



## A REVIEW ON SHATAPUSHPADI VARGA W.S.T DHANWANTARI NIGHANTU

**Dr. Umakant N. Rabb**

Ayurvedic Consultant. Department of Dravyaguna Vijnana, Karnataka - 590003, India.

**ABSTRACT**

The *Shatapushpadi Varga* contain 54 drugs. Most of the drugs are having *Agnidipana* (Appetizers), *Bala Vardhaka* (Tonics), *Sugandhi* (Aromatic plants) and the *Teekshna* drugs (Penetrating). The drugs are; *Shatapushpa*, *Mishreya*, *Vacha*, *Hapusha*, *Vidanga*, *Kutaja*, *Indrayava*, *Yavakshara*, *Swarji Kshara*, *Tankana Kshara*, *Saidhava*, *Vida Lavana*, *Sauvarchala*, *Audbhida*, *Samudra Lavana*, *Hingu*, *Hingu Patri*, *Nadi Hingu*, *Tumburu*, *Sookshma Ela*, *Bhadra Ela*, *Naga Keshara*, *Twak*, *Tamala Patra*, *Talisa*, *Vamsha Rochana*, *Palasha Gandha*, *Upakunchi*, *Dadima*, *Dhanyaka*, *Jeeraka*, *Shukla Jiraka*, *Krishna Jiraka*, *Brihat Pali*, *Pippali*, *Pippali Moola*, *Chavika*, *Gaja Pippali*, *Chitraka*, *Shunthi*, *Ardraka*, *Maricha*, *Shweta Maricha*, *Yavani*, *Chauhara*, *Yavani*, *Vrishamla*, *Amlavetasa*, *Ajamoda*, *Ajagandha*, *Kapiththa*, *Sharkara*, *Madhu Sharkara*, *Yavasa Sharkara*. The pharmacological actions of these drugs in general anti inflammatory, Anti helminthic, appetizer, relieve renal calculi, dysuria, abdominal diseases, anti-emetic, aphrodisiac, *Hridya* (Cardo tonic) etc. In this group most of the drugs are *Katu* (Pungent), in taste, *Katu Vipaka* (Pungent) at post digestive effect), *Ushna Virya* (Hot in potency). Therefore act as *Dipana* (Appetizers), *Pachana* (Digestives).

**KEYWORDS :** Dhanwantari Nighantu, Shatapushpadi Varga, Pharmacological Actions, Family, Botanical Name, etc

**INTRODUCTION-**

The *Shatapushpadi Varga* explain about *Katu Rasa* (Pungent in taste), *Katu Vipaka* (Pungent at post digestive effect), *Ushna Virya* (Hot in potency). These drugs are *Dipana* (Appetizer), *Bala Vardhaka* (Strength promoter), *Sugandhi* (Aromatic), *Teekshna Guna* (Penetrating action). The drugs are; *Shatapushpa*, *Mishreya*, *Vacha*, *Hapusha*, *Vidanga*, *Kutaja*, *Indrayava*, *Yavakshara*, *Swarji Kshara*, *Tankana Kshara*, *Saidhava*, *Vida Lavana*, *Sauvarchala*, *Audbhida*, *Samudra Lavana*, *Hingu*, *Hingu Patri*, *Nadi Hingu*, *Tumburu*, *Sookshma Ela*, *Bhadra Ela*, *Naga Keshara*, *Twak*, *Tamala Patra*, *Talisa*, *Vamsha Rochana*, *Palasha Gandha*, *Upakunchi*, *Dadima*, *Dhanyaka*, *Jeeraka*, *Shukla Jiraka*, *Krishna Jiraka*, *Brihat Pali*, *Pippali*, *Pippali Moola*, *Chavika*, *Gaja Pippali*, *Chitraka*, *Shunthi*, *Ardraka*, *Maricha*, *Shweta Maricha*, *Yavani*, *Chauhara*, *Yavani*, *Vrishamla*, *Amlavetasa*, *Ajamoda*, *Ajagandha*, *Kapiththa*, *Sharkara*, *Madhu Sharkara*, *Yavasa Sharkara*.

**DISCUSSION-**

These drugs are discussed systematically as follows;

**1.SHATAPUSHPA** <sup>[1]</sup> - **Botanical Name-** *Peucedanum graveolens* Linn, **Family-** Umbelliferae

**Pharmacological Actions-** *Shatapushpa* is *Katu* (Pungent), *Tikta* (Bitter) in taste, *Snigdha* (Demulcent), *Ushna Virya* (Hot in potency), *Kapha Vata Shamaka* (Subside *Kapha* and *Vata Dosh*), alleviate *Jwara* (Fever), *Netra Vrina* (Wounds or Ulcers of eyes), Useful in *Basti Karma* (Enema).

**Pharmacological Actions of leaves-** The *Shatapushpa Dala* is *Vajikara* (Aphrodisiac), *Agni Dipaka* (Appetizer), *Stanya Vardhaka* (Galactagogue), *Pitta Karaka* (Aggravate *Pitta Dosh*), *Ruchya* (Taste promoter), alleviate *Vata Dosh*, *Raktagulma* (Visceral organ diseases).

