

## **NINE MEDICINAL HERBS FOR NAVRATRI, DEVI NAVADURGA FORM ACTUALLY NINE MEDICINAL HERBS THAT GIVES HEALING AND PROSPERITY**

**\*<sup>1</sup>Dr. Rajesh Kumar Verma and <sup>2</sup>Dr. O. P. Sharma**

<sup>1</sup>Ph.D Scholar, Department of Dravyaguna, Sri Ganganagar College of Ayurvedic Science & Hospital, Tantia University, Sriganganagar, Rajasthan.

<sup>2</sup>Professor & Head, Department of Dravyaguna, Sri Ganganagar College of Ayurvedic Science & Hospital, Tantia University, Sriganganagar, Rajasthan.

Article Received on  
07 March 2022,

Revised on 28 March 2022,  
Accepted on 17 April 2022

DOI: 10.20959/wjpr20225-23874

### **\*Corresponding Author**

**Dr. Rajesh Kumar Verma**

Ph.D Scholar, Department  
of Dravyaguna, Sri  
Ganganagar College of  
Ayurvedic Science &  
Hospital, Tantia University,  
Sriganganagar, Rajasthan.

### **ABSTRACT**

In Navratri, nine roops of Maa Durga are worshipped, which represents healing and prosperity along with wellness of the whole universe. Similarly, In Ayurveda, there are nine herbs which represent the essences of Maa Durga. In Markandeya Purana, these nine herbs are discussed according to characteristics of nine roops of Maa Durga. Brahma Ji also called them Durga Kavach which means that these herbs shield us from ill health. These nine nights of Navratri provide rest and rejuvenation, we turn inwards through sleep and wake up feeling refreshed and rested in the morning. This brings freedom from all kinds of botherations, deep relaxation and creativity. Similarly the herbs representing Maa Durga have qualities to enhance the subtle energies and assist one's experience of reaching the spirit. Mother

Divine serves us in many forms and in the form of these nine herbs, it represents the omnipresent cosmic energy which permeates the whole wellness of human beings. Getting in touch with the spirit invokes positive qualities within us and destroys all negative emotions. Thus, a group of these nine herbs connect us with our spirit, transforming us from inside and keeping us healthy.

**KEYWORDS:** Markandeya purana, Navratri, Nine herbs, Maa Durga.

## INTRODUCTION

The first mention of Navratri comes from the Markandeya Purana, where it is described how the nine forms of the Goddess Durga are to be worshipped in this period of time. In Markandeya Purana, the nine herbs are discussed according to the nine roop of Maa Durga. The herbs representing Maa Durga have qualities to enhance the subtle energies and assist one's experience of reaching the spirit. Satisfying the curiosity of religious people, here are giving nine medicinal forms of Navdurga. These nine forms of herbs representing Navdurga work as medicines and bring relief and well being to the devotees who come to their refuge. The secret of this medical system is called Durga Kawach by Brahma Ji in his sermon. In reality, there is a deep secret of the medicines in Navadurga, Through which Lord Dhanvantari and then Ayurvedacharya Charak, Sushruta, Vagbhat used it for public welfare. At first, this method was shown as a *Markandeya treatment system* but remained secret. These Navadurga are actually nine medicines with divine qualities which are described in detail in Ayurveda.

### • प्रथम शैलपुत्री यानि हरड़ / हरीतकी

The first form is considered Shailputri. The herb representing the essence of Shailputri is Myrobalan or Harad. It is also called Himawati Bhagwati Devi Himavati Harad. It is the primary medicine of Ayurveda and is an important part of Indian traditional system of Ayurveda medicine. It is of seven types.

### हरीतकी ( HARITAKI )

Latin Name – Terminalia chebula Retz.

Family Name – Combretaceae

### According to Ayurveda Properties Of Haritaki

हरीतकी पञ्चरसामुष्णालवणां शिवाम् | दोषानुलोमनिलध्वी विद्यादीपनपाचनीम् ||

आयुष्यां पौष्टिकीधन्यां वयसःस्थापनीं परम् | सर्वरोगप्रशमनीं बुद्धिइन्द्रियबलप्रदाम् || [ चरक चि. १/२९-३० ]

विजया रोहिणी चैव पूतना चामृताभया | जीवन्तीचेतकी चेति पथ्यायाः सप्तजातयः ||

[ भा.प्र. ]



**According to Bhavaprakash Nighantu.** The seven types explained are –

1. **Vijaya** – used in all diseases, available in Vindhya mountains regions.
2. **Rohini** – fruit is circular in shape – Useful in wound healing – available in place called Pratishtanaka.
3. **Putana** – Having small fruits with big seed – used for external application, available in Sindh area.
4. **Amruta** – Having thick fruit pulp, useful for Panchakarma (detoxification), available in Champa, Bhagalpur area Bihar state.
5. **Abhaya** – Having five creases in fruit skin, useful in eye disorders, available in Champa, Bhagalpur area Bihar state.
6. **Jivanti** – Yellow coloured fruit – useful in all diseases, available in Saurashtra region of Gujarath state.
7. **Chetaki** – Having thre creases in fruit skin, useful for purgation, available in H.P.

