

CRITICAL ANALYSIS OF DRUG TAGARA (VALERIANA WALLICHII DC.) IN AYURVEDA AND MODERN LITERATURE**¹*Dr. Sangita, ²Dr. Omprakash Sharma and ³Dr. Sangeeta Kuri**¹Post Graduate Scholar, ²Professor and H.O.D., ³Assistant Professor^{1,2,3}Department of Dravya Guna Vigyan,^{1,2}Sri Ganganagar College of Ayurvedic Science and Hospital, Tania University.Article Received on
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***Corresponding Author****Dr. Sangita**Post Graduate Scholar, Sri
Ganganagar College of
Ayurvedic Science and
Hospital, Tania University.**ABSTRACT**

Ayurveda, a traditional system of medicine originated in India over thousands of years ago, has been an integral part of holistic healthcare. Focusing on balancing the body (*Shareera*) and mind (*manas*), Ayurveda offers a unique approach to health and wellness. Hence, the demand for herbal therapeutics is increasing gradually in the world. The Indian system of medicines uses herbal preparations in majority for the management of diseases. Globally a large number of pharmacological studies have been conducted extensively on various medicinal plants. *Tagara* (*Valeriana wallichii* DC.) is an effective herbal drug for many diseases like anxiety, insomnia, hypertension, etc. It is classified as a *Nidrajanana* (sleep-inducing), *Manodoshahara* (mental disorder pacifying) and *Vishaghna* (anti-toxic) herb. This review focuses on Vernacular Names, *Ras Panchak*, Taxonomy, Classification, History, Morphology, Chemical constituents, Pharmacological activities and Therapeutic Uses of *Tagara* as

Medicine according to *Ayurveda* and Modern perspective.**KEYWORDS:** *Tagara*, *Valeriana wallichii* DC., *Charak Samhita*, *Sushrut Samhita*, *Ashtanghriddya*.**INTRODUCTION**

The plant *Tagara* belongs to family Valerianaceae is an important medicinal plant used from ancient times. This plant is known as *Valeriana wallichii* DC in Latin, *Vakra*, (*tedha*) in Sanskrit, *Tagara* in Hindi, *Tagarmul* in Marathi, *Sugandhbala* in Punjabi, *Mushkbala* in

Kannada, Indian Valerian in English etc.^[1] The drug is attributed *Balya*, *Chakshushya*, *Vajikarana*, *Medhya*, *Mastishkshamak*, *Vedanasthapana*, *Aakshephar*, *Shwashar*, *Shoolprashaman*, *Vranaropana*, *Mutrajanana*, *Artavjanana*, *Jwaraghna*, *Kaphaghna*, *Kushthaghna*, *Vishaghna* properties in different *Ayurveda Samhita* and *Nighantu*. It is *Kapha Vatshamak*. Its species classified in various *Nighantu* as *Tagara* and *Pindtagara*. It is slightly hairy, tufted perennial herb up to 15-45cm high. In *Tagara*, Flowering and Fruiting occurs during March – June.^[2] The species is cultivated throughout the country. Its distribution records from India, Bangladesh, Myanmar, Thailand, Vietnam, Nepal etc. In India, it is found in Khasia hills 4000-6000ft and from Kashmir to Bhutan at 10,000ft.^[3] It has been used widely in traditional medicines for ages, owing to its incredible medicinal and therapeutic properties.

MATERIAL AND METHODS

Charak Samhita, *Sushrut Samhita*, *Ashtanghridya*, *Bhav Prakash Nighantu*, *Raj Nighantu*, *Adarsh Nighantu*, *Priya Nighantu*, *Madanpal Nighantu*, *Haritakyadi Nighantu*, *Kaiyadev Nighantu*, *Shodhal Nighantu*, Modern medical databases.

REVIEW OF LITERATURE

The herb *Tagara* act against *Gara Visha* (compound poison) and it's a very good antidote for *Kroda Visha*.

Synonyms of *Tagara* (*Valeriana Wallichii*)

Main synonyms of *Tagara* are *Nata*, *Nahusha*, *Kalanusarya*, *Pindtagara*, *Kutula*, *Dandahasti*, *Barhina* etc.

Vernacular Names^[4]

English: Indian Valerian

Sanskrit: *Vakra*

Hindi: *Mushkbala*

Bengali: *Mushkbala*, *Tagara*, *Nahani*, *Shumeo*, *Asarun*

Gujarati: *Tagarganttoda*

Kannada: *Mushkbala*

Marathi: *Tagarmul*

Taxonomy of *Tagara*^[6]

Kingdom: Plantae (plants)

Sub-Kingdom: Tracheobionata (Vascular plants)

Super division: Spermatophyta (seed plants)

Division: Magnoliophyta (flowering Plants)

Class: Magnoliopsidae (Dicotyledons)

Subclass: Asteridae

Order: Dipsacales

Family: Valerianaceae

Genus: Valeriana

Species: wallichii

***Rasa-Panchaka*^[5]**

Rasa	<i>Tikta, Katu, Kashay</i>
Guna	<i>Laghu, Snigdha</i>
Vipaka	<i>Katu</i>
Veerya	<i>Ushna</i>
Karma	<i>Kapha Vatshamak</i>

