

PHALA VARGA W.S.R MAHAUSHADHA NIGHANTU: A REVIEW

**Dr. Santosh Gundyagol^{*1}, Dr. Krishna Kishore Kumar², Dr. Harshitha A. M.³,
Dr. Shravya K.⁴**

¹Post Graduate Scholar Department of Dravyaguna Vijnana Aroor Laxminarayana Rao Memorial Ayurvedic Medical College Koppa, 577126 Chikkamagaluru Districts, Karnataka.

²H.O.D and Professor Department of Dravyaguna Vijnana, Aroor Laxminarayana Rao Memorial Ayurvedic Medical College Koppa, 577126 Chikkamagaluru Districts, Karnataka.

³Post Graduate Scholar Department of Dravyaguna Vijnana, Aroor Laxminarayana Rao Memorial Ayurvedic Medical College Koppa.

⁴Post Graduate Scholar Department of Dravyaguna Vijnana, Aroor Laxminarayana Rao Memorial Ayurvedic Medical College Koppa.

Article Received on 12 August 2026,
Article Revised on 02 Sept 2026,
Article Published on 16 Sept. 2026,
<https://doi.org/10.5281/zenodo.22767538>

Corresponding Author*Dr. Santosh Gundyagol**

Post Graduate Scholar Department of
Dravyaguna Vijnana Aroor
Laxminarayana Rao Memorial
Ayurvedic Medical College Koppa,
577126 Chikkamagaluru Districts,
Karnataka.



How to cite this Article: *Dr. Santosh Gundyagol¹, Dr. Krishna Kishore Kumar², Dr. Harshitha A. M.³, Dr. Shravya K.⁴ (2026). Phala Varga W.S.R Mahaushadha Nighantu: A Review. World Journal of Pharmaceutical Research, 15(18), 216–221.

This work is licensed under Creative Commons Attribution 4.0 International license.

ABSTRACT

The word Nighantu (lexicon) in ayurveda implies the group of drugs, synonyms, properties, and their uses. In ancient period of Samhita there was a less morphological descriptions of plants but after introduction of Nighantu there were a lot of contributions in the field of *Dravyaguna Vijnana*. *Ayurveda Nighantu* is actually traditional collection of words with actions and properties of dr Gundyagol ugs. *Mahaushada Nighantu* is one such literary compilation authored by Aryadasa Kumara Singha of Ceylone and published with Hindi commentary in 1971 from Varanasi. The Nighantu consists of 7 Vargas with their inclusive drugs along with vernacular names synonyms, properties of drugs other than these it also states about Coffee, Tea etc. Nighantu literature occupies a central position in the discipline of *Dravyaguna Vijnana* (Materia medica). The *Nighantus* are one of the important aspects in the study of Ayurveda and mainly in subject of *Dravyaguna Vijnana*. This

article emphasizes about the vargas along with their drugs and properties which added the compendium of Ayurvedic drugs.

KEYWORDS: *Mahaushadha Nighantu*, Lexicon, *Nighantu*, *Phala Vargas*.

INTRODUCTION

Nighantu is a Sanskrit term for a traditional collection of words, a vocabulary, or glossary of words. grouped into thematic categories. *Mahaushada Nighantu* which is a contribution of Aryadasa Kumara Singha of Ceylone and published with Hindi commentary in 1971 from Varanasi. He mentioned in this Nighantu synonyms, properties, and vernacular names of drugs in specified Vargas, while screening the lexicon it has been noted that the author has covered all aspects of the medicinal plant, animal origin, and mineral origin drugs with their scientific identity and properties.

In Mangalacharana (Starting of book) author start with bow with reverence to Lord Buddha, the supreme physician, who expounded the four Nobel truths-the great medicine for the disease of worldly existence. These truths proclaim that: (1) life is characterized by suffering dukkha, (2) craving is the cause of suffering, (3) the cessation of craving results in the cessation of suffering, (4) the Nobel Ashtangamarga (Eightfold path) leads to liberation. By impacting this supreme remedy to beings afflicted by the disease of repeated birth and death, he became the foremost healer of existential suffering.

Then he have mentioned upkrama where he have describe about drug is known by its rasa, guna, veerya, Vipaka and nama of the Dravya, and he have mensioned why he is writing the nighantu.

In this Nighantu initially described about *Mahaushadha Varga* with *shunti*, *ardraka*, *lashuna*, and *dhaniya* etc with their synonyms, properties and vernacular name of each particular Vargas. In Mahoushadhi Nighantu he mentioned total 7 Vargas, named as *Mahaushadhi Varga*, *Chandanadi Varga*, *Bilvadi Varga*, *Phala Varga*, *Swarnadi Varga*, *Sammishra Varga*, *Sankhya Varga* and coffee, tea also mentioned in this Nighantu. Each varga named because of 1st drug explained in the varga.

The book which was referred to do review is *Mahaushadha Nighantu* along with the author Aryadasa Kumarasimha, Hindi vyakhyakara Shri Indradeva Tripathi and published by Chaukhambha Bharati academy Varanasi. The book is in Sanskrit and Hindi language and contains 207 pages, With 7 Vargas.