**All these seven types, Vijaya variety is considered as best.**

- **द्वितीय ब्रह्मचारिणी यानि ब्राह्मी**

The second form of Durga is called Brahmacharini. The herb representing this one is called Brahmi. Brahmi is age and memory enhancer, destroying blood disorders as well as sweetening the voice.

Brahmi is also called Saraswati. Because it provides strength in the mind and brain. It is the main medicine for air disorders and urinary diseases. It is a medicine capable of taking out blood disorders by urine. Therefore, a person suffering from these diseases should worship Brahmacharini.



### ब्राह्मी (BRAHMI)

Latin Name – *Bacopa monnieri* (Linn.)

Family Name – Scrophularaceae / Plantaginaceae

#### According to Ayurveda Property of Brahmi

ब्राह्मी कपोतवेगा च सोमवल्ली सरस्वती | मण्डूकपर्णी माण्डूकी त्वाषटि दिव्या महौषधि. [भा.प्र]

#### • तृतीय चंद्रघंटा यानि चन्दुसूर

Chamsoor. This is a plant that is similar to coriander, it is also known as **Charmahunti**. Chandrika is a medicine to increase strength, purify the blood, reduce obesity and cure heart disease. Therefore, the patient related to these disease should worship Chandraghanta.



### चन्दुसूर (CHANDRASUR)

Latin Name – *Lepidium sativum* Linn.

Family Name – Cruciferae

#### According to Ayurveda Property of Chandrasur

चन्द्रिका चर्महन्त्री च पशुमेहनकारिका नन्दिनी कारवी भद्रा वासपुष्पा सुवासरा

चन्द्रशूरम् हितं हिक्का वातश्लेष्मातिसारिणां | असृगवातगदद्विंश बलपुष्टिवर्धनम् || [भा.प्र]

- चतुर्थ कुष्माण्डा यानि कुम्हडा / पेठा

The fourth form of Durga is Kushmanda. It is packed with phyto nutrients and medicinal values. It is used for weight gain therapy, improve intelligence and so on. In Indian system of Medicine, it is hailed as the best among all the fruit yielding creeper plants. It is called Kushmanda in Sanskrit. It is also used spiritual practices in some part of India In Hindi it is called kumhada. In South India, it is used for worship and there is a practice that after all the houses and shops, it is hung after worship, people believe that by doing this, they are protected from evil powers. The potter is a semen-enhancer (semen-enhancer), cures blood disorders and cleans the stomach. This is the nectar for a mentally weak person. It cures heart disease by removing all the defects of the body. The potter removes blood bile and air disorder The person suffering from these diseases must worship the mother Kushmanda Devi along with the use of Petha or kushmanda. All ayurveda text books have categorized it under phala varga.



**कूष्माण्ड (KUSHMANDA)**

Latin Name – Benincasa hispida (Thunb.)

Family Name – Cucurbitaceae

**According to Ayurveda Properties Of Kushmanda**

कूष्माण्डं बृहणं वृष्यं गुरु पित्तास्रवातनुत् बालं पित्तापहं शीतं मध्यम कफकारकम् ॥

वृद्धं नातिहिमं स्वादु सक्षारं दीपनं लघु बस्तिशुदिकरं चेतोरोगहृत् सर्वरोगजित् ॥ [ भा.प्र. ]

- पंचम स्कंदमाता यानि अलसी / अतसी

The fifth form of Durga is Skanda Mata. It is also called Parvati and Uma. It is known as linseed of medicine. Its oil is very popular, which is specially used in the process of cooking.



### अतसी (ATASI)

Latin Name – *Linum usitatissimum* Linn.

