

IN REFERENCE WITH AYURVEDA SCRIPTS, CHRONOLOGICAL REVIEW ON THE JAPA (HIBISCUS ROSA-SINENSIS LINN)

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INTRODUCTION

Present status of Ayurveda is after a very long process of rectification. Origin of Ayurveda dates back to the *Vedic* period. *Veda* are concerned earlier most texts of India. It is accepted that *Ayurveda* is a part of *Atharva Veda*. Among four *Vedas*, *Rigveda* have much more about health, disease and drugs. After *Vedic* era, *Charaka Samhita* is most ancient text of *Ayurveda* which is written by *Acharya Charaka*. It has a lot of information about life style, ailments and there treatment. It is mainly treatment based text. *Acharya Sushrut* was the next from *Charaka*. *Acharya Sushrut* filled the gap what they feel. Lacuna of surgery is also filled by *Acharya Sushrut*. *Acharya Vagbhatt* explains

all the missing concepts of *Acharya Charaka* and *Sushrut* in his book i.e. *Astang Haridya* and *Astang Samgrah*.

After time of *Samhita Kala*, *Laghutry* was come to the notice. In that time detailed knowledge about a particular subject come to the point. In that time specific texts about herbs, diagnosis, formulations are written but there was not too much detail about herbs till that time.

Nighantu Kala was golden period for *Dravyaguna* which come to the notice after *Laghutry*. In *Nighantu* period, vernacular names of drug, identification, uses, actions, *Rasa Panchaka* are detailed. These are called *Kosha* or library of herbs. *Japa* is not much more described in *Vedic Kala* and *Samhita Kala* but is mentioned in *Nighantu Kala* with their synonyms, properties, and uses.

Japa Pushpa is colorful like rose but these flowers having very less fragrance in it. Due to beautiful flowers, Pots of *Japa* Plant are found everywhere like home, temple, park, school etc. Along with beauty, these are helpful to treat many ailments.

What is chronological review?

This is the most common and straightforward approach of conducting a literature review. The term "Chrono" refers to a time-based study. All published literature is ordered in this fashion from first to last. This strategy is utilized for topics that have been a matter of discussion for a long time and have undergone modifications. It begins with a definition of the topic, then moves on to research and, finally, how it is thought today. The goal of a historical review is to familiarize yourself with "how an idea, notion, concept, or methodology has grown over time." Also, highlight potential study directions, additional scopes, and gaps.

Japa (Hibiscus rosa-sinensis linn.) - A brief description

Hibiscus rosa-sinensis was named in 1753 by Carl Linnaeus in his book "*Species Plantarum*". The Latin term *rosa-sinensis* is generally meant for "rose of China", but it is not looks closely related to the true roses.^[1] The Chinese rose is *Hibiscus rosa sinensis*. It's a very common flower. It is unknown whether the flower came from China or not.

The medicinal benefits of the hibiscus flower is recorded in *Ayurveda* and Chinese herbology. The whole plant, including the blooms, is high in phytonutrients such pectin, flavonoids, anthocyanin, malic acid, citric acid, and polysaccharides, and can be utilised as medication or consumed for therapeutic purposes. National flower of Malaysia is the *Hibiscus rosa-sinensis*.

Hibiscus rosa-sinensis is native to tropical Asia. It is an evergreen woody, glabrous, showy shrub 5- 8 feet in height.

Roots:- Cylindrical of 5-15 cm length and 2 cm in diameter, tap roots and branched, off white in colour with light brown transverse lenticies.

Leaves:- Leaves are simple ovate or ovate- lanceolate, alternate, large, broad, palmately veined, and stipulate. Leaves are entire at the base and coarsely toothed and sharp at the apex. Taste is mucilaginous.

Flowers:- Flowers are pedicillate, actinomorphic, pentamerous and complete.

- **Epicalyx:-** 5, green in color, free, and linear.
- **Calyx:-** 5, Green colored, gamosepalous, campanulate, and inferior.

- **Corolla:-** 5, Red coloured, about 3 inches in diameter, obovate, polypetalous, mucilaginous, twisted, and inferior.
- **Androecium:-** Many, monoadelphous, epipetalous, antisepalous.
- **Gynoecium:-** Velvety red, pentacarpellary, syncarpous, superior, style united below and free at its tips, stigma 5, capitate.

