ORIGINAL RESEARCH PAPER
Volume - 14 | Issue - 06 | June - 2025 | PRINT ISSN No. 2277 - 8179 | DOI : 10.36106/ijsr
INTERNATIONAL JOURNAL OF SCIENTIFIC RESEARCH

THERAPEUTIC AND MEDICINAL USES OF SACRED PLANTS IN JAIN DHARMA

Ayurveda

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ABSTRACT

All the twenty-four Tirthankaras have sacred plants associated with them for salvation. Rishabhanatha is a first Tirthankar and Mahavira the twenty fourth Tirthankar in Jain religion.The first Tirthankar Rishbhanatha has associated with the plant Ficus benghalensis and Mahavira have associated with the plant Shorea robusta. Of these twenty-three plants belong to angiosperms and one plant belongs to gymnosperm. Pinus roxbhurghii associated with the Tirthankar Abhinandannatha. The angiospermic plant Callicarpa macrophylla associated with two Tirthankaras Sumatinatha and Padmaprabhu,. The present article attempts to provide comprehensive information on the therapeutic and medicinal uses of Jain dharma sacred plants for further research.

KEYWORDS

INTRODUCTION

Jain dharma flourished in india before 6th century AD. Mahaveerji is known as real creator of jain dharma.ist teerthankar were Rishabhnathji and 24 th were Mahaveerji. They insisted on safety of every individual including plants and animals. All living world including plants as biodiversity (Jain, S.K. and S.L. Kapoor. (2007)[1]. They prefer medicines based on plants. The relation between religion and nature cannot be more apparent, there is very elaborate and comprehensive description of various plant species and their products in literature of Jain religion[2]. The plants associated with Tirthankaras are more valuable in medicine their medicinal values are told in ayurvedic literatures like Bhavaprakash Nighantu, charak Samhita, API etc .

Methodology

The literature of plant species of all twenty four Tirthankaras sought from the Bhavaprakash Nighantu and uttar purana of jain dharma[3].Plant species have been enumerated based on characteristics features observed in respective species with scientific name, family, common name, name of Tirthankaras and medicinal uses.

Enumeration

1) Botanical Name: Ficus benghalensis L.
Family: Moraceae
Common Name: Bargad, Vad
Tirthankar: Rishabhanatha (Adinath)
A large evergreen tree, leaves simple obovate, inflorescence hypanthodium, fruit green but red when ripe. Milky latex is applied externally for pains in rheumatism and lumbago. Infusion of bark used as tonic, astringent, used in dysentery, diarrhoea and diabetes. Seeds are cooling tonic. Leaves applied as poultice to abscesses. Root fibres useful in gonorrhoea.The latex of Vat mixed with milk relives bleeding piles. Chronic diarrhea and dysentery can be relieved using the leaves. It is an excellent medicine in infertility and the medicines made from roots help relieving female infertility. The decoction of Vat leaves helps to relive Leucorrhea. The processed latex is used as medicine to relieve rheumatism. Latex is used to relieve vomiting and nausea. The root of Vat when used in cleaning teeth, protects the gums, oral infections and makes teeth stronger. Foot cracks can be treated by applying sap of Vat.[4]

The paste made from the leaves helps to relieve skin diseases and provides soothing effect and nourishes the skin.

2) Botanical Name: Alstonia scholaris
Family: Apocynaceae
Common Name: Chitvan
Tirthankar: Ajitnath
Leaves - Leaves are 3-7 in a whorl, coriaceous, bluntly acuminate, dark green. Leaf stalk is 1-1.5 cm long, the Lamina is elliptical or elliptical-Lanceolate, 10-20cmx4- 5cm in the size, upper surface is dark green and the lower surface is green-white. The bark of A. scholaris is useful in malarial fevers, dyspepsia, skin disease and in abdominal disorders. the bark is bitter, astringent, digestive, laxative, anthelmintic, antipyretic, stomachic, cardiotonic, and tonic. Leaves: The leaves have been used traditionally as folk remedies for the treatment of many diseases including diarrhea, dysentery, malaria, and snake bites. Juice of the leaves acts in certain cases as a powerful galactagogue. Leaves used in beriberi, dropsy, and congested liver. Latex applied to sores, ulcers, tumors, and rheumatic swellings. Fruits: The ripe fruits of the plant are used in syphilis and epilepsy. It is also used as a tonic, antiperiodic, and anthelmintic

3) Botanical Name: Tectonia Grandis
Family: Lamiaceae
Common Name: Sangwan
Tirthankar: Sambhavanatha
The teak tree or the Sagwan tree is a large deciduous tree. It can grow up to a height of 30 meters . The branches of the tree are usually greyish brown.

- In Haemoptys Teak leaves can be used for treating haemoptysis..
- In Headache Studies reveal that the oil extracted from teak wood can be applied on the forehead for relieving headache. This is attributed to the analgesic properties of this plant.
- In AnuriaThe roots of the teak plant can be decocted and used for treating anuria. Anuria is a health condition marked by the failure of the kidneys to produce urine
- In HaemostaticTeak leaves contain haemostatic properties thus can be squeezed and applied Teak flowers are useful for curing bronchitis. In the study it was found that extracts from the leaves of teak plants had a significant effect as anti-asthma.