**2.MISHREYA** <sup>[2]</sup> - **Botanical Name-** *Foeniculum vulgare* Mill, **Family-** Umbelliferae

**Pharmacological Actions-** The *Mishreya* is *Tikta* (Bitter), *Madhura* (Sweet), *Sheeta Virya* (Cold in potency), *Shukra Jananan* (Induces semen production). It alleviate *Arsha* (Haemorrhoids), *Kshaya* (Emaciation), *Kshata* (Injury), *Rakta Dosh*, It is *Bala Vardhaka* (Strength promoter), *Vata*, *Pitta Rakta Dosh* *Nashaka*.

**3.VACHA** <sup>[3]</sup> - **Botanical Name-** *Acorus calamus* Linn, **Family-** Araceae

**Pharmacological Actions-** It is *Vamaka* (Induces vomiting), *Katu* (Pungent), *Tikta* (Bitter), *Ushna Virya* (Hot in potency), alleviate *Vata Kapha Dosh* *Vikara*, *Krimi* (Worms), *Vibandha* (Constipation), *Adhmana* (Distention of the abdomen), *Shoola* (Pain), It is *Kanthy* (Good for throat), *Medhya* (Good for memory), *Ayushya* (Good for life), It is *Dipana* (Appetizer), subside *Kapha Vata Dosh* *Amapachaka* (Digests the toxin), *Laghu* (Light), *Kriminashaka* (Anti helminthic).

**4.HAPUSHA** <sup>[4]</sup> - **Botanical Name-** *Juniperus communis* Linn, **Family-** Cupressaceae

**Pharmacological Actions-** The *Hapusha* is *Katu* (Pungent), *Tikta* (Bitter), *Ushna Virya* (Hot in potency), *Guru* (Heavy), alleviate *Vata Kapha Dosh* *Arsha* (Haemorrhoids), *Gulma* (Visceral organ diseases), *Shoola* (Pain), *Krimi* (Worms), *Udara Roga* (Abdominal diseases).

**5.VIDANGA** <sup>[5]</sup> - **Botanical Name-** *Embelia ribes* Burm, **Family-** Myrsinaceae

**Pharmacological Actions-** *Vidanga* is *Ruksha* (Dry), *Ushna Virya* (Hot in potency), *Katu* (Pungent), *Tikta* (Bitter), subside *Vata* and *Kapha Dosh* *Nashaka*, *Visha* (Poison), *Krimi* (Worms).

**6.KUTAJA** <sup>[6]</sup> - **Botanical Name-** *Holarrhena antidysenterica* Wall, **Family-** Apocynaceae

**Pharmacological Actions-** The *Kutaja* is *Katu* (Pungent), *Tikta* (Bitter), *Kashaya* (Astringent) in tastes, *Ruksha* (Dry), *Sheeta Virya* (Cold in potency). It alleviate *Kustha* (Skin diseases), *Atisara* (Diarrhea), *Arsha* (Haemorrhoids), *Raktarsha* (Bleeding piles).

**7.INDRAYAVA** <sup>[7]</sup> - The *Kutaja Beeja* is known as *Indrayava*. **Botanical Name-** *Holarrhena antidysenterica* Wall, **Family-** Apocynaceae

**Pharmacological Actions-** *Indrayava* is *Katu* (Pungent), *Tikta* (Bitter), *Ushna Virya* (Hot in potency), It is *Tridosahara* (Subside *Vata*, *Pitta*, *Kapha Dosh* *Arsha*), *Agni Dipaka* (Appetizer), alleviate *Raktarsha* (Bleeding piles), *Atisara* (Diarrhoea), *Shoola* (Pain), *Vamana* (Vomiting).

**8.YAVA KSHARA** <sup>[8]</sup> - **Pharmacological Actions-** The *Yavakshara* is *Katu* (Pungent), *Ushna Virya* (Hot in potency), *Saraka* (Laxative), *Teekshna* (Penetrating). It alleviate *Kapha*

*Vata Doshas, Udara Roga*(Abdominal diseases), *Ashmari* (Calculi), *Shoola*(Pain), *Mutrakrichra*(Dysuria), *Visha Dosh*a (Poison effect), *Vata Kapha, Pitta Dosh*a, *Hridya*(Cardio tonic). It vitiates the *Rakta Dosh*a).

**9.SWARJI KSHARA**<sup>[9]</sup> - **Pharmacological Actions-** The *Swarji Kshara* is *Ushna Virya*(Hot in potency), *Kapha-Vata Shamak* (Subside *Kapha* and *Vata Dosh*as). It alleviate *Gulma* (Visceral organ diseases), *Adhmana*(Distention of the abdomen), *Krimi Roga*(Worms), *Udara Roga*(Abdominal diseases).