Japa – An Ayurvedic medicine

According to *Ayurveda*, *Japa* works as antifertility, anti-inflammatory, analgesics, spasmolytic, antihypertensive, antipyretic, antispasmodic, antiviral, antifungal and antibacterial. Anodyne, antidotal, demulcent, expectorant, and refrigerant characteristics are found in the leaves. The blossoms are used to make a decoction that is used to treat lung problems. This plant is used to treat chronic cough, menorrhagia, dysuria, and burn and scald wounds. Vitamins, flavonoids, ascorbic acid, niacin, riboflavin, thiamine, and cyaniding diglucoside are all abundant in flowers. Flowers have characteristics that are depurative, febrifuge, pulmonary, and stimulating. Burns, pectoral and pulmonary symptoms, swellings, and other skin issues are all treated with this portion.

Historical review of *Japa*

Japa is very less described herb in ancient *Ayurveda*. Historical review of *Japa* is detailed in these four following steps-

- ❖ *Vedic Kala*
- ❖ *Samhita Kala*
- ❖ *Nighantu Kala*
- ❖ *Aadhunika Kala*

Vedic kala

Japa Pushpa is used in Hindu temples for worship in *Vedic Kala*. These flowers are used to honors Goddess *Kali* or *Durga*. The bright skin tone of *Devi Durga* and the Sun God are compared to the beauty of the *Japa Pashpa* in *Lalitopaakhyaana*. In the *Vedas*, there is a renowned *Shloka* in praise of the Sun God-

“जपाकुसुम संकाशं काश्यपेयं महाद्युतिम् ।”

Samhita kala

There is not any available reference regarding *Japa* in *Ayurveda* classics of *Samhita Kala* like

in *Brahitrayi* (*Charaka Samhita*, *Sushruta Samhita*, *Astang Hridayam*) and *Laghutrayi* (*Madhava Nidana*, *Sharangdhara Samhita*, *Bhavprakash*).

Nighantu kala

Nighantu Kala was the golden time for the development of *Dravyaguna* and knowledge about plants. *Nighantu* provides detailed knowledge about all aspects of a plant like morphology, properties, uses, distribution and varieties also.

Nirukti of japa

“जपति इति जपा । जपति व्यक्तं वदति स्वकीयान् गुणान्”^[2] ।

Japa (*Hibiscus rosa-sinensis* L.) express its properties with the help of its attractive flowers.

Detail according to various *nighantus*

1. *Abhidhana manjari*

Japa is mentioned in *Sankirna Varga* of *Abhidhan Manjari*. In it, synonyms of various herbal drugs, mineral drugs, animal originated products, body parts etc and white variety of *Japa* is mentioned. *Ondrapushpa*, *Japa*, *Bhandi*, *Kalika*, *Navmalika*, *Malini*, *Raktapushpi*, *Madhyantartini* synonyms are use for *Japa* in it. White variety of *Japa* is also mentioned in it.^[3]

2. *Amarkosha* (*Amara sinha* - *Naamlinganushasana*)

The terms "*Amarakosha*" come from the Sanskrit terms "*Amara*" meaning "immortal" and "*Kosha*" meaning "place or treasure. The book's full title is "*Namalinganushasanam*," which translates to "education concerning nouns and gender"^[4]” It is written by *Amar Sinha*.

In *Amarkosha*, *Japa* is detailed in *Vanaushadhi Varga* of *Dvitiye Kanda*. In *Amarkosha*, various synonyms of *Japa* are mentioned. *Ondrapushpama*, *Japapushpama*, *Vajrapushpama*, are the synonyms for *Japa* in *Amarkosha*.^[5]

3. *Nighantushesa* (*Shri vallabhanikrita nighatushesha tika*)

Nighatushesha Tika is divided into 6 *Kaanda* that are *Vriksha*, *Gulma*, *Lata*, *Shaak*, *Trina* and *Dhanya*. It is written by *Shri Vallabhanikrita*. *Japa* is described in *Vrikshakanda* with the name of *Oundra Pushpa*. *Java* synonym is also mentioned in it.^[6]

