



REVIEW OF SAIREYAKA (BARLERIA PRIONITIS LINN., BARLERIA CRISTATA LINN., BARLERIA ATRIGOSA LINN.) FROM NIGHANTUS.

Dr . Pooja  
Mukayanamath

Md . Scholar, Pg.dept. Of Dravyaguna, Govt ( Autonomous )dhanwantari  
Ayurved College And Hospital Ujjain.

Dr. Sunita D.Ram

Hod & Reader, Pg.dept. Of Dravyaguna, Govt ( Autonomous )dhanwantari  
Ayurved College And Hospital Ujjain.

**ABSTRACT**

The term Nighantu depends on the term Nigama . The historical meaning of the Nigama is , which brings out the incredibly covered or secrete significance of words in fundamental way .The Nighantu writing is one of the significant angles in the research of Ayurveda & especially in the subject of Dravyaguna . The Nighantu writing is likewise pretty much as old as Ayurveda . Much significance has not been given to investigation of Nighantu .As Nighantu's have detailed description of Guna, Karma,Rasa, Veerya, Vipak as well as synonyms of different dravyas. This helps us to understand dravyas easily .Saireyaka is also mentioned in Nighantus . Three types of Saireyaka is mentioned by almost all the Nighantus . As this plant is widely available in India . Hence , chosen for the study . This article includes review of Saireyaka from Nighantus.

**KEYWORDS :**

**INTRODUCTION –**

Science is an essential element of daily life flourishing continuous research & revaluations .Ayurveda assists individuals to take control of their own health & increase self reliance & re-establishes their connection with mother nature . The prime purpose of Ayurveda is to ensure a healthy & long life , secondly it talks about the treatment of different diseases . For this purpose , number of herbs & shrubs are described by Ayurvedic literature . Saireyaka is one among them . This plant is readily available in India .

Nighantus have their own importance in Materia medica (

Detailed review from Nighantus is as follows :-

Dravyaguna ) which is stated by the following Shloka -

नियण्टुना विना वैद्यो विद्वान् व्याकरणं विना |  
अनभ्यासेन च धानुष्करत्रयो हारस्य भाजनम् | |

( राजनियण्टु )

This Shloka states importance of Nighantus . So , in this study review of Saireyaka is done from Nighantus . Nearly all Nighantukara mentioned 3 types of Saireyaka as

- 1) Shweta Saireyaka ( Barleria cristata Linn. )
- 2) Peet Saireyaka ( Barleria prionitis Linn. )
- 3) Neela Saireyaka ( Barleria atrigosa Linn. )

Name of Nighantu	Types of Saireyaka	Paryay	Rasa	Veerya	Varga	Therapeutic uses
Dhanvantari nighantu	1.Peet 2.Rakta 3.Neela	Saireyak, Sahachar, sahaachar, PeetaSaireyaka-Kruantak RaktaSaireyaka- Kurubak	Tikta	Sheeta	Guduchyadi pratham varga	Shohta, Trishna, keshya, Vrushya, Balya, Tridosh shaman
Shodhal nighantu	1.Peet 2.Rakta 3.Sita 4.Neela	Saireyaka, Sahachar, Saireya, Zinti, Mrudupushpak	Madhur Tikta	Ushna	Guduchyadi Pratham varga	Kapha-vatahar, Aadhyavat, Dantavataniwaranam
Madanpalnighantu	1.Rakta 2.Peet 3.Neel	Saureyaka, Sahachar, Saureya, Kinkaratak, Dasisahachar, Kinti, Shairshak, Mrudukantak, RaktaSaireyaka-Kurubak, PeetSaireyaka-Kurantak, NeelSaireyaka-Aartagal, Bana, Godanpaki	Takta, Madhur	Ushna		Kushtha, Vatarakta, Kandu, Vish, Keshya, Kesharanjan, Kaphahar
Kaidevnighantu	1.Shwetarkta 2.Peet 3.Neel		Madhur Tikta	Ushna	Aushadhivarg	Kesharanjan, Keshya, Kaphahar, Vatarakta, Kushta, Kandu, Visha
Bhavprakash	1.Peet 2.Rakta 3.Neel 4.Shweta	Saireyaka, Shwetapusha, Saireya, Katsarika, Sahachar, Sahachar PeetSaireyak-Kurantak, RaktaSaireyaka-Kurubak NeelSaireyak-Bana, Dasi, Aartgal	Tikta, Madur, Amla	ushna	Pushpavarga	Kushta , Vatarakta, Kaphahar, Kandu, Visha, Kesharanjan
Rajnnighantu	1.Rakta 2.Peet 3.Neel	Raktamlan, Raktasaha, Aparimlan, Raktamlantak, Raktaprasav, Ragprasav, Kurubak, Madhutsav, Prasav, Kinkarat, Peetamlan, Kurantak, Kanak, Peetkurav, Supeet, Peetkusum, Neelpushpa, Dasi, Bala, Neelamlan, Chadan, Aartgal, Neelpushpa	Katu Kashay, Tikta Katu Tikta	Ushna, Ushna, Ushna	Karveeradivarga	Vatarog, Shohta, Jwar, Adhaman, Shool, Shwas, Kasa, Arati, Varnya, Kapha-vatahar, Deepan, Shohta, Kandu, Raktavikar, Twakdosha, Vrana, Kandu, Kushtha, Shohta, Twakdosha