**10.TANKANA KSHARA**<sup>[10]</sup> - **Pharmacological Actions-** The *Tankana Kshara* is *Katu*(Pungent), *Ushna Virya*(Hot in potency), *Kapha Nashaka*(Subside *Kapha Dosh*a), It is *Agni Dipaka*(Appetizer), *Ruksha*(Dry), *Teekshna*(Penetrating), aggravate *Pitta* and subside *Kapha* and *Vata Dosh*as. It alleviate *Visha*(Poison) *Kasa*(Cough), *Shwasa*(Dyspnoea).

**11.SAINDHAVA LAVANA**<sup>[11]</sup> - **Pharmacological Actions-** The *Saindhava Lavana* is *Sheeta Virya*(Cold in potency), *Snigdha*(Demulcent), *Laghu*(Light), *Madhura*(Sweet), *Tridoshahara*(Subside *Vata, Pitta* and *Kapha*), *Hridya*(Good for heart), *Chakshushya*(Good for eyes), *Swadu*(Tasty), *Vajikara*(Aphrodisiac), *Dipana*(Appetizer), *Ruchikaraka* (Taste promoter), *Saraka*(Laxative), *Arogyaprada*(Health promoter).

**12.VID LAVANA**<sup>[12]</sup> - **Pharmacological Actions-** The *Vid Lavana* is *Kshariya*(Alkali), *Agnidipana*(Appetizer), *Teekshna* (Penetrating), *Ushna*(Hot in potency), *Vatanulomaka* (Induces downward movement of *Vata*), alleviate *Shoola* (Pain), *Hidroga*(Heart diseases), *Kapha*.

**13.SAUVARCHALA LAVANA**<sup>[13]</sup> - **Pharmacological Actions-** The *Sauvarchala* is *Laghu Vipaka*(Light at post digestive effect), *Ushna Virya*(Hot in potency), *Vishada*(Non sticky), *Katu*(Pungent), *Hridya*(Good for heart), *Sugandhita* (Aromatic), *Ruchikaraka*(Taste promoter). It alleviate *Gulma*(Visceral organ diseases), *Shoola*(Pain), *Vibandha*(Constipation).

**14.AUDBHIDA LAVANA**<sup>[14]</sup> - **Pharmacological Actions-** The *Audbhida Lavana* is *Laghu*(Light), *Teekshna*(Penetrating), *Ushna Virya*(Hot in potency), *Sookshma*(Minuteness), *Utkledakaraka*(Moisturizer), *Vatanulomaka*(Induces downward movement of *Vata*). It is *Tikta*(Bitter), *Katu* (Pungent), *Kshariya*(Alkali).

**15.SAMUDRA LAVANA**<sup>[15]</sup> - **Pharmacological Actions-** The *Samudra Lavana* is *Ushna*(Hot in potency), *Avidahi*(Not causing burning sensation), *Bhedana*(Laxative), *Snigdha* (Demulcent), *Shoolahara*(Analgesic), *Kinchit Pitta Vardhaka* (Mildly aggravates *Pitta*).

**16. HINGU**<sup>[16]</sup> - **Botanical Name-** *Ferula foetida* Regel, **Family-** Umbelliferae

**Pharmacological Actions-** The *Hingu* is *Ushna Virya*(Hot in potency), *Katu*(Pungent), *Hridya*(Good for heart), *Saraka* (Laxative), subside *Vata, Kapha, Krimi*(Worms), *Gulma* (Visceral organ diseases), *Adhmana*(Distention of the abdomen), *Vibandha*(Constipation), *Shoola*(Pain).

**17.HINGU PATRI**<sup>[17]</sup> - **Pharmacological Actions-** *Hingu Patri* is *Katu*(Pungent), *Teekshna*(Penetrating), *Ushna Virya*(Hot in potency), *Vatakapha Shamaka*(Subside *Vata Kapha Dosh*as). It alleviate *Krimi*(Worms), *Pleeha*(Spleen diseases), *Vibandha* (Constipation), *Arsha*(Haemorrhoids), *Gulma*(Visceral organ diseases), *Hridayashoola*(Pain at cardiac region), *Basthi Shoola*(Pain at bladder region).

**18. NADI HINGU**<sup>[18]</sup> - **Botanical Name-** *Gargenia gummifera*

Linn, **Family-** Rubiaceae

**Pharmacological Actions-** The *Nadi Hingu* is *Katu*(Pungent), *Dipaka*(Appetizer), *Ushna Virya*(Hot in potency), *Kaphavatashamaka*(Subside *Kapha* and *Vata Dosh*as), *Shoolahara*(Analgesic), It subside *Visthambhi*(Obstruction), *Vibandha*(Constipation), *Amadosha*(Toxins).

**19.TUMBURU**<sup>[19]</sup> - **Botanical Name-** *Zanthoxylum alatum* Roxb, **Family-** Rutaceae

**Pharmacological Actions-** The *Tumburu* is *Katu*(Pungent), *Teekshna*(Penetrating), *Ushna Virya*(Hot in potency), *Kapha Vatashamaka*(Subside *Kapha* and *Vata Dosh*as), *Shulahara* (Analgesic), *Agnidipaka*(Appetizer). It alleviate *Udara Roga*(Abdominal diseases), *Adhmana*(Distention of the abdomen), *Krimiroga*(Worms).

