

## A BRIEF REVIEW OF MEDICINAL PROPERTIES OF MANDUKAPARNI (CENTELLA ASIATICA LINN) FROM NIGHANTUS AND SAMHITAS

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### ABSTRACT

Ayurveda practitioners have managed and cures physical as well as mental health related disorders when there was no other stream of medicine involve All *Samhita granthas*, *chikitsa granth* and *Nighantus* have quoted many such drugs with their specific uses and indications in particular diseases various *nighantus* are rich source of knowledge regarding indication place of origin and indication of various medicinal technology more researches were done on the medicinal plants later on with the evolution of technology more researches were done on the medicinal plants and their utilities in specific disorders were reevaluated *mandukaparni* is one such drug which has been quoted many times in ancient texts as well as in various *nighantus* and then

more research work was done regarding the medicinal properties of the plants in different ailments. It has also been used successfully by ayurvedic practitioners for treatment as a *rasayana*, *balya*, *mutrajanan*, *medhya*, *raktashodhak*, *kushtagna*, *charmarog*.

**KEYWORDS:** *Nighantu*, *Mandukaparni*, *Medhya*.

### INTRODUCTION

Acharya *charaka* has described *mandukaparni* in four *medhya rasayana* alongside *shankhapushpi*, *guduchi*, and *yashtimadhu*.<sup>[1]</sup> After *charak samhita* all texts signified the importance of *mandukaparni* as a *medhya* and *rasayana* herb followed by *nighantus* and then modern researches. The drug has been researched for its anti-depressant, Anxiolytic, sedatives, and hypotensive properties.

*Nighantu* means the collection of words synonyms and the names of the medicinal plants along with their through description the *Nighantu* literature is one of the important aspects in the study of Ayurveda and especially in the subject of Dravyaguna vigyanan earlier *nighantus* were limited to explain the synonyms of *dravyas* only but later on the description of properties action and indications of *dravyas* were also included in the *nighantus* along with synonyms.<sup>[2]</sup>

*Centella asiatica* is an effective remedy for various ailments and has been used for thousands of years all over the world. The medicinal properties of *centella asiatica* is becoming popular day by day throughout the world. The plant is beneficial for rheumatism, extra vitality, increasing brain power, lowering blood sugar level, skin conditions, increased circulations, arthritis, senility and varicose According to Ayurveda the herb has multifunctional properties. The present review -A BRIEF REVIEW OF MEDICINAL PROPERTIES OF MANDUKAPARNI (*CENTELLA ASIATICA* LINN) FROM NIGHANTUS AND SAMHITAS.

## MATERIAL AND METHODS

Some important *nighantus* and *Samhitas* which described *mandukaparni* are discussed here in chronological order.

### Charak samhita

In charak Samhita it has been told in *vayasthapana mahakashaya*, *tikta skandhas*, *shaka varga*, *medhya rasayana*, *brahmarasayana*, it is the oldest treaties among all the ayurvedic Samhita granthas it is composed by *maharshi agnivesha* redacted by *acharya charak* and reconstructed by the *acharaya dridhabala* *acharaya charaka* has mentioned *mandukaparni* nine times, two times in *sutra sthana* followed by once in *vimana sthana* and six times in *chikitsa sthana*.<sup>[3]</sup>

### Sushruta samhita

This *Samhita* was written by *vridhdha sushruta* he was contemporary to *agnivesha* the treaties was redacted by *sushruta* in 2<sup>nd</sup> century A.D. and revised by *Nagarjuna* in 5<sup>th</sup> century A.D. this treaty mainly concerned with *shalya* and *shalakya* in this *Samhita mandukaparni* has been mentioned seven times five times in *sutra sthana*, once in *chikitsa sthana*, and once in *uttar tantra* in this *Samhita mandukaparni* has been described in *pathya shaka*, *mahapanchamoolasav*, *kushta chikitsa*, *medhyush-kamiya rasayana*.

Formulation *shaak* as a *sarva pathya*, *hridya*, *kushtaghana*, in *tikta* varga as a *pathya* in *chikitsa sthana* formulation as *telpak* in *kushtha* and once in *uttartantra* formulation as a *swaras* for *rasayana*.<sup>[4]</sup>

### Ashtanga sangraha

Ashtanga *sangraha* was written by *maharshi vridha vaghabhata*, he has mentioned *mandukaparni* five times in *Uttara tantra* to be indicated in various diseases. *Karketanadi dravya- sarpavisha*, *amalaki rasayana- rasayana*, *brahmiadi yoga- rasayana*, *guggulu mansrasa* and *mandukaparni- medhavridhi*.<sup>[5]</sup>