1. PHALA VARGA

In *Phala Varga* is 4th varga containing total 15 drugs. They are Amra, Panasa, Kadali, Narikela, Tamraphala, Bilvapeshika, Nagaranga, Jambira, Nimbukam, Amlavetasa, Amlika (imali), Draksha, kharjuri, Annanasa, Gucchalabu (anda kharbhuj). Each drug is described with synonyms, properties, and uses of phala and their vernacular names are mentioned.

Table 1: Drugs described in phala varga: Mahaushadhi Nighantu.

Drug Name	Botanical Name	Synonyms	Properties
Amra	<i>Mangifera indica</i>	<i>Phalashreshta, Maakanda, Sahakaraka, Pikapriya, Kamashara, Rasala</i> Total 6 Synonyms Are Mentioned.	Ripened fruit of amra- Madhurarasa Yukta, Viryavardhaka, Snigdha, Balavardhaka, Vatahara, Hridyam, Varnya, Shitavirya, Pitta Janaka, Vanhi Shukrashleshmavivardhanam
Panasa	<i>Artocarpus integrifolia</i>	<i>Kantakiphala, Kosha, Koshaphala, Kandarpajiva, Phalasa, Sumanaphala</i>	Unripened panasa fruit- Madhura Rasa, Vataprada, Guru, Dahanashaka, Balaprada, Kaphamedovivardhanam
Kadali	<i>Musa sapientum</i>	<i>Varanabusa, Rambha, Mocha, Anguliphala, Ambusara, Bhanuphala, Suphala, Shatvighraha.</i>	Ripened fruit of kadali- Shitala, Madhura Vipaka, Vrishya, Viryavardhaka, Brahmana, Pramehanashaka, Trishna-Netraroga Nashaka, Ruchivardhaka, Mamsavardhaka.
Narikela	<i>Cocos nucifera</i>	<i>Shivaphala, Toyagarbha, Sadaphala, Trinaraja, Kshiraphala, Kurchashirshaka.</i>	Narikela phala- Shitala, Durjara, Vastishodhaka, Vishtambhaka, Brahmana, Balya, Vatapitta Hara, Rakta Vikarahara, Amlapitta and Daha Hara. Narikela jala-(young) with fruit pulp Purgative, eliminate thirst, burning sensation, pittajwara Ripened(old) Guru, vishtambhi, pittala
Tamraphala		<i>Pila Nariyela, Raja-Narikela, Sannira Phala, Akasha Phala</i>	Phala and Pushpa property are Same but 8times more than seen In other Narikela
Bilvapeshika Or Pakkabilvaphala		<i>Bilvakarkatika, Bilvashalatu</i>	Young- Laghu, Mala Sangrahi, Snigdha, Dipana, Pachana, Ushna Virya, Tikta Rasa, Kapha Vata Shulahara. Ripened – swadu, rochaka, laghu, vatapitta hara and purgative
Nagarangha /Narangi	<i>Citrum aurantium</i>	<i>Naranga, Twak Sugandha, Mukhapriya, Gandhi, Phanita</i>	<i>Madura Amla Rasa, Brahmana, Ruchikaraka, Trishna Daha</i>

		Dodingha, Naryanga, Kimira.	Prashamana, M Utrala, Vatanashaka.
Jambira	Citrus	Jambhaka, Jambhi, Jambha, Jambhira, Mukhashodhi, Amladadinga, Danta Harshana.	Ushna Virya, Amla Rasa, Vata Kapha Hara, Vibandha Hara, Shula, Kasa, Vamana, Pyasa, Ama, Hridaya Vedana, Mandagni, Krimi Hara Nasha.
Nimbukam /Kagaji Nimbu	Citrus medica Var.acida	Nimbuka, Nimbu, Nimpaka, Jantumaraka, Likucha, Nikucha, Deshiphala, Bhutarishasyaka	Ushna Virya, Laghu, Amla Rasa, Ruchivardhaka, Jaataragnivardhaka, Pachaka, Krimiroga, Gulma Roga, And Visuchika Nasha, Visha, Vata Kapha Nashaka
Amlavetasa	Garcinia	Chukra, Amlavetasa, Bhi\ ma, Shatavedhi, Sahastrabhit, Amlasara, Khoraphala, Rajamla, Amlanayaka	Amlarasa, Dipana, Bhedana, Lahu, Hridya Roga And Shula And Gulma Roga Nashaka, Lomaharsha, Hikka, Anaha, Aruchi, Shwasa, Kasa, Ajirna And Vamana Nasha
Amlika/Imali	Tamarindus indica	Chudantashata, Krika, Amla, Chukra, Dantashata, Shatamla, Chinchika, Chinch, Tintidhika, And Tintidi	Vatanashaka, Guru, Pitta, Kapha And Rakta Vriddi, Dipaka, Ruksha, Saraka, Ushnavirya, And Vatanashaka
Draksha	Vitis vinifera	Swadduphala, Gucchaphala, Madhuras, Mradvika, Harahura, Gostani, Tapasapriya	Ripened: Madhura And Kashaya Rasa, Madhura Vipaka, Saraka, Shitala, Netra Hitakara, Brimhana, Srusta vinmutra, Viryavardhaka, Pyasa, Jwara, Shwasa, Vata, Vatarakta, Kamala, Mutrakriccha, Raktapitta, Madatyaya Nasha Unripened: guru, having less properties than ripened fruit Sour: cause raktapitta Black colour fruit: alleviates raktapitta Kapila varna (gostani) : guru, brahmana, kapha and pittahara Fruit without seed: having less property than gostani draksha
Kharjuri/Khajara 3 Tyes Of Kharjura	Phoenix sylvestris (Wild date) Phoenix dactylifera (date palm)	Bhumikharjura: Shindi, Duraroha, Mriducchada, Skandaphala, Kaka-Karkati Pindhakharjur: Pindhakharjurika Chouhaara	Shita Virya, Madhura Vipaka, Snigdha, Ruchikara, Hridya, Santarpanakaraka, Raktapitta Nashaka, Pushtikaraka, Malavarodhaka, Shukravardhaka, Koshtagata, Jwara, Atisara, Bhukapyasa, Kasa And Shwasa Hara, Mada, Murcha, Madyajanya Roga Nasha
Bahunetra	Ananus comosus	Anantaksha, Bahunetrphala, Amlika, Putrashirsha, Paravati, Koutuka, Andhaksha	Unripened fruit: Garbha patina, Ruchivardhaka, Pitta-Kapha Vriddhi