**20.SOOKSHMA ELA**<sup>[20]</sup> - **Botanical Name-** *Ellettaria cardamomum* Maton **Family-** Zingiberaceae

**Pharmacological Actions-** The *Sookshma Ela* is *Sheeta Virya*(Cold in potency), *Swadista*(Tasty), *Hridya*(Good for heart), *Rochaka*(Taste promoter), *Agnidipana*(Appetizer), It subside *Mutrakrichra*(Dysuria), *Shwasa*(Dyspnoea), *Kasa* (Cough), *Kshaya*(Emaciation).

**21.BHADRA ELA**<sup>[21]</sup> - **Botanical Name-** *Amomum subulatum* Roxb, **Family-** Zingiberaceae

**Pharmacological Actions-** The *Bhadra Ela* is *Tikta*(Bitter), *Laghu*(Light), *Kapha-Vatashamak*(Subside *Kapha* and *Vata Dosh*as), It is used in *Visha*(Poison), *Vrina*(Wounds), *Basti Vikara*(Bladder diseases), *Kantha Roga*(Throat diseases), it cleans *Mukha*(Mouth), *Shira*(Head).

**22.NAGA KESHARA**<sup>[22]</sup> - **Botanical Name-** *Mesua ferrea* Linn, **Family-** Guttiferae

**Pharmacological Actions-** The *Naga Keshara* is *Kinchit Ushna Virya*(Mild hot in potency), *Laghu*(Light), *Tikta*(Bitter), *Kapha Shamaka*(Subsides *Kapha Dosh*a). It cure *Basti Vikara*(Bladder diseases), *Visha*(Poison), *Vatarakta*(Gout), *Kandu*(Itching), *Shotha*(Edema).

**23.TWAK**<sup>[23]</sup> - **Botanical Name-** *Cinnamomum cassia* Blume, **Family-** Lauraceae

**Pharmacological Actions-** The *Twak* is *Laghu*(Light), *Teekshna* (Penetrating), *Ushna Virya*(Hot in potency), *Kapha-Vatashamaka*(Subside *Kapha* and *Vata Dosh*as). It alleviate *Visha*(Poison), *Kantha Vikara*(Throat diseases), *Mukha Vikara*(Mouth diseases), *Hidaya*(Heart diseases), *Basthi* (Bladder diseases).

**24.TAMALA PATRA**<sup>[24]</sup> - **Botanical Name-** *Cinnamomum tamala* Nees & Eberm **Family-** Lauraceae

**Pharmacological Actions-** The *Tejapatra* subside *Kapha, Vata Dosh*as, *Arsha*(Haemorrhoids), *Hrillasa*(Horripulations), *Aruchi*(Loss of appetite).

**25.TALISA PATRA**<sup>[25]</sup> - **Botanical Name-** *Abies webbiana* Lindl, **Family-** Pinaceae

**Pharmacological Actions-** The *Talisa Patra* cure *Shwasa* (Dyspnoea), *Kasa*(Cough), *Mukha Roga*(Mouth diseases). It is *Hridya*(Good for heart), *Kapha-Pittanashaka*(Subside *Kapha* and *Pitta Dosh*as).

**26.VAMSHA ROCHANA**<sup>[26]</sup> - **Pharmacological Actions-** The *Vamsha Rochana* is *Kashaya*(Astringent), *Madhura*(Sweet),

*Tikta*(Bitter), *Kasahara*(Subsides cough). It cure *Mutrakrichra* (Dysuria), *Kshaya*(Tuberculosis), *Shwasa*(Dyspnoea). It is *Balya*(Strength promoter), *Dhatuvardhaka*(Increases all the *Sapta Dhatus*; *Rasa-Rakta-Mamsa-Meda-Asthi-Majja-Shukra*).

**27.PALASHA GANDHA**<sup>[27]</sup> - **Pharmacological Actions-** *Twak Kshiri* or the *Palasha Gandha* is *Madhura*(Sweet), *Ruksha*(Dry), *Kashaya*(Astringent). It subside *Rakta Vikara*(Blood diseases), *Aruchi*(Loss of appetite), *Vrina* (Wounds), *Pitta Dosh*, *Shwasa*(Dyspnoea), *Kshaya* (Emaciation), *Kasa*(Cough), *Daha*(Burning sensation).

**28.UPAKUCHI**<sup>[28]</sup> - **Botanical Name-** *Nigella sativa* Linn, **Family-** Ranunculaceae

**Pharmacological Actions-** The *Upakinjika* is *Katu*(Pungent), *Katu Vipaka*(Pungent at post digestive effect), *Ruchikaraka* (Taste promoter), *Pitta Vardhaka*(Aggravates *Pitta Dosh*), *Agnidipana*(Appetizer), It subside *Kapha Dosh*, *Adhmana* (Distention of abdomen), *Ajima*(Indigestion), *Krimi*(Worms).