4. *Shodal nighantu (Guna sangraha - Shodal 12th Century A.D.)*

Shodal Nighantu was a book of *Shodal* in 12th Century A.D. It is completed in two parts that are *Namasangraha* which is dealing with synonyms and *Gunasangraha* is dealing with properties and actions of the plant. 27 *Varga* are mentioned in entire text. *Japa* is described in *Aamradi Varga* of *Shodal Nighantu*. *Stambhana Karma* of *Japa* is mentioned in it. *Japa* is mentioned as *Pushparanjana* and *Raktahanti* in *Shodal Nighantu*. It is called best *Stambhana* herb here.^[7]

5. *Madhavdravyaguna (Bhavaswabhav vaad - Madhava 13th Century A.D.)*

Madhavdravyaguna is often called as “*Bhava Swabhava Nighantu*”. It was composed by *Acharya Madhava* in 13th Century A.D. 29 *Varga* are mentioned in it. *Japa* is mentioned in *Vividhoshadha Varga*. *Japa* is described with its synonyms and properties like *Vatghani*, *Mallika*, *Tikta*, *Tanjani*, *Stambhani*, and *Pittakaphapahama*.^[8]

6. *Madanpal nighantu (Madan vinod -Madanapāla 14th Century A.D.)*

“*Madana Vinoda*” is another name of *Madanpal Nighantu*. It was written by *Madanpala* in 14th Century A.D. *Madanpal Nighantu* is divided into 13 *Varga*. In *Madanpal Nighantu*, *Japa* *Pushpa* is described in *Karpuradi Varga* with its various synonyms, uses and *Doshaghanta*. *Japapushpam*, *Japaraktam*, *Trisandhya*, *Aruna*, and *Sheeta* are synonyms for *Japa* in it. *Sangrahini*, *Keshya* and *Kaphapittajita* are called to *Japa*.^[9]

7. *Raj nighantu (Abhidhana chudamani - Paṇḍita narahari 15th Century A.D.)*

Raj Nighantu is attributed to *Pandit Narahari*. “*Abhidhana Chudamani*” is another name of *Raj Nighantu*. It is completed in 23 *Varga*. Theme of *Raj Nighantu* is based on *Dhanwatri Nighantu*. *Dravyaguna* was firstly mentioned at first position in *Ashtanga Ayurveda* by *Pandit Narahari*. *Raj Nighantu* is the first text which explains the significance of plant nomenclature. *Japa* is mentioned in *Karviradi Varga* of *Raj Nighantu*. Various synonyms, *Virya*, *Vipaka* are mentioned with its uses.

Japakhya, *Ondrakhya*, *Raktpushpi*, *Java*, *Arkapriya*, *Raktapushpi*, *Prateeka*, and *Harivallabha* are synonyms for *Japa* while *Katu*, *Ushna*, *Indraluptanashini*, *Jantujanani* and *Suryaaradhansadhni* are mentioned as property.^[10]

8. *Kaiyadeva nighantu (Pathyapathyavibhodhaka - Kaiyadeva 15th Century A.D.)*

Kaiyadeva Nighantu is a manuscript of *Kaideva*, 15th Century A.D. It is also known as

Pathyapathyavibhodhaka. Kaiyadeva Nighantu is divided in 9 *Varga*. In this *Nighantu*, *Japa* is mentioned in *Aushadha Varga* with various synonyms, properties and actions of *Japa*. *Japapushpa*, *Javapushpa*, *Mandpushpa*, *Pindapushpa*, *Hempushpa*, *Trisandhya*, *Aruna*, and *Sheeta* are synonyms for *Japa* here. *Sheetala*, *Visha*, *Pitta* and *Kaphapaha* are said to *Japa*.^[11]

9. *Bhavprakash nighantu (Bhavamisra 16th Century A.D.)*

Bhavprakash Nighantu is written by *Bhavamisra*. It is the best text of *Dravyaguna* because *Bhavamisra* is a joint period of ancient *Ayurveda* and modern *Ayurveda*. *Bhavamisra* detailed each and every herb in his own style which is change from all the texts till that time. In *Bhavprakash Nighantu*, various synonyms of *Japa* are mentioned with its use and *Doshaghanta* in *Purvakhanda-Prathama Bhaaga-Mishraka Prakarana-Pushpa Varga*. *Ondrapushpam*, *Japa*, *Trisandhya*, *Aruna*, and *Sheeta* are the synonyms and *Sangrahini*, *Keshya*, and *Kaphavatajeeta* are properties of *Japa*, according to *Bhavamisra*.^[12]

