेध्या भेदनी भ्रमशोषजित् ॥

दोषतृष्णामशुलाशोविषवाहज्वरापह ॥१६॥

तत्फलं बृहणं वृष्यं गुरु केश्यं रसायनम् ॥

वातपित्ततृषारक्तक्षय मूत्रविभन्धनुत् ॥१७॥

स्वादु पाके हिमं स्निग्धं तुवराम्लं विशुद्धीकृत् ॥

हृदयाद् दाहतृषावात रक्तपित्तक्षतयान् ॥१८॥

(गुडुच्यादि वर्ग /४/भावप्रकाश निघण्टु)

हृधं मूत्रविबन्धं पित्तासृग्वातनाशनम् ।

केश्यं रसायनं मेध्यं काश्मर्यं फलमुच्यते ॥

अथ गम्भारीफलगुणानाह

तत्फलं बृहणं वृष्यं गुरु केश्यं रसायनम् ।

वातपित्ततृषारक्तक्षय मूत्र विबन्धनुत् ॥१७॥

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(गुडुच्यादि वर्ग /४/भा.प्र.)

### Scientific Classification

- **Kingdom:** Plantae (comprising all living or extinct plants).
- **Subkingdom:** Tracheobionta (have lignified tissues or xylem for conducting water and

minerals).

- **Superdivision:** Spermatophyta (produce seeds).
- **Class:** Magnoliopsida (flowering plant producing an embryo with paired cotyledons).
- **Subclass:** Asteridae.
- **Order:** Lamiales.
- **Family:** Verbenaceae (Verbena family, important timber plants such as teak belong to this family)
- **Genus:** *Gmelina* L. (*gmelina*)
- **Species:** *Gmelina arborea* Roxb.

### Plant Description

*Gmelina arborea* is a medium-sized tree up to 60 feet high with tomentose branchlets.

**Leaves:** 4-8 inch long, broadly ovate, acuminate, entire; upper surface glabrous when mature, lower persistently clothed with fulvous stellate hairs, base cordate or truncate and shortly cuncate; petioles 2-3 inch long, cylindric, puberulous, glandular at the top.

**Flowers:** In small usually 3-flowered cymes arranged along the branches of a densely fulvous-tomentose panicle, about 12 inch in length; Calyx campanulate, tomentose, 5-lobed. Corolla campanulate, brownish-yellow, pubescent; limb 2-lipped. Stamens didynamous.

**Root:** Cylindrical with uneven surface, greyish brown, fracture somewhat tough in the bark, brittle and predominant in woody portion. Root bark: Fresh mature root bark yellowish in color. Dry pieces curved and channeled, thinner ones forming single quills, external surface rugged due to the presence of vertical cracks, ridges, fissures and numerous lenticels, fracture short and granular.

**Stem:** Hard, woody, smooth except for a few scars of branches, yellowish-grey externally and cream colored internally.

**Stem bark:** 0.2 to 0.7 cm thick, ribbed, quilled at some places; outer surface yellowish-brown in color and rough due to some longitudinal and horizontal cracks, inner surface fairly smooth and reddish-brown to black in color.

- **Fruit:** A drupe, ovoid, crinkled, black, 1.5-2.0 cm long, sometimes with portion of attached pedicel, two seeded, sometimes one seeded.
- **Seed:** Ovate, 0.5-1 cm long, 0.4-0.6 cm wide, light yellow, surface smooth, seed coat thin, papery.
- **Part(s) used for medicinal purpose:** Roots, rootbark, stem, stem bark, fruits
- **Plant type / Growth Habit:** Tree

- **Duration:** Perennial
- **Distribution:** India, Sri Lanka, Myanmar, Philippine
- **Habitat:** Dry deciduous forests throughout India up to 1700 m on the hills and in Andaman Islands, widely grown along roadsides and in gardens.