**29.DADIMA**<sup>[29]</sup> - **Botanical Name-** *Punica granatum* Linn, **Family-** Punicaceae

**Pharmacological Actions-** The *Dadima* is *Snigdha* (Demulcent), *Ushna Virya*(Hot in potency), *Hridya*(Good for heart), *Kapha Pitta Shamak*(Subside *Kapha* and *Pitta Dosh*s)

**30. DHANYAKA**<sup>[30]</sup> - **Botanical Name-** *Coriandrum sativum* Linn, **Family-** Umbelliferae

**Pharmacological Actions-** The wet coriander is *Swadu* (Tasty), *Sugandhi*(Aromatic), *Ruchikar*(Taste promoter), The dried coriander is *Madhura Vipaka*(Sweet at post digestive effect), *Snigdha*(Demulcent). It subside *Trishna*(Excess thirst), *Kasa*(Cough), *Vamana*(Vomiting), *Jwara*(Fever), *Chakshushya* (Good for eyes). It is *Kashaya*(Astringent), *Tikta*(Bitter), *Madhura*(Sweet), *Ruchikara*(Taste promoter), *Dipana* (Appetizer), *Pachana*(Digestive).

**31.JEERAKA**<sup>[31]</sup> - **Botanical Name-** *Cuminum cyminum* Linn, **Family-** Umbelliferae

**Pharmacological Action-** The *Jeeraka* is *Katu*(Pungent), *Ruksha*(Dry), *Vatahara*(Subsides *Vata Dosh*), *Parama Agnidipana*(Excellent appetizer). It alleviate *Gulma*(Visceral organ diseases), *Adhmana*(Distention of the abdomen), *Atisara*(Diarrhoea), *Grahani*(Dysentery), *Krimi*(Worms).

**32.SHUKLA JEERAKA**<sup>[32]</sup> - **Botanical Name-** *Cuminum cyminum* Linn, **Family-** Umbelliferae

**Pharmacological Actions-** The *Shukla Jeeraka* is *Sheeta Virya*(Cold in potency), *Ruchikaraka*(Tasty), *Katu*(Pungent), *Madhura*(Sweet), *Agnidipana*(Appetizer), It subside *Krimi* (Worms), *Visha*(Poison), *Chakshushya*(Good for eyes), *Adhmana* (Distention of the abdomen).

**33.KRISHNA JEERAKA**<sup>[33]</sup> - **Pharmacological Actions-** The *Krishna Jeeraka* is *Katu*(Pungent), *Ushna Virya*(Hot in potency), subside *Kapha* and *Shopha*(Edema). It is *Ruchikaraka* (Taste promoter), *Chakshushya*(Good for eyes), it alleviate *Jeerna Jwara*(Chronic fever).

**34.BRIHATPALI**<sup>[34]</sup> - **Pharmacological Actions-** The *Brihatpali* is *Vanya Jeeraka*, it is *Katu*(Pungent), *Sheeta Virya*(Cold in potency), *Shodhaka*(Expells the *Dosh*s), *Jantughna*(Anti helminthic).

**35.PIPPALI**<sup>[35]</sup> - **Botanical Name-** *Piper longum* Linn, **Family-** Piperaceae

**Pharmacological Actions-** The *Pippali* is *Katu*(Pungent), *Madhura Vipaka*(Sweet at post digestive effect), *Sheeta Virya*(Cold in potency), *Snigdha*(Demulcent). It subside *Tridoshas*(*Vata*, *Pitta* ad *Kapha Dosh*s), *Trishna*(Excess thirst), *Jwara*(Fever), *Udara Roga*(Diseases of abdomen), *Krimi*(Worms), *Amadosha*(Toxins). It is a *Rasayana* (Rejuvenate the cells).

**36.PIPPALI MOOLA**<sup>[36]</sup> - Root of *Pippali*. **Botanical Name-** *Piper longum* Linn **Family-** Piperaceae

**Pharmacological Actions-** The *Pippali Moola* is *Katu* (Pungent), *Agni Dipana*(Appetizer), *Ushna Virya*(Hot in potency), *Kapha Shamaka*(Subsides *Kapha Dosh*), It alleviate *Vata Vikara*, *Krimi*(Worms).

**37.CHAVIKA**<sup>[37]</sup> - **Botanical Name-** *Piper chaba* Hunter, **Family-** Piperaceae

**Pharmacological Actions-** The *Chavika* is *Katu*(Pungent), *Ushna Virya*(Hot in potency), *Kriminashaka*(Subsides worms), *Prama Agnidipaka*(Excellent appetizer), *Kapha*, *Vata Shamaka* (Subside *Kapha* and *Vata Dosh*s).

**38.GAJA PIPPALI**<sup>[38]</sup> - **Pharmacological Actions-** The *Gaja Pippali* is *Madhura*(Sweet), *Katu*(Pungent), *Ushna Virya*(Hot in potency), subside *Kapha Vata Dosh*s, *Krimi*(Worms).