Classification (Varga) of *Tagara* (*Valeriana wallichii* DC)***Ganas / Varga of Tagara***

Varga (Group)	Literature
<i>Sheetprashaman, Tikta Skandha, Vamnopag</i>	<i>Charak Samhita</i> ^[7]
<i>Eladi Varga</i>	<i>Sushrut Samhita</i> , ^[8] <i>Ashtanghridya</i> ^[9]
<i>Chandanadi Varga</i>	<i>Dhanvantari Nighantu</i> ^[10] , <i>Shodhal Nighantu</i> ^[11]
<i>Aushadhi Varga</i>	<i>Kaiyadev Nighantu</i> ^[12]
<i>Karveeradi Varga</i>	<i>Raj Nighantu</i> , ^[13] <i>Priya Nighantu</i> ^[14]
<i>Karpuradi Varga</i>	<i>Bhav Prakash Nighantu</i> ^[15] , <i>Madanpal Nighantu</i> ^[16] <i>Shaligram Nighantu</i> ^[17]
<i>Jatamansi Varga</i>	<i>Nighantu Adarsh</i> ^[18]

Nighantu Kala

Haritakyadi Nighantu has mentioned *Tagara* Synonyms *Kalanusarya, Tagara, Kutil, Nahush and Nata* for the first variety of *Tagara* and *Dandhastha, Varhina* for *Pindtagara*, the other type. Both Types cures diseases due to cold, Skin Diseases, obesity, insanity and poisoning.^[19] *Madanpal Nighantu* has mentioned *Tagara* Synonyms *Tagara, Varhima, Jihma, Wakrawa, Nahusa and Nata* for the first variety while *Pindtagara, Cheen, Katu and Mahoroga* for the second variety.^[16] *Shaligram Nighantu* described it as *laghu* (Light) and

beneficial in emotional troubles, nervous unrest, epilepsy, insanity, poisoning, eye trouble, complexion dullness and skin diseases.^[17] Priya Nighantu mentioned its medicinal properties and particular habitat in the Himalayas, commonly known as *Sugandhbala*, *Vidyatagar* and *Granthikandak*.^[14] Kaiyadev Nighantu and Raj Nighantu indicated *Tagara* for eyes, head troubles, epilepsy, psychiatric illness, intoxication and poisoning conditions.^[12,13]

Samhita Kala

Charak Samhita: *Tagara* is mentioned in various diseases as compound drug formulations as *Shirahshoolshamak lep* (relieves headache), *Sheetshamak lep* (pacifies cold & chills), *Sheetprashaman Mahakashaya* (pacifies cold & chills), *Jwaraghna* (pacifies fever), *Vedanasthapana* (analgesic), *Rajyakshma chikitsa* (curing pulmonary tuberculosis), *Ardit* (facial paralysis), *Pakshaghata* (hemiplegia), *Unmada* (psychiatric disorders), *Vrana* (Injury or wound), *Vatarakta* (gout), *Vatavyadhi* (nervous disorders), *Yonishool* (vaginal pain) and *Visha* (poisoning) conditions.^[7]

Sushrut Samhita: It is beneficial in *Vranaropana* (wound healing), *Bhagna chikitsa* (fracture), *Visha* (poisoning), *Netra roga* (Eye diseases) or *Netra Abhishyanda* (conjunctivitis).^[8]

Ashtanghridya: It is used as *Vedanasthapana* (analgesic), *Rajyakshma* (pulmonary tuberculosis), *Jwaraghna* (pacifies fever), *Sandhivata* (osteoarthritis), *Amavata* (rheumatoid arthritis), *Raktavikara* (blood disorders), *Shrotoshodhak* (purifies channels), *Rasayana* and *Vajikarana* (Immunomodulator).^[9]

Morphology of Tagara (*Valeriana wallichii* DC)^[20]

Tagara is a slightly hairy perennial herb with 15-45 cm height. Its root stock is thick and horizontal.

Leaves: Basal leaves are 2.5 to 7.5cm in diameter, long stalked, deeply cordate-ovate, usually toothed or sinuate, sharp-pointed.

Stem: It's 15-45cm long.

Flowers: white or tinged with pink in a terminal corymb, 2.5-7.5cm wide, often unisexual, the male and female on different plants. Flowering occurs in March-April.

Fruit: Fruits are compressed, hairy or glabrous and fruiting occurs during March – June.

Roots: It's 4-5cm thick and dull yellowish-brown in color.