### Ashtanga hridaya

It was composed by *acharya vaghabhata* he has mentioned *mandukaparni* five times in this *Samhita* once in a *sutra sthana patoladi shaka*, as a *kapha pitta nashaka* once in a *chikitsa sthana- nagabaladi ghrita* used in *kaas*, and three times in *Uttara tantra brahmarasayana- rasayana*, *medhya rasayana- medhya*, *mandukaparni ghritapaka- ayushya*, it is mentioned in *shaka varga*, *kasa chikitsa*, and *rasayana prakarana*.<sup>[6]</sup>

### Dhanvantari nighantu: (10<sup>TH</sup> TO 13<sup>TH</sup> Cent. A. D.)

This Nighantu is composed by *mahendra bhogika* in between 10<sup>th</sup> to 13<sup>th</sup> century A.D. in this *Nighantu* the author has mentioned the synonyms as well as the properties and action of drugs. *Mandukaparni* has been mentioned in *karveeradi varga*. The synonyms given in this text are *mandukaparni*, *saraswati*, *manduki*, *suvarchala*.<sup>[7]</sup>

### Shodhala nighantu: (12<sup>TH</sup> Cent. A. D.)

This Nighantu was composed in two parts named as *namasangraha* dealing with synonyms and *gunasangraha* dealing with properties and action. *Mandukaparni* described in *karveeradi varga* synonyms mentioned are *manduki*, *mandukabrahmi*, *saraswathaprada*, *brahmaputrika*, *supriya*, *hrdya*, *shleshmavinashini*, it is indicated in *hrudhya*, *agnivardhaka*, *shwasha*, *shleshmavikara*, it is *laghu* in *guna*, *sheeta* in *veerya*, and *madhura* in *vipaka*.<sup>[8]</sup>

### Abhidhana ratnamala: (13<sup>TH</sup> Cent. A. D.)

It is also known as *sadarasha Nighantu* *mandukaparni* has been placed in *tikta skanda*. Synonyms mentioned are *medhya*, *rasayani*, *hrudya*, *mandukaparni*.<sup>[9]</sup>

**Hridayadipika nighantu: (13<sup>TH</sup> Cent. A. D.)**

The author of this work is *Bopdev*, son of *kesava* the subject matter of this work is well divided into eight *varga* in this *Nighantu*, *mandukaparni* is mentioned in *chatuspad varga*. synonyms mentioned are *medhya*, *rasayani*, *hrudhya*, *mandukaparni*.<sup>[10]</sup>

**Madanpala nighantu: (14<sup>TH</sup> Cent. A. D.)**

This text is composed by *madanapala* in 1431 A.D. it is also known as *madan vinod Nighantu*. Its contents are divided in 13<sup>th</sup> *varga* *mandukaparni* has been included in *abhayadi varga* synonyms are as follows *saraswati*, *brahmi*, *mandukaparni*, *manduki*, *munika*, *twastri*, *divya*, *Lavanya*, *somavalli*, it is *madhura rasa*, *laghu* and *sara guna*, *sheeta veerya*. It is indicated in *medhya*, *rasayani*, *swarya*, *kushtagna*, *mehagna*, *jwaraghana*, *shothagna*, *smrutiprada*, *vishagna*, and used in *kushta*, *kasa*, *pandu*, *meha*, *visha*.<sup>[11]</sup>

**Raj nighantu: (14<sup>TH</sup> Cent. A. D.)**

It is also known as *Nighantu raja abhidhana chudamani* this book is written by *narahari pandita* this book is divided into 23 *vargas* *mandukaparni* is included in *parpatadi varga* synonyms mentioned are *saraswati*, *brahmi*, *manduki*, *divya*, *medhya*, *mahaushadhi*, *brahmamanduki*, *saumya*, *surashreshtha*, *suvarchala*, *kapotavega*, *vaidhatri*, *divyateja*, *swayambuvi*, *somalatha*, *sureja*, *brahmakanyaka*, *mandukamata*, *mastyakshi*, *surasa*, *veera*, It is *Kashaya tikta* in *rasa*, *hima guna*, and *vattapittahara doshaghanata*. It is indicated in *medhya*, *ayushya*, *vardaka*.<sup>[12]</sup>

**Kaiyadeva nighantu: (15<sup>TH</sup> Cent. A. D.)**

Author of this text is *kaiyadeva* it is also known as a *pathyapathya vibodhaka Nighantu*. The text is divided into nine *vargas*, *mandukaparni* has been described in *ausadhi varaga* synonyms of *mandukaparni* are *saraswathi*, *satyavathi*, *smarini*, *brahma charini*, *satyanama*, *brahma*, *soma*, *brahmi*, *brahamasuvarchala*, *mandukaparni*, *manduki*, *brahmini*, *dadrucchada*, *sunama*, *munika*, *twashtri*, *divya*, *medhya*, *mahaushadhi*, *kapotavanka*, *Lavanya*, *vayastha*, *somavalli*.