**39.CHITRAKA**<sup>[39]</sup> - **Botanical Name-** *Plumbago zeylanica* Linn, **Family-** Plumbaginaceae

**Pharmacological Actions-** The *Chitraka* is *Teekshna* (Penetrating), *Ushna*(Hot in potency), *Katu Vipaka*(Pungent at post digestive effect), subside *Kapha* and *Shopha*(Edema), *Vata*, *Udara Roga*(Abdominal diseases), *Arsha* (Haemorrhoids), *Grahani*(Dysentery), *Kshaya*(Emaciation), *Pandu* (Anemia).

**40.SHUNTHI**<sup>[40]</sup> - **Botanical Name-** *Zingiber officinale* Roscoe, **Family-** Zingiberaceae

**Pharmacological Actions-** The *Shunthi* is *Snigdha* (Demulcent), *Ushna Virya*(Hot in potency), *Vajikara* (Aphrodisiac). It *Shotha*(Edema), *Kapha*, *Aruchi*(Loss of appetite), *Vata*, *Udara Roga*(Abdominal diseases), *Shwasa*(Dyspnoea), *Pandu*(Anemia), *Sheepada* (Elephantiasis).

**41.ARDRAKA**<sup>[41]</sup> - **Botanical Name-** *Zingiber officinale* Roscoe, **Family-** Zingiberaceae

**Pharmacological Actions-** The *Ardraka* is *Kapha-Vatashamaka* (Subside *Kapha* and *Vata Dosh*s), *Swarya*(Good for voice), alleviate *Vibandha*(Constipation), *Anaha*(Distention of the abdomen), *Shoola*(Pain). It is *Katu*(Pungent), *Ushna*(Hot in potency), *Ruchikara*(Tasty), *Vajikara*(Aphrodisiac), *Hridya*(Good for heart).

**42.MARICHA**<sup>[42]</sup> - **Botanical Name-** *Piper nigrum* Linn, **Family-** Piperaceae

**Pharmacological Actions-** The *Maricha* is *Katu*(Pungent), *Tikta*(Bitter), *Ushna Virya*(Hot in potency), *Pippakaraka* (Aggravates *Pitta Dosh*), *Kapha-Vatashamaka*(Subside *Kapha* and *Vata Dosh*s), *Krimighna*(Alleviates worms).

**43.SHWETA MARICHA**<sup>[43]</sup> - **Pharmacological Actions-** The *Shweta Maricha* is *Shigru Beeja*. It is *Kinchit Ushna*(Mild hot in potency), *Ishad Ruksha*(Mild dry).

**44.YAVANI**<sup>[44]</sup> - **Botanical Name-** *Trachyspermum ammi*(Linn) Sprague, **Family-** Umbelliferae

**Pharmacological Actions-** The *Yavani* *Katu*(Pungent),



*Tikta*(Bitter), *Ushna Virya*(Hot in potency), *Dipana*(Appetizer). It alleviate *Vata Kapha Doshas*, *Visha*(Poison), *Gulma* (Visceral organ diseases), *Udara Roga*(Diseases of abdomen), *Shoola*(Pain).

**45. CHAUHARA<sup>[45]</sup> - Botanical Name-** *Artemisia maritima* Linn, **Family-** Compositae

**Pharmacological Actions-** The *Chauhara* is *Katu*(Pungent), *Tikta*(Bitter), *Ushna Virya*(Hot in potency), *Dipana*(Appetizer). It alleviate *Vata Kapha Doshas*, *Visha*(Poison), *Gulma* (Visceral organ diseases), *Udara Roga*(Diseases of abdomen), *Shoola*(Pain), *Krimi*(Worms).

**46. YAAVANI YAVANI<sup>[46]</sup> - Botanical Name-** *Hyoscyamus niger* Linn, **Family-** Solanaceae

**Pharmacological Actions-** It is *Ruksha*(Dry), *Grahi* (Absorbent), *Madakaraka*(Intoxication), *Katu*(Pungent).

**47. VRUKSHAMLA<sup>[47]</sup> - Botanical Name-** *Garcinia indica* **Family-** Guttiferae

**Pharmacological Actions-** It subsides *Vata Dosh*, It is *Grahi*(Absorbent), *Ushna Virya*(Hot in potency), *Ruchya*(Taste promoter), *Laghu*(Light).

**48. AMLAVETAS<sup>[48]</sup> - Botanical Name-** *Garcinia pedunculata* Roxb, **Family-** Guttiferae

**Pharmacological Actions-** *Amlavetas* is *Kashaya* (Astringent), *Katu*(Pungent), *Ruksha*(Dry), *Ushna Virya*(Hot in potency). It alleviate *Trishna*(Thirst), *Kapha Dosh*, *Vata Dosh*, *Arsha*(Haemorrhoids), *Hridayaroga*(Cardiac ailments), *Ashmari*(Calculi), *Gulma*(Visceral organ diseases).

