

**KAMAL (*NELUMBO NUCIFERA* GAERTN.) – A LITERARY REVIEW
FROM NIGHANTU ERA****¹*Vd. Vedanti Ashok Kulkarni and Vd. Nilesh N. Joshi**

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ABSTRACT

Ayurveda, strongly emphasises use of various herbs as medicine. These medicinal herbs includes some aromatic, traditionally workshipped herbs as well. Kamal (*Nelumbo nucifera Gaertn.*) being from such a category, is an effective remedy useful for numerous health disorders. Padmini, Padma, Utpala are some of the snonyms of Kamal, all of them signifies the presence of Goddess Lakshmi. Among various Pushpa(flowers) that are useful in workshiping and medicinal practices, Kamal has signifying Holy as well as traditional medicinal importance. Vedic era evidences the use of various parts of Kamal in many ways. While in medieval period Acharya Charak mentioned it in Raktapitta Chikitsa, Pittaj vikara chikitsa, also found in Sushruta samhita and other medieval literature evidences the medicinal as well as other traditional references of Kamal. In Nighatu era where detailed

glossary of drugs with their various syonyms, properties, action, and indications is found Kamal is nearly elaborated in almost all Nighantus. Acharya Bhavamishra in Bhav Prakasha Nighnatu (1600 AD) describes in detail about Varnya action, Visrpa-Visphota hara, Rakatapittahara action of it. Also almost all Nighantus have elaborated it in detail, describing its parts along with its properties separately. Also emphasising on its types and their properties in detail. Article reveals review of Kamal from Nighantu era from 1000 AD onwards.

KEYWORDS: Kamal, Nighantu era, Ayurveda, *Nelumbo nucifera*, Literary review.

INTRODUCTION

Vedic era evidences the use of various parts of Kamal in many ways. In medieval period Acharya Charak mentioned it in Raktapitta Chikitsa, Pittaj vikara chikitsa, also Acharya Sushrut in Sushruta samhita and other medieval literature evidences the medicinal as well as other traditional references of Kamal. Nighantu added evolutionary progress in the field of dravyaguna shastra. Nighatus include detailed glossary of drugs with their various synonyms, properties, action, and indications. Vaidya without the knowledge of Nighatu and Vidvan (Scholar) without knowledge of Vyakrana is not worthy says Vaidya narhari in Raj Nighatu. Most of the Nighatus have described Kamal with every part of it explained in details. Review of Kamal in Nighatus has been further compiled.

REVIEW OF KAMAL FROM NIGHATUS

1. Dhavantari Nighantu (1000-1300 A.D.)

Dhavantari Nighantu classifies drugs on the basis of their actions. Drugs having similar actions are classified under same Varga. There are seven varga in this nighantu, among those Kamal is described under Karviradi varga. Types of kamal and properties of every part of Kamal are described in detail herein.^[1]

2. Shodhala Nighantu (1200 A.D.)

Shodhal nighantu addresses Raktakamal and other types of Kamal under Karviradi varga. Properties of kamal and its parts are described in detail.^[2]

3. Madapal Nighantu (1400 A.D.)

In this Nighantu, Kamal is described in 'Karpuradi Varga'. Acharya Madanpal also described other species of Nymphaeaceae family along with Nelumbo Nu. Gaertn; the properties of drug and its effect on Doshas are also mentioned here in. Detail description of Kamal along with synonyms, types and properties of every part are also being described which are presented in tabular form further.^[3]

4. Raja Nighantu (1500 A.D.)

Kamal is grouped under karveeradi Varga in Raj Nighantu. 34 synonyms, 3 types of Kamal along with their properties are explained. Pundarik (Shweta), Koknad (Rakta) and Neel kamal are those three.^[4]

5. Kaiyadeva Nighantu (1500 A.D.)

In this text, Kamal is mentioned in 'Aushadhi Varga'. Along with types of Kamal; Padmini, Kumudini, Kumud are separately mentioned with their properties. Padmini described here is *Nelumbo nucifera* species whereas Kumudini and Kumud are other species of Nymphaeaceae family. Further Shweta, Rakta and Neel types of Kamal are also described.^[5]