It is *madhura*, *tikta*, *Kashaya*, in *rasa*. *Laghu* in *guna*. *Sheeta veerya*. And *madhura vipaka*.

It is indicated in a *medhya*, *rasayani*, *swarya*, *hrudhya*, *kushtagna*, *kandughana*, *jwaraghana*, it is used in *jwara*, *kushta*, *kandu*, *shopha*, *aruchi*, *shwash*, *kasa*, *pandu*, *visha*, *moha*.<sup>[13]</sup>

**Bhavaprakash nighantu: (16<sup>TH</sup> Cent. A. D.)**

This book is composed by *bhavamishra*, this text is divided into two parts *purvardha* and *uttarardha*. *purvardha* is related with *rasashashtra* and *kayachikitsa*, *uttarardha* is concern with *dravyaguna*. It is divided in 23 *vargas*. In this *nighantus mandukaparni* has been described in *guduchyadi varga* by the synonyms *mandukaparni*, *manduki*, *twastri*, *divya*, *mahaushadi*.

It is *Kashaya Madhur* and *tikta rasa*, with *laghu hima* and *sara guna*, *sheeta virya* and *madhura vipaka*.

It is indicated as a *medhya*, *rasayani*, *swarya*, *kushtagana*, *mehagna*, *jwaraghana*, *shothagna*, *smrutiprada*, *vishaghana*, it is used in *jwara*, *kushata*, *kaas*, *shopha*, *pandu meha*, *smrutiprada*, and *visha*.<sup>[14]</sup>

**Nighantu adarsha: (19<sup>TH</sup> Cent. A. D.)**

This book was published in Gujarat, its author is Bapalalji, in this Nighantu *mandukaparni* has been described in *jeerakadi varga*. In this book *nirukti* has been given along with its synonyms as *brahmi*, *brahamasuvarchala*, *mandukaparni*, *saumya*, *suvarchala*. it is *madhura tikta*, and *Kashaya rasa*, *Sheeta veerya*, and *madhura* in *vipaka*.<sup>[15]</sup>

**Madhava dravyaguna: (19<sup>TH</sup> Cent. A. D.)**

The author of this text is *shri madhav*. It is also known as *bhavaswabhavavadah* *mandukaparni* is described in *shaak varga*, it is indicated as a *medhya kushtagna*.<sup>[16]</sup>

**Priya nighantu: (20<sup>TH</sup> Cent. A. D.)**

This Nighantu is written by *acharaya priyavat sharma*, synonyms mentioned are *brahmi*, *mandukaparni*, and it is described in *shatapushapadi varga*.<sup>[17]</sup>

**DISCUSSION**

As outlined above results from various Nighantu studies indicates *mandukaparni*, has *Kashaya*, *madhura* and *tikta rasa*, *Madhura vipaka*, and *sheeta virya*, *laghu hima* and *sara guna*, with *kaphapittahara* properties it possess many qualities as *medhya*, *rasayani*, *swarya*, *hrudhya*, *kushtagna*, *kandugna*, *mehagna*, *jwaragna*, *shothagna*, *raktapitta shamak*, *agnivardhaka*, *grahi*, *smritipradha*, *vishagna*.

It poses anti-depressant, anxiolytic, sedatives, hypotensive and antioxidant properties, CNS and utero relaxant action. Antiepileptic effect cognition and antioxidant properties.

Now a day's population is dependent on the traditional system of medicine due to overuse of synthetic drugs which results in higher incidence of adverse drug reaction, so it is essential to intensify the study of medicinal plants, the present study reveals that with the help of literature i.e. *kosha* and *Nighantu*, we may assess the therapeutic value of a drug very easily and take benefits by using them.

The main object of Ayurveda is to live full length of life which is free from physical and mental disorders, *medhya rasayana* drugs have been claimed to exert a pronounced effect on the mental capability of a person the potential role of this drugs is on intellectual function and mental performance.

## CONCLUSION

The present review on mandukaparni, from different *nighantus* can be useful to get collective information of drug at a glance various synonyms and properties of mandukaparni along with medicinal uses were described in different nighantus which can be useful in treating various ailments, most of the nighantus have mentioned that mandukaparni has significant use in anti-depressant, anxiolytic, and antioxidant, the whole plant is reported to be a nervine and cardiotonic, astringent, and diuretic. The drug is significantly helpful in managing the symptoms of essential hypertension like anxiety, headache, irritability, and reduce sleep.

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