**49. AJAMODA<sup>[49]</sup> - Botanical Name-** *Trachyspermum roxburghianum* (DC) Sprague, **Family-** Umbelliferae

**Pharmacological Actions-** The *Ajamoda* is *Tikta*(Bitter), *Ushna Virya*(Hot in potency), *Deepana*(Appetizer), subsides *Kapha* and *Vata Doshas*, *Shoola*(Spasmodic pain), *Hikka*(Hiccough), *Adhmana*(Distention of the abdomen), *Aruchi*(Anorexia), *Krimi*(Worms).

**50. AJAGANDHA<sup>[50]</sup> - Pharmacological Actions-** The *Ajagandha* is *Ushna Virya*(Hot in potency), *Deepana* (Appetizer). It alleviate *Vata Dosh*, *Jwara*(Fever), *Gulma* (Visceral organ diseases), *Anaha*(Distension of the abdomen), *Shoola*(Spasmodic pain).

**51. KAPITTHA<sup>[51]</sup> - Botanical Name-** *Feronia elephantum* Correa **Family-** Rutaceae

**Pharmacological Actions-** The unripe fruit is *Aswarya*(Not good for voice), *Kapha Shamaka*(Subsides *Kapha Dosh*), *Grahi*(Absorbent), *Vata Vardhaka*(Aggravates *Vata Dosh*). The ripe fruit is *Madhura*(Sweet), *Amla*(Sour), *Guru*(Heavy), alleviate *Shwasa*(Dyspnoea), *Kasa*(Cough), *Aruchi* (Anorexia), *Trishna*(Thirst), *Kantha Shodhaka*(Clears the throat).

**52. SHARKARA<sup>[52]</sup> - Pharmacological Actions-** The *Sharkara* is *Sheeta Virya*(Cold in potency), *Daha Shamaka*(Subsides burning sensation), It alleviate *Raktapitta*(Bleeding diseases), *Vamana*(Vomiting), *Murcha*(Giddiness), *Trishna* (Thirst).

**53. MADHU SHARKARA<sup>[53]</sup> - Pharmacological Actions-** The *Madhu Sharkara* alleviate *Vamana*(Vomiting), *Atisara* (Diarrhea).

**54. YAVA SHARKARA<sup>[54]</sup> -** It is obtained by *Yavasa* Plant.

**Pharmacological Actions-** *Yava Sharkara* is *Swedana* (Induces perspiration), *Alhadajanaka*(Satisfying), *Ruksha* (Dry), *Madhura*(Sweet), *Kashaya*(Astringent), *Madhura Vipaka*(Sweet at post digestive effect), *Sheeta Virya*(Cold in potency), subsides *Jwara*(Fever), *Rakta Vikara*(Blood diseases).

## CONCLUSION-

By the above discussion the *Shatapushpadi Varga* second *Varga* of the *Dhanvantari Nighantu*. It explain the properties like *Kayagni Deepaka*(Increases appetite), *Balavardhaka* (Strength promoter), *Mukha Sugandhakara*(Subsides bad smell from the mouth), *Tikshna*(Penetrating properties). Particularly in this *Varga* there will be explanations of fruits, along with *Twak*(Bark), *Pushpa*(Flowers), Aromatic plants etc. Most of the drugs possess the pharmacological actions like *Krimihara*(Anti helminthic), *Kandughna*(Anti pruritic), *Kusthagna*(Anti leprotic), *Panduhara*(Anti anemic), *Grahi* (Absorbent), *Hridya*(Cardio tonic), *Dantya*(Strengthening teeth), *Chakshushya*(Improves vision). *Trishnahara*(Subsides excess thirst), *Truptikara*(Satisfying), *Ruchikara*(Taste promoter), relieve renal calculi, dysuria, abdominal diseases, anti-emetic, aphrodisiac etc. In this group most of the drugs are *Katu*(Pungent), in taste, *Katu Vipaka*(Pungent) at post digestive effect), *Ushna Virya*(Hot in potency). Therefore act as *Dipana*(Appetizers), *Pachana*(Digestives).