6. Bhavaprakash/ Haritakyadi Nighantu (1600 A.D.)

In this classical text, Kamal is the first drug explained in Pushpa varga. Bhavaprakash has described it Varnya along with other properties such as raktapittahara, Dahavisphot Nashak, Visarpa hara.^[6]

7. Shaligram Nighantu (1900 A.D.)^[7]

Acharya Shaligram has described Kamal (*Nelumbo nucifera* Gaertn.) by the name 'Pankaja', along with detailed description of types of Kamal as Shweta, Nil (*Nelumbium Speciosum/ Nelumbium Carruleum*), Rakta kamal. Other species of Kamal are also described in detail further like Kumud/ Utpal, Padmini(*Ionidium Suffruticosum*).

Rasapanchaka of Kamal is mentioned as Kashya rasa, Madhura vipaka, sheet virya; and carrying sheet, Snigdha guna.

8. Nighantu Adarsha (1928 A.D.)

Bapalaji Vaidya has compiled the description of drugs from ancient Nighantus. He has described Kamal in Kamaladi varg. Furthermore historical background and therapeutic uses has been described herein. It specifies picture of Kamal by giving various synonyms.^[8]

9. Priya Nighantu (1983 A.D.)

Acharya Priyavrat Sharma has described Kamal (*Nelumbo nucifera* Gaertn.) by the name 'Padmam' along with other species and their properties and therapeutic aspect.^[9]

Etymological Derivation and Interpretation of Synonyms

It not only helps for recognition of a plant in terms of its morphological characters but also in terms of various other characters like habitat, Properties (Rasapanchaka), and medicinal uses along with other general uses. In this way the various synonyms/ terms forms gives us picture of complete profile of the drug/plant.

Accordingly some of the different synonyms/terms of Kamal with their meaning from above mentioned Nighantus are compiled together:

- ❖ **Padma:** one where Goddess Lakshmi resides
- ❖ **Nalin:** One which has pleasant smell.
- ❖ **Arvind:** Attracts one with desire to have it by its beauty
- ❖ **Sarsij:** Born in pond/ Lake (Aquatic plant).
- ❖ **Tamras:** One which survives in Lake (Aquatic plant).
- ❖ **Pushkar:** One which pacifies Visarpa, Visphot and nourishes body.
- ❖ **Ambhoruh:** Lives in water/Lake/Pond
- ❖ **Pundarik:** The one who beautifies the pond/Lake with its white beauty.
- ❖ **Koknad:** One who communicates or talks with Chakrawaka (Ruddy Shelduck).
- ❖ **Idivar:** It is favourite of Goddess of Wealth that is Goddess Lakshmi.

Synonyms of Kamal

The ancient system of nomenclature consists of a synonyms or set of terms having several names, varying in nature, kinds and number, of almost all drugs in classical texts. These terminologies/synonyms are technical words which describe a drug or plant from to facilitate easy recognition, specification and characterization.

The following are synonyms of Kamal that specifies its recognition

Table no. 1: Synonyms of Kamala.

Synonyms	D.N.	M. N.	Sd.N.	R.N.	K.N.	BH.P.
Padma	+	-	+	-	-	+
Arvind	+	-	+	+	-	+
Pundarik	+	-	+		+	+
Tamras	+	-	+	+	+	+
Pushkar	+	-	+	+	+	+
Nalini	+	+	+	+	+	+
Padmini	+	+	-	-	+	-
Synonyms	D.N.	M.N.	Sd.N.	R.N.	K.N.	BH.P.
Bisini	-	+	-	-	+	-
Ambhoj	+	-	+	+	+	-
Amburuha		-		+	-	+
Saras; Sarasiruhm	-	-	+	+	+	+
Shatpatra	+	-	+	+	+	+
Sahsrapatram	-	-	-	+	+	+
Salilaj	-	-	-	+		-
Pankeruha	-	-	-	-	+	+
Kumudini	+	-	-	-	+	-
Koknad	+	-	-	-	-	-

Indivar	+	-	+	-	-	-
Kusheshay	+	-	-	+	-	+
Pankaj	+	-	+	+	+	-

Vernacular Names

Though the drug today are very well known by its scientific name, still the knowledge of local name of a particular plant in a particular place is very important to recognize any drug from any region. Similarly the vernacular names of plant Kamal are mentioned as follows.

