VOLUME-9, ISSUE-2, FEBRUARY-2020 • PRINT ISSN No. 2277 - 8160 • DOI : 10.36106/gjra

Original Research Paper

Ayurveda

KAMAL IN THE MANEGEMENT OF RAKTAPITTA :A REVIEW

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ABSTRACT

Kamal (*Nelumbo nucifera*) the National flower of India is a well-known traditional medicinal plant which is also known as sacred lotus. Each and every part of Kamala is reported to have therapeutic uses. Kamala is mentioned in various diseases in various forms and formulations. Kamal traditionally used to treat diarrhoea, cholera, fever, hepatopathy, hyperdipsia,promoting conception,improving the skin condition,urinary problems,hypertion and many bleeding disorder. In Ayurveda,Charakacharya described use of Kamala in Raktapitta chikitsa. Charakacharya says observations,handling, contact of Kamala flower is useful in Rakatpitta also visiting lakes and ponds of Kamala will be helpful in Raktapitta [1] . If just observation or contact of Kamala is said to be helpful in the management of raktajvikara then there is need to study Kamala with reference to bleeding disorder i.e.Raktapitta. Classically mentioned Raktapitta resembles nearly with bleeding phathologies. Aggravated Pitta, due to its ushnata and dravata further affect Rakta and vitiate Rakta. This vitiated and increased Rakta along with Pitta cause Raktapitta. [2] It further shows symptoms like epistaxis,peptic ulcers, esophageal varices, bleeding in small intestine or colon etc. Kamala by its attributes works on Raktapitta. It balances the vitiated Pitta and Rakta which in turn helps in avoiding further etiology. [3] Hence review of literature of Kamala with reference to Raktapitta is mentioned in this article.

KEYWORDS : *Nelumbo nucifera*, Raktapitta

INTRODUCTION

Nelumbo nucifera gaertn. (Fam: Nymphaeaceae) is a large aquatic herb with stout creeping yellowish white colored rhizomes, Ancient medical literature assigned the Sanskrit name Kamala to nelumbo nucifera, there are two forms-one with white flowers commonly called Pundarika or sveta kamala and the other with pink or reddish pink flowers called Rakta Kamala . Every part of the plant has distinct name and almost all parts are used medicinally supplying one or more drugs, the whole plant with flowers is known as Padmini ,the rhizome is known as Kamalakand the tender leaves as Sambartika the peduncle as mrinal or Bisa the stamens as Kirijalaka the torus as Padmakosa the seeds as Padmaksya or Karnika and the honey formed in the flowers by the bees feeding upon padma is known as Makaranda or Padma-Madhu . N. nucifera is a native of china, Japan and India. It is commonly found growing in ponds, tanks and jheels; it is often cultivated for its elegant, sweet scented flowers . Lotus is cultivated in china and Japan. Leaves flowers, rhizomes, roots, fruits and seeds of N. nurcifera has been claimed to possess various medicinal values.

Flowers

Solitary, large, 10-25 cm in diameter, white pink or pinkish white fragrant peduncles arising from the nodes of the rhizomes, sheathing at the base, 1-2 cm long, green or blackish green, hard and stout, smooth or rough due to the presence of numerous small scattered prickles, sepals, petals and stamens are spirally arranged passing gradually one into another . The flowers has cooling effect, used as astringent in diarrhea, also in cholera, in fever and diseases of liver, recommended as a cardiac tonic . The flowers of N. nucifera are used for ornament and as offerings in temples, they are used as a source of perfume. The honey from lotus flowers is reported to possess tonic properties and considered useful for affections of the eye . Garlands made from the beautiful, fragrant white or rose flowers are used for decoration and in the worship of goddesslakshmi, the symbol of wealth.

Leaves

Leaves are large, of both types, aerial as well as floating orbicular 20-90 cm. in diameter, abruptly acute to form a short tip, petiolate, entire glaucous, non-wettable, strong cupped in case of aerial leaves and flat in case of floating ones, radiately nerved, the fresh leaves are leathery, bout on drying they are nearly membranous and brittle, petioles of the aerial leaves are erect and stout while those of the floating ones are not strong enough. petioles are smooth, greenish or greenish brown in color with small brown dots sometimes rough with very small, but distinct princkees, odour is distinct, fracture is fibrous. When transversely cut, the petiole of leaf stalk always shows four distinct, large cavities in the centre and small cavities in the periphery.

Rhizomes

The rhizomes are 60-140 cm long 0.5 to 2.5 cm in diameter, yellowish white to yellowish brown in color, smooth longitudinally striated with brown patches, Nodes and internodes are present. When freshly cut is exudes mucilaginous juice and show a few large cavities surrounded by several larger ones, fracture is tough and fibrous. Odour is indistinct. Fresh rhizomes are eaten after roasting, white dried slice are used in curry or fried as chips. They are also pickled.

Fruits and Seeds

Fruit is an aggregate o fnut-lets. Ripe nutlets are avoid, roundish or oblongs up to 1.0 cm long 1.5 cm broad, with hard smooth, brownish or grayish black pericarp which is faintly longitudinally striated, pedunculated and one seeded. Seeds fill in the ripe carpel. Fruits of N. nucifera have remarkable power of dormancy and indeed the proved longevity of its seeds exceeds that of any known species of flowering plant .

The Ayurvedic pharmacopeia of India has specified the proximate analytical parameters, namely, foreign matter (Not More Than 2%), total ash (NMT 14%), acid insoluble ash (NMT 3.5%), alcohol soluble extractive (Not Less Than 1.5%), and water soluble extractive values (NLT 6.5%) for identity, purity, and strength.