## REFERENCES-

- [1],[2]. Prof Priya Vrat Sharma and Dr. Guru Prasad Sharma, *Dhanvantari Nighantu*, Shloka no- 2, 5, *Shatapushpadi Varga*, Varanasi, Chaukhambha Orientalia, Third edition 2002, Page No-70.
- [2],[4]. Prof Priya Vrat Sharma and Dr. Guru Prasad Sharma, *Dhanvantari Nighantu*, Shloka no- 7, 10 *Shatapushpadi Varga*, Varanasi, Chaukhambha Orientalia, Third edition 2002, Page No-71.
- [5],[6]. Prof Priya Vrat Sharma and Dr. Guru Prasad Sharma, *Dhanvantari Nighantu*, Shloka no- 12, 14 *Shatapushpadi Varga*, Varanasi, Chaukhambha Orientalia, Third edition 2002, Page No-72.
- [6], [8],[9]. Prof Priya Vrat Sharma and Dr. Guru Prasad Sharma, *Dhanvantari Nighantu*, Shloka no- 16, 19, 21 *Shatapushpadi Varga*, Varanasi, Chaukhambha Orientalia, Third edition 2002, Page No-72, 73.
- [10], [11]. Prof Priya Vrat Sharma and Dr. Guru Prasad Sharma, *Dhanvantari Nighantu*, Shloka no- 24, 26, 27 *Shatapushpadi Varga*, Varanasi, Chaukhambha Orientalia, Third edition 2002, Page No-74.
- [11], [13], [14]. Prof Priya Vrat Sharma and Dr. Guru Prasad Sharma, *Dhanvantari Nighantu*, Shloka no- 26, 31, 33 *Shatapushpadi Varga*, Varanasi, Chaukhambha Orientalia, Third edition 2002, Page No-75.
- [15], [16], [17]. Prof Priya Vrat Sharma and Dr. Guru Prasad Sharma, *Dhanvantari Nighantu*, Shloka no- 35, 37, 39 *Shatapushpadi Varga*, Varanasi, Chaukhambha Orientalia, Third edition 2002, Page No-76.
- [18], [19]. Prof Priya Vrat Sharma and Dr. Guru Prasad Sharma, *Dhanvantari Nighantu*, Shloka no- 41, 43 *Shatapushpadi Varga*, Varanasi, Chaukhambha Orientalia, Third edition 2002, Page No-77.
- [19], [21], [22]. Prof Priya Vrat Sharma and Dr. Guru Prasad Sharma, *Dhanvantari Nighantu*, Shloka no- 45, 47, 49 *Shatapushpadi Varga*, Varanasi, Chaukhambha Orientalia, Third edition 2002, Page No-77, 78.
- [23], [24], [25]. Prof Priya Vrat Sharma and Dr. Guru Prasad Sharma, *Dhanvantari Nighantu*, Shloka no-51, 52, 54 *Shatapushpadi Varga*, Varanasi, Chaukhambha Orientalia, Third edition 2002, Page No-79.
- [26], [27], [28]. Prof Priya Vrat Sharma and Dr. Guru Prasad Sharma, *Dhanvantari Nighantu*, Shloka no- 56, 58, 60 *Shatapushpadi Varga*, Varanasi, Chaukhambha Orientalia, Third edition 2002, Page No-80, 81.
- [29], [30]. Prof Priya Vrat Sharma and Dr. Guru Prasad Sharma, *Dhanvantari Nighantu*, Shloka no- 62, 65 *Shatapushpadi Varga*, Varanasi, Chaukhambha Orientalia, Third edition 2002, Page No-81.
- [31], [32], [33]. Prof Priya Vrat Sharma and Dr. Guru Prasad Sharma, *Dhanvantari Nighantu*, Shloka no- 67, 69, 71 *Shatapushpadi Varga*, Varanasi, Chaukhambha Orientalia, Third edition 2002, Page No-82.
- [34], [35], [36]. Prof Priya Vrat Sharma and Dr. Guru Prasad Sharma, *Dhanvantari Nighantu*, Shloka no- 72, 74, 76 *Shatapushpadi Varga*, Varanasi, Chaukhambha Orientalia, Third edition 2002, Page No-83.
- [37], [38], [39]. Prof Priya Vrat Sharma and Dr. Guru Prasad Sharma, *Dhanvantari Nighantu*, Shloka no- 77, 79, 80 *Shatapushpadi Varga*, Varanasi, Chaukhambha Orientalia, Third edition 2002, Page No- 84, 85.
- [40], [41], [42]. Prof Priya Vrat Sharma and Dr. Guru Prasad Sharma, *Dhanvantari Nighantu*, Shloka no- 83, 84, 86 *Shatapushpadi Varga*, Varanasi, Chaukhambha Orientalia, Third edition 2002, Page No-85.
- [43], [44], [45]. Prof Priya Vrat Sharma and Dr. Guru Prasad Sharma, *Dhanvantari Nighantu*, Shloka no- 87, 89, 90 *Shatapushpadi Varga*, Varanasi, Chaukhambha Orientalia, Third edition 2002, Page No-86.
- [46], [47], [48]. Prof Priya Vrat Sharma and Dr. Guru Prasad Sharma, *Dhanvantari Nighantu*, Shloka no- 91, 92, 94 *Shatapushpadi Varga*, Varanasi, Chaukhambha Orientalia, Third edition 2002, Page No-87.
- [49], [50], [51]. Prof Priya Vrat Sharma and Dr. Guru Prasad Sharma, *Dhanvantari Nighantu*, Shloka no- 96, 98, 100 *Shatapushpadi Varga*, Varanasi, Chaukhambha Orientalia, Third edition 2002, Page No-88, 89.
- [52], [53], [54]. Prof Priya Vrat Sharma and Dr. Guru Prasad Sharma, *Dhanvantari Nighantu*, Shloka no- 102, 103, 105 *Shatapushpadi Varga*, Varanasi, Chaukhambha Orientalia, Third edition 2002, Page No-89.