Vernacular names / Synonyms

**Scientific name:** *Gmelina arborea*

Sanskrit: Kashmari, Kashmari, Kashmarya, Kasmari, Bhadrarni, Gambhari, Katphalah, Sarvato-Bhadra (auspicious in every quarter), Shri-parni (fortune-leaved), Krishnavrintaka (black stalk), Kambari (of variegated color)

- **Assamese:** Gamari, Gomari
- **Bengali:** Gambhar, Gamar, Gumar, gumbar
- **English:** Candhar Tree, Candahar tree, Coomb tree, Cashmeri teak, Coomb Teak, Gamari, White Teak
- **Gujrati:** Shivan
- **Hindi:** Gamari, Gambhari, Gambhar, Gamhar, Gumbhar, Kambar, Kambhar, Khambhari, Khammara, Kumar, Kumbhar, Sewan, Shewan, Shiwan
- **Kannada:** Shivanigida, Shivani, Kashmiri, Shivanimara, Shivane, Kumbala mara, Shewney, kuli.
- **Kashmiri:** Kashmari
- **Malayalam:** Kumizhu, Kumpil, Kumalu, Kumbil, Kumizhu
- **Marathi:** Shivan, Shewan
- **Oriya:** Gambhari
- **Punjabi:** Gumhar, Kumhar
- **Tamil:** Kumishan, Kumizhan, Gumadi, cummi
- **Telugu:** Peggummudu, Peggummadi, Gumudu, Pedda- gumudu, Gumar-tek, pedda-gomru, tagumuda
- **Nepal:** Gambhari
- **Lepcha:** Numbor
- **Garro:** Bolkobak

#### Scientific Classification-

All plants are scientifically classified into main 7 levels. These levels are the Kingdom, Division, Class, Order, Family, Genus and Species. A genus comprise of many species and the botanical name consists of Genus (uppercase) followed by Species (lowercase). Genus

consists of many species which are closely related and have lots of similarities. Species is the lowest level and represents the group of the same plant.

The botanical name of Gambhari is *Gmelina arborea*. It belongs to plant family Verbenaceae. Below is given taxonomical classification of the plant.

- **Kingdom:** Plantae (comprising all living or extinct plants)
- **Subkingdom:** Tracheobionta (have lignified tissues or xylem for conducting water and minerals)
- **Superdivision:** Spermatophyta (produce seeds)
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### Synonyms

According to ayurveda synonyms of Kashmari are shreeparni, madhuparnika, kashmari, pitrohini, bhadraparni, madhurasā etc.

### Constituents of *Gmelina arborea*

- **Leaves:** Luteolin, apigenin, quercetin, hentriacontanol and betasitosterol.
- **Roots and Root bark:** Yellow viscid oil, gmelinol, hentriacontanol, n-octacosanol and b-sitosterol, arboreal, isoarboreal and related lignans
- **Fruit:** Butyric acid, Tartaric acid, Alkaloid, Resin and Saccharine, Gmelofuran, Gmelinol, Hentriacontanol, Beta-Sitosterol
- **Stem:** Lignans
- **Stembark:** Alkaloids, in traces. Ayurvedic Properties and Action.

Gambhari is a medicinal tree found in deciduous forests throughout the greater part of India up to an altitude of 500 m. It is often planted in gardens and also as an avenue tree.

Gambhari is bitter, appetizer, brain Tonic, energizer, digestive, subdues Vata and Kapha, removes dropsy, alleviates thirst, useful in colic pain, burning sensation of the body, fever,

urinary complaints, etc. In **Charaka Samhita** Gambhari is prescribed in vomiting, dropsy and in the burning sensation of the body. In **Sushruta Samhita** the fruits are said to be energizer like grape and hence used as substitute of sweet date palm Dried fruit of *Gmelina arborea* Roxb.)

- **Rasa** (taste on the tongue): Kashaya (Astringent), Madhura (Sweet), Amla (Sour)
- **Guna** (Pharmacological Action): Guru (Heavy), Snigdha (Unctuous), Sara
- **Virya** (Action): Shita (Cooling)
- **Vipaka** (transformed state after digestion): Madhura (Sweet)
- **Karma**: Vatahara, Pittahara, Rasayana, Keshya, Medhya, Shukrala, Hridya
- **Ayurvedic Medicines**: Arvindasava, Drakshadi Kvatha Churna
- **Medicinal Uses**: Rakta Pitta/Bleeding disorder, Daha/Burning Sensation, Trishna/Excessive thirst, Kshata, Kshaya, Mutrakricchra/Dysuria, Hridroga/ Heart diseases.