Table no. 2: Indian Dialects.^[10]

Region	Dialects	Region	Dialects
Assamese	Podum	Malyalam	Aravidam, Bem-tamara, Tamara
Bengali	Padma, Kamal, Pankaj	Oriya	Pudam
English	Sacred Lotus	Punjabi	Kanwal, Pamposh, kanwalkakri
Guajrati	Suriyakamal	Tamil	Ambal
Hindi	Kamala, Kanwal	Telugu	Tamara Kalung, Kalava
Marathi	Kamal	Urdu	Nilufer
Kannad	Tavare, Kamala, Pamposh	Kashmir	Pamposh

Types of Kamal according to Nighantus

Rakta, Shweta and Nil are the 3 types of Kamal mentioned in nearly all Nighantus. There is variety in nomenclature of the same. For example, In D.N -Raktapadma, Pundarik, Saugandhikam, Padmini and in R.N- Koknad, Pundarik, and Nilapankaja are the Rakta, Shweta, Nil Kamal respectively.

Table no.3: Types of Kamal in Nighantus.

Types	D.N.	M.N.	Sd.N.	R.N.	K.N.	BH.P.	Sg.N
Rakta	+	+	+	+	+	+	+
Shweta	+	+	+	+	+	+	+
Nil	+	+	+	+	+	+	+
Padmini	+	-	+	-	-	-	+

Rasapanchaka

Sheeta veerya and Madhura vipaka of Kamal is mentioned in almost all Nighantus, But difference in opinion about Rasa of Kamal is found.

Table no.4: Rasapanchaka of Kamal.

	Rasa	Virya	Vipaka	Guna	Karma
D.N	Tikta, Madhura	Sheet	Madhura	Vishtambi, Ruksha	Pittanashana, Daha- Pipapasa-Bhrama-hara
M.N	Madhura	Sheet	Madhura	Ruksha	Kaphapittajit, Daha-asra- visphota-visha-visarpa-nashanam
R.N	Madhura	Sheet	Madhura	-	Raktapittahara, Bhranti-santap- shanti, Tarpanaparam.
K.N	Madhura, Lavan	Sheet	Madhura	Guru, Vishtambhi	Raktapittaghna, visphota-daha- trushna-nashanam
BH.P	Madhura	Sheet	Madhura	Sheeta	Varnya, trushna-dahasra-visphota- visha-visarpa-nashanam
Sg.N	Kashaya	Sheet	Madhura	Sheeta	Raktapittana

CONCLUSION

Kamal (*Nelumbo nucifera* Graertn.) which is commonly known and used as Sacred workshipping flower have many medicinal uses. *Raktapittaghna*, *Daha-Visphota-Visha-Visarpa hara* Karma of Kamal are emphasized by most of all the Nighantus. *Trushna-Pipasanashan*, *Bhranti-Santap shanti* Karma is also being mentioned in Nighantus. Also Raj Nighantu describes Kamal as *Tarpana param* (one of the best *Tarapan* dravya). Similarly *Varnya* property of Kamal is being mentioned Bhavapraksha and some other Nighnatu as well. These properties are well elaborated in Nighantu literature. Thus after exploring these references it can be concluded that Kamal consists of various medicinal efficacies along with holy importance.

ABBREVIATIONS

D.N	Dhanvantari Nighantu
M.N	Madanpal Nighantu
Sd.N	Shodhala Nighantu
R.N.	Raj Nighantu
K.N.	Kaiyadev Nighantu
BH.P.	Bhavaprakasha
A.N.	Adarsha Nighantu
N.R.	Nighantu Ratnakar
P.N.	Priya Nighantu
Sg.N.	Shaligram Nighantu

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