As per ayurveda Lotus has Kashaya Madhura Tikta rasa, Sheet virya, Madhura vipaka .It has Laghu,Snigdha,Picchil guna and kapha pitta hara karma. Useing these attributes of Kamal act in Raktapitta, emphasized by Charakacharya in Raktapitta chikitsa adhyaya and internal and external use of

Kamalaismentioned. [1] Classicaly mentioned Raktapitta resembles nearly with bleeding phathologies. Rakta dhatus main role is jeevanam. Being pranashraya it nourishes and supports the body. The very first dhatu Rasa gets converted in Rakta through Rakta dhatvagni which resides in Yakrut and Pleeha. Rakt is considered one among Dashpranayatana as it is considered as Prana and does Jeevan karma. The normal state of Rakta dhatu is also responsible for varna, mansapushti (muscle strength), Sukh (pleasure) and sparsha dnyan. Aggravated Pitta, due to its common aggravating factors further affect Rakta and vitiate Rakta. This vitiated and increased Rakta along with Pitta cause Raktapitta. The drug selected that is Kamala is comprised of Pitta-Rakta prashamana properties mainly.

AIMS

To study Kamala from literature w.s.r. to Raktapitta.

OBJECTIVES

To collect information of Kamala from Literature.

MATERIALS AND METHODS

Etymology of Kamala In Ayurveda Kamala is well known for its therapeutic effect and has been enlisted in Varnyagana by Charakacharya.[5] The word Kamala has nirukti as 'The one where goddess Lakshmi resides. Padma, Arvinda,Pushkar, Idivar, Sarsija are some of synonyms of Kamala which explains the habitat, beauty and work of Kamala. Sarsij means it is an aquatic herb; Arvinda explains its beauty; whereas Pushkar means it lowns /calms the skin eruptions, skin rashes.[4]It's a creeping rhizome found in lakes and ponds throught India. The plant propagates usually by rhizome it may also propagate from seeds. The viability of lotus seeds exeeds that of any known species of flowering plant.[6]

Kamala has Tikta Kashaya Madhurarasa, Sheet virya, Madhuravipaka, pittaghna,kaphaghna. In nighantus 3 types of Kamala mentioned – Shweta, Rakta, Nil.

Kamala is Raktavikaranashaka according to almost all Nighantus.

- Bhavaprakash nighantu explains the Sheet Virya, MadhuraVipaka, Varnya Karma, Daha-Visphota-Pitta Prashamana properties of Kamal[7] and it's use in Raktapitta.
- Madanpal nighantu call it as 'Raktavikaranashaka'. Also describes Kamala Kinjalaka (Keshar) Padmabeeja (seeds), Mrunal (Flower stalk) useful in Rakta-arsha; Raktavikaras. All of them are Sheetavirya and Pittaghna.[8]
- DhanvantariNighantu also states Kamala as ´Tikta-Madhura, sheet virya, pittaghna and Raktavikarpra shamana'dravya. Padmabeeja is said to be 'Raktapittaprashamana' Mrunal is described as 'Raktapittaprasadanam', similarly Padmamula(roots), and Padmakeshara - 'Raktapittaks hayapaha'.[9]
- Raj Nighantu states Guna of kamala as 'Raktapittashra maa rtinut' i.e. Kamala can cure Raktapitta ,Shrama (Fatigue) etc. Raj Nighantu describes all 3 types of kamala as 'Raktapittaprasadana', beeja and keshar are said to have daha-raktashamana properties, Mrunal is said to be 'Raktavantiharamparam' (hematemesis).[10]
- KaidevNighantu describes Padmini and Kumudini separately. Padmini and its types are said to have Raktpittaghna properties.[11]
- Similarly PriyaNighantu says Padma and Utpala have raktaprasadanaand Raktapittahar properties.[12]
- Nighantu Ratnakar in Gunadoshaprakarna describes Kamal in detail He says all the types and all parts of Kamala are Rakpittahar; it has pittaraktahar properties.[13]
- In Samhitas,Charakacharya says Utpalkeshar is sangrahi and Raktapittaghna.Mrunal of Kamala i.e. stalk of flower is useful in raktapitta. Use of Kamala nalKsharalong withMadhu, and Ghrita is helpful in Raktapitta.[14]
- Shushrutacharya says Kshirpaka of utpalnal should be given in bleeding gums.[15]According to Haarit Samhita Kamala keshar along with sharkara in case of oral cavity bleeding.
- Sodhal Samhita mentions nil Kamala churna along with sharkara and madhu in Garbhapat.Vaidyamanorama describes use of swaras and kwath of Kamala in Nasasrava which is correlated with epistaxis.

In Indian Materia Medica it is said that syrup of flowers are used in haemorrhage from bleeding piles, menorrhagia and dysentery.[16]

Similarly API has given its therapeutic use in Raktapitta, Daha, Visarpa, Visphota etc. also states GuduchyadiModaka as important formulation.[17]

DISCUSSION AND RESULT

Kamala along with its parts in various forms and formulations can balance the increased Ushna and Drava Guna of Pitta and Rakta. Hence balances the vitiated Pitta and inturn balance vitiated Rakt resulting in lowering the increased volume of Rakta. Along with this it does Raktaprasadan akarya where Raktadushti is balanced and properras - raktadhatvagni is maintained which will help in healthy Raktadhatunirmiti

Kamala-Padmaka by its Rasa, Virya, Vipaka, Guna contains Pitta-Rakataghna properties.All these properties balances the vitiated Pitta and Rakt. Also as said above along with balancing the vitiated pitta it dose Raktaprasadana hence would result in curing Raktapitta.

CONCLUSION

The available literature review support the conclusion that Kamala and its parts have beneficiary effect in the management of Raktapitta. This can be further studied scientifically for the benefit of humanity to cure the bleeding disorders

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