			<i>Klama Hara , Amadosha And Atapa Dosha Hara</i> Ripened fruit: amla and Madhura rasa, pitta vardhaka, saamla, tapadoshanut
Gucchalabu		<i>Erandachirbhata, Naali, Prabhaphala, Vatakumbha Phala, Nalapalasha, Madhukarkati, Praphala, Kshiri, Madhveranda, chirabitta</i>	Unripened fruit: Graahi, Mamsashitila, Kamala Roga Nasha, Vishanashaka, Kapha And Vata Vriddhi, Ripened fruit: Ruchivardhaka, swadhu, guru, Snigdha, tikta, pitta hara, vrishya, visha hara, Hridya Hitakara

DISCUSSION

Phala Varga described in Mahaushadha Nighantu represents an important yet relatively less explored segment of Ayurvedic materia medica. Fruits are not merely considered dietary commodities in the classical tradition; they occupy a distinctive position as sources of nourishment, therapeutic agents, and carriers of specific pharmacodynamic properties. The descriptions of individual fruits in Phala Varga demonstrate the Ayurvedic approach of understanding medicinal substances through attributes such as Rasa, Guna, Virya, Vipaka, Karma and therapeutic indications. Thus, the Varga provides an integrated framework in which nutritional and therapeutic dimensions coexist rather than being treated as completely separate domains.

Thus, Phala Varga of Mahaushadha Nighantu stated a few newer varieties of fruits which is not explained elsewhere like pila nariyal - Tamraphala which is a variety of Narikela that is 8 times more potent than the usual one. This literature is not merely viewed not only as a historical compilation of fruits but also as a potential research repository for contemporary Ayurvedic pharmacognosy. Its systematic evaluation can contribute to drug identification, quality standardisation, evidence generation, nutritional research, conservation and responsible documentation of traditional knowledge. The integration of classical wisdom with modern scientific methodology, while preserving the epistemological identity of Ayurveda and maintaining ethical standards, represents a promising direction for future research on Phala Varga.

CONCLUSION

Thus the Phala varga in Mahoushadhi Nighantu not only gives us a brief account on routine fruits that were used in few diseases for its therapeutic and Nutritional support but also added

with their Antioxidant, Anti allergiac, Anti cancerous and life supporting agents that are obtained naturally from Plant sources.

The phala varga of mahaushadhi Nighantu contains 15 drugs. In this nighntu author mentioned synonyms, properties, uses and vernacular name for each drug with botanical name.

Phala Varga of Mahaushadha Nighantu represents a valuable source of classical knowledge on the identification, properties and therapeutic applications of fruits. Its systematic evaluation can bridge Ayurvedic principles with botanical authentication, phytochemistry and pharmacological research. Future studies should validate classical claims while preserving the original Ayurvedic framework and avoiding unjustified correlations. Ethical documentation of traditional knowledge, sustainable harvesting, conservation of medicinal resources, proper authentication and patient safety are essential. Thus, Phala Varga offers significant scope for interdisciplinary research and responsible development of fruit-based Ayurvedic therapeutics.

REFERENCES

1. <https://en.wikipedia.org/wiki/Nighantu>
2. kumar Singha A. Mahaushadhi Nighantu. Hindi commentary by Indradeva Tripathi. Varanasi: Chaukhambha Bharati Academy, 2006; p. 143.