Priyanighantu	1.Shweta 2.Peet 3.Rakta 4.Neel	Saireyaka, Sahachar, Sairey, Shwetpushpak, PeetSaireyaka-Kurantak, RaktaSaireyaka-Kurubak, NeelSaireyak-Ban, Dasi	Tikta	Ushna	Sharadivarga	Kushtha, Kesharanjan
Shaligramnighantu	1.Rakta 2.Peet 3.Neel	Kurubak Kurantak Aartgal,Zinti	Tika, Katu Tikt, Kashay, Tikt, Katu	Ushna Ushna Ushna	Pushpavarga	Sthotha, Jwar, Vataroga, Kapha-pittahar, Ruja, Aadhaman, Shvas, Kas, Deepan, Vatakaphahar, Kandu, Shotha, Twakvikar, Vatakaphahar, Shotha, Kandu, Shool, Kushtha, Vran, Twakdosha
Haritakyadi	1.Peet 2.Rakta 3.Neel	Saireyak, Shwetpushpak, Saireya, Katisarika, Sahaachar, Sahachar, PeetSaireyak-Kurantak, RaktaSaireyak-Kurubak, NeelSaireyak-Ban, Dasi, Aartgal	Tikta, Madhur	Ushna	Pushpavarga	Kushtha, Vatahar, Raktavikar, Kaphahar, Kandu, Visha, Dantya, Kesharanjan
Hrudaydipaknighantu		Kurantak, Sairey, Saireyak, Sahachar, Ban			Tripadvarga	
Abhidhanratnamala	1.Peet 2.Neel 3.Rakta	Saireyaka, Sahachar, Mrudukantak, PeetSaireyaka-Kurantak, NeelSaireyaka-Bana, Rakta-Kurubak			Chaturthaskandha	Kesharanjan

#### DISCUSSION :-

All the *Nighantukaras* mentioned in this article described about the *Saireyaka*. Among all the *Nighantus* nearly all the *Nighantukaras* mentioned three types of *Saireyaka* namely 1.*Peet*, 2.*Rakta*, 3.*Neel* except *Priyanighantu* & *Shodhalmnighantu* which have explained four types as 1.*Peet*, 2.*Rakta*, 3.*Neel*, 4.*Shweta*. Along with this all the *Nighantus* stated the same synonyms for types of *Saireyaka* as 1) *Peet* = *Kurantak* 2) *Rakta*=*Kurubak* 3) *Neel* = *Bana*, *Dasi*, *Aartagal* .

Only general properties are described by almost all *Nighantukaras* except *Shaligramnighantu* & *Rajnnighantu* where these two *Nighantukaras* explained properties of *Saireyaka* according to their types .

*Bhavprakashnighantu*, *Shaligramnighantu* & *Hritakyadinighantu* mentioned *Saireyaka* under *Pushpavarg*. Whereas, *Dhanvantarinighantu* & *Shodhalmnighantu* mentioned under *Guduchyadivarga*. *Kaidevnighantu*, *Rajnnighantu* & *Priyanighantu* mentioned under *Aushadhivarg*, *Karveeradivarga* & *Sharadivarga* respectively.

All the *Nighantukaras* stated *Tikta*, *Madhur Ras* & *Ushna Veerya* of *Saireyaka*. But some *Nighantukaras* mentioned only *Tikta Ras* or *Katu Ras*. Besides this, *Shaligramnighantu* & *Rajnnighantu* mentioned *Ras* separately according to the type of *Saireyaka*.

Almost all the *Nighantukaras* described *Keshya*, *Kesharanjan*, *Kushthaghna Karma* of *Saireyaka* & it acts on *Vata*, *Kapha Dosh*. *Shaligramnighantu* & *Rajnnighantu* explained *Karma* according to the type of *Saireyaka*.

#### CONCLUSION :-

Various references of *Saireyaka* found in *Nighantus* highlighting importance of this *Dravya*. As *Saireyaka* is available easily in India. It should be widely used in clinical practice especially as *Keshya dravya* & in skin diseases. Because modern medicine don't have effective remedies for skin diseases.

#### REFERENCES :-

1. Bhavmishra Bhavprakash Nighantu, commentary by Chunekar k.c, Pandey G, Chaukhamba bharati academy, Varanasi reprint, 2013; 489.
2. Anonymous, Dhanvantari Nighantu, Edited by Zarkhande oza, Mishra U Guduchyadi varga 1/308, Choukhamba surabharati prakashan, Varanasi second edition, 86.
3. Acharya Kaiyadeva, Kaiyadev Nighantu, Sharma p, sharma G, Aushadi varga 1/1047, chaukhamba orientaliya, Varanasi second edition, 2006; 194.

4. Acharya Madampal, MadanapalaNighantu, Abhayadi varga 1/304, edited by Pandit hariprasad Trivedi, Chaukhambha Krishnadas, Academy Varanasi, 2009.
5. Acharya Hemachandrasura, Nighantu shesha, Gulma kanda varga 2/246.
6. Narhari pandita, Raj Nighantu, Karviradi varga 10/132, Edited by Dr. Indradev Tripathi, Chowkhambha Krishnadas Academy, Varanasi, 4 th edition., 2006.
7. Acharya Chakrapanidatta, Shabdachandrika, Vrukshadi varga 1/106.
8. Sodhala, SodhalaNighantu, Guduchyadi varga 1/275, Edited by Prof. PV. Sharma, Oriental Institute, Baroda, 1978.
9. Acharya Lala Shaligram, ShaligramNighantu Bhushana, Pushpa varga, By shri Shaligramvaishyavara, edition, Khemaraja Shrikrishnadas Prakashana, 1993; 385. 10. Department of Ayush, Govt.of India, The Ayurvedic Pharmacopea of India, I.S.M. and
10. Vaidyacharya kesava, Hrdyadipaka Nighantu, Tripadvarga, By Prof. Priyavrat Sharma, edition Chaukhambha press 2033.
11. Shribhavamishra, Haritakyadinighantu, Pushpavarga, By Vaidyaratna Ramprasadatmaja, edition, Shrivenkateshvar press 2000.