#### Dried Stem

- **Rasa** (taste on the tongue): Kashaya (Astringent), Madhura (Sweet), Katu (Pungent), Tikta (Bitter),
- **Guna** (Pharmacological Action): Guru (Heavy)
- **Virya** (Action): Ushna (Heating)
- **Vipaka** (transformed state after digestion): Madhura (Sweet)
- **Karma**: Vatahara, Pittahara, Kaphahara, Dipana, Pachana, Bhedani, Medhya, Virechanopaga, Vishahara, Shramahara
- **Ayurvedic Medicines**: Karpuradi Kuzambu (Laghu), Candanasava, Dantyadyarishta, Ushirasava.
- **Medicinal Uses**: Shopha, Jvara/Fever, Daha/Burning Sensation, Trishna/Excessive thirst, Raktadosha, Vishavikara, Arsha/Piles, Shula/Pain, Raktapitta, Bhrama, shosha.

#### Dried Stem Bark

- **Rasa** (taste on the tongue): Madhura (Sweet), Katu (Pungent), Tikta (Bitter)
- **Guna** (Pharmacological Action): Guru (Heavy)
- **Virya** (Action): Ushna (Heating)
- **Vipaka** (transformed state after digestion): Katu (Pungent)
- **Karma**: Kaphahara, Shothahara/Inflammatory conditions curer, Dipana, Pachana, Medhya, Bhedana, Vishahara

- **Ayurvedic Medicines:** Chandanasava
- **Medicinal Uses:** Shula/Pain, Arsha/Piles, Jvara/Fever, Raktapitta/bleeding disorder, Trishna/Excessive thirst, Bhrama, Shotha/Inflammatory conditions  
Dried, mature root and root bark
- **Rasa** (taste on the tongue): Kashaya (Astringent), Tikta(Bitter)
- **Guna** (Pharmacological Action): Guru (Heavy)
- **Virya** (Action): Ushna (Heating)
- **Vipaka** (transformed state after digestion): Katu (Pungent)
- **Karma:** Dipana, Pachana, Bhedana, Medhya, Tridoshajit, Shothahar, Vishaghna, Jvarhara.
- **Ayurvedic Medicines:** Dashamularishta, Dashamulaharitaki, Dashamula Ghrita, Dashamula Shatpalaka Ghrita.
- **Medicinal Uses:** Jvara/Fever, Trishna/Excessive thirst, Daha/Burning Sensation, Arsha/Piles, Shotha/Inflammatory conditions.

#### Important Medicinal Properties

1. **Stem-Wood Bark:** Antiviral, Hypoglycemic, Stomachic.
2. **Root:** Blood Purifier, Galactagogue, Demulcent, Tonic, Stomachic, Laxative, Antibilious, Febrifuge.
3. **Leaf:** Carminative.
4. **Flower:** Acrid, Astringent, Bitter, Refrigerant.
5. **Fruits:** Acrid, Alterant, Aphrodisiac, Astringent, Bitter, Diuretic, Refrigerant, Sour, Sweet, Tonic.

#### MATERIAL AND METHODS

A literary review taken from standard ayurvedic text variousresearch publication and internet. Reference will be collected from brihathraiÊ LaghuthraiÊ Nighantusand modern text Like: API, INDIAN medicinal plant etc.



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### Medicinal Uses of *Gmelina arborea*

Gambhari is extensively used in Ayurveda. It is one of the five roots of **Brihat Panchamula** (five larger roots or stem bark of tree, *Gmelina arborea*, *Aegle marmelos*, *Premna integrifolia*, *Oroxylum indicum* and *Stereospermum suaveolens*). Brihat Panchamula is used in Ayurveda for chronic fever, high fever, rheumatic affections, haemorrhages, urinary tract infections, anuria, and dysuria.

Gambhari is considered astringent, sweet and bitter. It **alleviates phlegm and biliousness**. The **fruits** are unctuous, heavy, cooling, astringent, brain Tonic, cardio Tonic, removes giddiness, acidity, urinary troubles, burning sensation of the body, wounds, wastage and troubles caused by Vata. The **fruits** are given in case of fever, excess pitta, burning sensation, excessive thirst, painful urination, and heart diseases. The fruits are promoter of good hair, rejuvenating and promoter of intellect. **Roots** are described as acrid, bitter, anthelmintic, galactagogue, laxative, stomachic, Tonic, useful in the burning sensation, dyspepsia, fever, hemorrhoids, hallucination, fever, indigestion, anasarca, etc.