Family Name – Linaceae

#### According to Ayurveda Property of Atasi

अतसी मधुरा तिक्ता स्निग्धापाके कदुर्गरुः॥ उष्णा दृक् शुक्र वातघ्नी कफपित्तप्रकोपिणी ॥ [ भा.प्र ]

#### • षष्ठम कात्यायनी यानि माचिका

The sixth form of Durga is Katyayani. This Ayurveda medicine is known by many names. Such as Amba, Ambalika, Ambika, it is also called Moiya i.e. Machika. It destroys phlegm, bile, excess disorders and diseases of the throat. The patient suffering from this should worship Mother Katyayani.



### माचिका (MACHIKA)

Latin Name – *Tamarix gallica*

Family – Malvaceae

#### According to Ayurveda Properties Of Machika

मचिका प्रस्थिकाअम्बष्ठा तथाचाम्बालिकाम्बिका | मयूर विदला केशी सहसा बालमूलिका

माचिकाम्ला रसे पाके कषाया शीतला लघुः पक्वातीसार पित्तास्र कफकण्ठामयापहः ॥ [ भा.प्र ]

**Note -The herb machika is explained in Ayurvedic Text Book Bhavaprakash Nighantu .Many herb such as Tamarix gallica, Tamarix articulate, Hibiscus cannabinus are considered as this herb.**

- **सप्तम कालरात्रि यानि नागदौन**

The seventh form of Durga is Kalratri which has been called Mahayogini, Mahayogishwari. It is known as Naagdon medicine. This is the destroyer of all kinds of diseases and is the medicine to overcome all the disorders of the mind and brain, which gives victory everywhere. If the person plants Naagdon in his house, then all the troubles of the house go away. It is a medicine which gives pleasure and is a destroyer of all poisons.



Every victim should worship this Kalratri. Naagdon is not mentioned anywhere in Ayurveda. Generally plants which produce latex are poisonous but this medicinal herb is non toxic. Naagdon plant is extensively used to treat piles, excessive bleeding, constipation, joint pain and all sorts of bleeding disorders.

Latin name - *Euphorbia tithymaloides*

Family name – Euphorbiaceae

- **अष्टम महागौरी यानि तुलसी**

Mahagauri is the eighth form of Durga. Which has its own place in Indian tradition and recognition. According to Indian architectural theory, having it in the house and seeing it in the morning gives equal importance to gold donation. What everyone knows as medicine, it is a home, air and energy purifier. It is filled with effects and the elixir element in nature. There are seven types of basil. White basil, black basil, maruta, davana, kudherak, earner, hexagon. All these types of basil cleans the blood and kapha dosha destroys and destroys heart diseases.



### तुलसी (TULSI)

Latin Name – *Ocimum sanctum* Linn.

Family Name – Labiateae

#### According to Ayurveda, Properties Of Tulsi

तुलसी कटुका तिक्ता हृद्योष्णा दाहपित्तकृत् | मरुदनिप्रदो हृथ तीक्ष्णाष्णः पित्तलो लघुः || [भा. प्र ]

This goddess should be worshiped by every normal and patient person.

#### • नवम सिद्धदात्री यानि शतावरी

The ninth form of Durga is Siddhidatri. Which is called Narayani or Shatavari. This is the major and main element of all Ayurvedic medicines, especially for the health of women, Blood disorders and vata pitta disoeders. It is a Mahaushadhi that gives strength to the heart. A person suffering from this should worship Siddhidatri Devi. As per sharangadhar samhita only wet root of Shatavari should be used in making herbal products in preparing kashaya, Avalehya etc. However this rule does not apply when it is used in powder form.

### शतावरी (SATAVARI) Latin Name.

*Asparagus racemosus* Wild.[शतावरी]

*Asparagus sarmentosus* Linn. [महाशतावरी]

Family Name – Liliaceae.

#### According to Ayurveda Properties of Shatavari

शतावरी गुरुः शीता तिक्ता स्वादु रसायनी | मेधाग्निपुष्टिदा स्निग्धा नेत्र्या गुल्मातिसारजित् ||

[भा.प्र.]



## CONCLUSION

Thus according to the **Markandeya Purana**, the above nine goddesses can be compared to nine Ayurvedic medicinal plants by which every human disease is cured and the blood circulation is done properly in the body due to proper balance and purification of Vata, Pitta, Kapha and long term and healthy human being. Therefore, with the worship and consumption, human beings should also dedicate these medicines to the mother through yagna, havan and bhog so that their effect can be further increased. According to the Markandeya Purana, every goddess cures every disease of the human being in the form of nine medicinal plants and makes the body healthy and clean. Therefore, human beings should worship and consume them.

“These nine herbs are representative of navdurga and carry their essence”

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