10. *Priya nighantu (Acharya P.V. sharma 20th Century A.D)*

Priya Nighantu is written by *Acharya P.V. Sharma*. *Acharya P.V. Sharma* updated it timely. Herbs are mentioned according to its function in different *Varga*. Synonyms, botanical name, species, origin place, collection methods, adulterations, properties, uses according to systems and *Doshas* are mentioned in it. *Japa* is mentioned in *Garbhanirodhaka Varga* with various synonyms in it.^[13]

11. *Nighantu adarsh (Bapalal G. Vaidya (20th Century A.D)*

Nighantu Adarsh is written by *Bapalal G. Vaidya* in 20th century. It was published in Gujrat. This was the first text of complete *Dravyaguna* with proper identification of herb and controversies. Origin of herb, useful part, synonyms, chemical composition, *Rasa Panchaka*, dose, formulations and uses are mentioned with modern medical and botanical work. Meaningless synonyms are not mentioned in it. Presently it is available in two parts. *Japa* is mentioned in *Karpasadi Varga*. *Ondrapushpa*, *Trisandhya*, *Gudhara*, *Gudhala*, *Adhula*, *Java*, *Jasus*, *Jasuda*, *Jaba*, *Dasnuma*, *Daswal* and *Sapatuppu* synonyms are mentioned in it for *Japa*.^[14]

12. *Saraswati nighantu (21st Century A.D)*

In *Sarswati Nighantu*, *Japa* is mentioned in *Kshupa Varga* with its synonyms. *Rudrapushpam*, *Japapushpam* and *Shivpushpam* are the synonyms for *Japa* here.^[15]

Synonyms of *japa* according to various *nighantus*

S. no.	Synonyms	B.N.	R.N.	N.R	K.N.	R.M.	C.D.	N.A.
1	<i>Arkapriya</i>		-					
2	<i>Aruna</i>	+			+			
3	<i>Trisandhya</i>	+			+			+
4	<i>Raktapushpi</i>		+					
5	<i>Ondrapushpa</i>	+			+			+
6	<i>Odraka</i>		+					
7	<i>Java</i>	+	+		+			+
8	<i>Japapushpa</i>			+	+			
9	<i>Pindapushpa</i>				+			
10	<i>Javapushpa</i>				+		+	
11	<i>Harivallabha</i>		+					
12	<i>Hemapushpa</i>				+			
13	<i>Japakusuma</i>					+		
14	<i>Adhul</i>							+
15	<i>Gudhal</i>							+

Classification of *japa* according to different *nighantus*

S. no.	<i>Nighantus</i>	<i>Varga</i>
1	<i>Madanapala Nighantu</i>	<i>Karpuradi Varga</i>
2	<i>Kaiyadeva Nighantu</i>	<i>Aushadha Varga</i>
3	<i>Raj Nighantu</i>	<i>Karaviradi Varga</i>
4	<i>Bhavaprakasha Nighantu</i>	<i>Pushpa Varga</i>
5	<i>Amarkosha</i>	<i>Vanaushadhi Varga</i>
6	<i>Abhidhan Manjari</i>	<i>Sankirna Varga</i>
7	<i>Nighantu Shesa</i>	<i>Vrikshakand</i>
8	<i>Madhaav Dravyaguna</i>	<i>Vividhaushadha Varga</i>
9	<i>Saraswati Nighantu</i>	<i>Kshup Varga</i>
10	<i>Nighantuadarsha</i>	<i>Karpasadi Varga</i>
11	<i>Shodal Nighantu</i>	<i>Aamradi Varga</i>

SUMMARY AND CONCLUSION

So, according to above detail, *Japa* is very useful herb which is enrolled from Vedic era to till day. It is nowadays going to be more popular due to its role in hair fall. It is widely used now as a hair pack. Besides it, it has more therapeutic uses in many disorders and also used as a home remedy for many ailments. It is also useful in fever, inflammation, viral infection, bacterial infection, fungal infection, and as an abortifacient herb. Researches for its anticancerous property are going nowadays.

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