- 1 – **Acidity** Gambhari has Pitta reducing properties. Eat 2-3 fruits and drink water.
- 2 – **Biliousness, giddiness** Bark cooked with rice is eaten.
- 3 – **Bleeding disorder** Stem decoction is given.
- 4 – **Cold, Cough, gonorrhea**



- Gambhari Stem bark + Kalmegha Andrographis paniculata whole plant, decoction is given. Or
- 20 ml leaf juice is taken orally.

#### **5 – Diabetes**

Take Gambhari fruit powder twice a day.

#### **6 – Dryness of mouth-throat, less salivation**

Eat Gambhari fruits.

#### **7 – Fever**

A decoction of the roots and bark is given.

#### **8 – Galactagogue (increasing breast milk)**

1. Decoction of the root of Gmelina arborea + liquorice root + sugar is taken orally. Or
2. A decoction of the roots and bark is given.

#### **9 – Gout, Arthritis**

1. Mix Gambhari Fruit powder + Mulethi root powder, in equal amount and take 1 teaspoon twice a day. Or Prepare decoction of Gambhari Fruit powder + Gambhari stem bark + Mulethi root powder (each 1 teaspoon) by boiling in 400 ml water till it reduces to 100ml. Filter and drink regularly.
2. Root powder is applied topically.

#### **10 – Hemorrhage**

Take ripe fruits with honey. **11 – Headache in the fever** Leaf paste is applied.

#### **12 – Improving chances of conception/pregnancy, improving fertility**

Prepare decoction of Gambhari bark + Mulethi, and drink regularly.

#### **13 – Leucorrhoea**

Prepare powder of fruits and take twice-thrice a day.

#### **14 – Rheumatism**

Root powder paste is applied.

#### **15 – Scorpion bite**

Root bark paste is applied.

#### **16 – Smelly discharge worms from ulcers**

The leaf paste or juice is used externally.

#### **17 – Thirst Due To Fever**

The decoction of the pulp of the fruits is given.

#### **18 – Ulcerative colitis**

Eat fresh or dry fruits of Gambhari twice a day with water.

**19 – Urticaria, Sheet pitta, Skin Allergy**

- Fruits are taken with milk. Or
- Fruit powder + Mishri, is taken.

**20 – Wounds**

Leaf paste is applied.

**Other Uses**

- The wood of the tree is most reliable timber of India. It is light and tough and used to make furniture, planks, carriages, printing boxes, musical instruments, shafts, axles, picture frames, calipers, ship buildings, artificial limbs and stethoscopes, etc.
  - In south India the bark of the tree is used by arrack manufacturers to regulate the fermentation of toddy.
  - The tree is also grown in garden or avenues.
- The Dosage of *Gmelina arborea*
1. Dried Root and Root bark: 20-30 g of the drug for decoction
  2. Dried Stem: 5-10 g of the drug for decoction
  3. Dried Stem Bark: 3-5 gm in powder form.
  4. Dried fruit: 1-3 g of the drug in powder form.
  5. Decoction of roots/stem is prepared by boiling 20-30 grams of coarse powder of roots/ 5-10 grams of stem, in one glass water till water reduces to half cup. 6. This is filtered and taken lukewarm.

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## CONCLUSION

On comprehensive review of Gambhari it is found that Gambhari is described in Vedas, Brihatrayies & Laghutraies. Various synonyma like Kashmari, Kambhari (Gambhari), Peetarohini, Madhuparni, Shreeparni, Sarvatobhadra.,Kashmiri, Krishnavrinta, Bhadrarni, Mahakusuma, Vaatahrut, Suphala, Sthoolatvaka and Heera are described in various Nigantus. Gambhari (*Gmelina arborea*) belongs to family Verbenaceae and commonly known as Chandahara Tree, Coomb teak, Beech wood plant. Its fruit is used in Daha, Hudroga, Kshaya and Rakta Pitta whereas root is used in shopha, Jwara, Daha, Raktadosa, Vatavikara, Arsha, Raktapitta and Bhrama. Gambhari is having Guru Guna, Tikta, kashaya, madhura rasa, Ushan Veerya and Katu Vipaka. On account of above properties it is Jearhara, Shopahara, Dahahara, Raktadosahara, Bhramahara and Arshahara.

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