Habitat

The plant occurs abundantly in grassland, forest and Himalayas from Kashmir to Bhutan at an altitude of 1300-3800m and in the Khasi Hills between 1250-1800m. It is propagated by seeds.^[3]

Parts Used: *Moola* (rhizomes)^[15]

Chemical constituents

Active constituents are valepotriates, dihydrovaltrate, isovalerinate, 6-methylpigenin, hesperidins and sesquiterpenoids. Rhizomes and roots contain volatile oil, which have alkaloids, boryl isovalerinate, chatinine, formate, glucoside, isovalerinic acid, 1-camphene, 1-pinene, resin, terpineol and valerianine.^[21]

Pharmacological activities**1) Anti-inflammatory activity^[22]**

By using in vitro lipoygenase inhibition assay with methanolic extract and Ethyl acetate fraction of *Valeriana wallichii* DC, anti-inflammatory activity was carried out.

2) Anti-Microbiol activity^[23]

By gas chromatography-mass spectrometry, the extract of *Valeriana wallichii* was tested against pine wood nematode, *Bursaphellenchus xylophyllus*.

3) Analgesic activity^[24]

Essential oil and alcohol extract of *Valeriana wallichii* showed good peripheral analgesic action via inhibition of prostaglandin synthesis on acetic acid induced writhing.

4) Antihypertensive activity^[25]

The hypotensive effects of *Valeriana wallichii* are mediated possibly through k_{atp} channel activation.

5) Hypnotic activity^[26]

In man, sleep quality improves by the aqueous extract of *Valeriana wallichii*.

6) Anti-psychotic activity^[27]

The essential oil of *Valeriana wallichii* DC exerted anti-depressant activity using forced swim testing mice at a dose of 10, 20 and 40mg/kg p.o. of the plant. The aqueous extract of

Valeriana wallichii DC markedly attenuated ischemia reperfusion induced cerebral Injury in mice.

Therapeutic Indications

Indication	Formulation	Samhita & Nighantu
<i>Vataja Shirorog</i>	<i>Devadarvarishta</i>	<i>Chakradutta</i> ^[28]
Rheumatoid arthritis	<i>Dashang Lepa</i>	<i>Bhaisajya Ratnavali</i> ^[29]
Sexual Disorder	<i>Nalikerasavam</i>	<i>Gadanigraha</i> ^[30]
Poisoning conditions	<i>Bilvadi Gulika</i>	<i>Ashtanghridya</i> ^[9]
Skin Diseases	<i>Dashang Lepa</i>	<i>Bhaisajya Ratnavali</i> ^[29]
Sleep disturbances	<i>Himasagara Taila</i>	<i>Bhaisajya Ratnavali</i> ^[31]
Abdominal disorders	<i>Puga Khanda</i>	<i>Bhaisajya Ratnavali</i> ^[32]
Respiratory disorders, Anaemia, Piles	<i>Pippalyasava</i>	<i>Sharangdhar Samhita</i> ^[33]
Bleeding disorders, Epilepsy	<i>Puga Khanda</i>	<i>Bhaisajya Ratnavali</i> ^[29]
<i>Asthibhagna, Amavata</i>	<i>Tagara powder</i>	<i>Dravya Guna Vigyan</i> ^[1]
<i>Visha</i> conditions	<i>Mritasanjeevana Agada, Mahagandhahastinamagad</i>	<i>Charak Samhita</i> ^[7]
<i>Visha</i> conditions	<i>Chandanadi agad, Ajeya Ghrita, Kalyanaka Ghrita, Mahasugandhi Agada</i>	<i>Sushrut Samhita</i> ^[8]
<i>Visha</i> conditions	<i>Chandrodaya Agada, Dooshivishari Agada, Shirishadi Lepa</i>	<i>Ashtanghridya</i> ^[9]
<i>Visha</i> conditions	<i>Kushthadi Agada, Ajita Agada, Shikari Ghrita</i>	<i>Bhaisajya Ratnavali</i>
<i>Anidra</i> , Psychiatric disorders, <i>Vata & Pitta disorders</i>	<i>Kalyanaka Ghrita Mahapaishachika Ghrita</i>	<i>Charak Samhita</i> ^[7]
<i>Manodosha</i> (Mental disorder), <i>Apasmara</i> (Epilepsy), <i>Unmada</i> (insanity)	<i>Brahmi Ghrita, Shankpushpi Ghrita</i>	<i>Bhavprakash Nighantu</i> ^[15]
<i>Shothahara, Vedanasthapana</i>	<i>Phala Ghrita, Amritadya Taila, Jaatiphaladi Churna, Madyasava</i>	<i>Ashtanghridya</i> ^[9]

Dose: 12-24 ratti (1.5-3 gm) & Decoction 10-15ml.^[18]

Toxicology: Doses more than 100mg/kg body weight were found to be toxic.

CONCLUSION

Tagara is a hairy perennial herb which belongs to Valerianaceae family. It holds a significant

place in Ayurvedic medicine, primarily for its effects on Sleep, Mental health, Detoxification, Wound Healing and Pain Relief. Its bioactive compounds have a range of biological effects like anti-convulsant, anti-inflammatory, anti-depressant, anti-oxidants, anti-hypertensive etc. With its wide range of applications in classical formulations, it remains a vital herb in the *Ayurveda* pharmacopeia. Future research should focus on validating its traditional uses through clinical trials, ensuring its integration into modern holistic healthcare practices.

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