4) Botanical Name: Pinus roxburghii Sarg.
Family: Pinaceae
Common Nmae:Chir Pine
Ayurveda - Sarala
Tirthankar: Abhinandannatha
Prayojya anga – kashtha,niryasa, taila
Evergreen conifer tall trees. Branches whorled generally horizontal and excurrent. The stem has two type of branches and the green leaves as the needles are confined only to the dwarf shoot that bear three needles. The scale leaves occur on the main stem, long shoots and also the dwarf shoots are brown in colour. Resin is used as stimulant, antiseptic, diuretic, rubefacient, vermifuge and internally as stomachic and as a remedy for gonorrhoea, externally as a plaster applied to buboes and abscesses for suppuration. Wood and oleoresin used in snakebite and scorpion sting.

5) Botanical Name: Callicarpa macrophylla Vahl.
Family: Verbenaceae

Common Name: Priyangu
Tirthankar: Sumatinatha
Prayojya anga -pushpa
Evergreen small sized trees with opposite leaves. Leaves are elliptic - oblong to lanceolate. Flowers pink or purplish, reddish or rosy, flowering period July- November. Flowers are used in intestinal disorders, dysentery, diarrhoea, acidity, fever and blood disorders. Fruits are edible The berries are profoundly astringent however are made into wine and jam.The glue of the bark is applied over brow to treat migraine.The powder of the bark of Priyangu is utilized for focusing on the gums to treat gum disease and utilized face pack to improve the appearance of the face.The powder of the bark is utilized as cleaning powder to control the seeping from wounds.The decoction of the bark of Callicarpa macrophylla is given in a portion of 30-40 ml to stop inside seeping in instances of peptic ulcer, interior heaps.

6) Botanical Name: Callicarpa macrophylla Vahl.
Family: Verbenaceae
Common Name: Priyangu
Tirthankar:Padmaprabhu
Evergreen small sized trees with opposite leaves. Leaves are elliptic - oblong to lanceolate. Flowers pink or purplish, reddish or rosy, flowering period July- November. Flowers are used in intestinal disorders, dysentery, diarrhoea, acidity, fever and blood disorders. Fruits are edible. The berries are profoundly astringent however are made into wine and jam. The glue of the bark is applied over brow to treat migraine. The powder of the bark of Priyangu is utilized for focusing on the gums to treat gum disease and utilized face pack to improve the appearance of the face. The powder of the bark is utilized as cleaning powder to control the seeping from wounds. The decoction of the bark of Callicarpa macrophylla is given in a portion of 30-40 ml to stop inside seeping in instances of peptic ulcer, interior heaps.) Botanical Name: Albizia lebbeck (L.) Benth.

Family: Fabaceae
Common Name: Siris, Shirish
Tirthankar: Suparshavanatha
Prayojya anga-twaka , beeja ,patra , pushpa
It is a deciduous tree. Bark is greyish or pale brown. Leaves are bipinnate, alternate, oblong leaflets. Inflorescences are globular clusters greenish pale yellow or white fragrant flowers, blooming in April-May.The fruits are broad, reddish-brown pods. Bark is useful in leprosy and ulcers. Used as an ornamental and avenue tree.Its Anti-asthmatic activity, Effect on anaphylactic shock, Pulmonary eosinophilia: anti-tussive activity, Allergic conjunctivitis, anti-fertility activity, Anti-diarrheal activity, antimicrobial, Anti-inflammatory activity, analgesic, Cognitive behavior and Antianxiety Study, Immunomodulatory activity, Hypoglycemic activity

8) Botanical Name: Mesua ferrea L
Family: Guttifereae
Common Name: Naga Kesar
Tirthankar: Chandraprabha
Prayojya anga- punkeshar
An evergreen tree with red bark. Flowers white with rusty stalks and used as astringent, in cough with expectoration,made into paste with butter and sugar used in bleeding piles and burning of the feet. Flower buds used in dysentery. Unripe fruits are aromatic and sudorific. Bark-astringent, aromatic combined with ginger used as sudorific. Leaves and flowers are useful in snake bite and scorpion sting. Nagkesar is enriched with anti-inflammatory properties which help relive swelling, redness and inflammation. These extracts of the chestnut flowers are highly potent and effectively treat acne scars, dark spots and blemishes that are often the result of oily and pigmented skin. This herb deeply clarifies and purifies the skin for an even toned and glowing complexion, while it lightens pigmentation and rigid blemishes. It is rich in antioxidants which help the skin from harmful UV rays and early signs of aging.

9) Botanical Name: Terminalia bellerica (Gaertn.) Roxb.
Family: Combretaceae
Common Name: Bahera, Behada
Tirthankar: Puspadanta
Prayojya anga - phala
Deciduous trees. Bark dark grey and longitudinally fissured. Leaves broadly obovate. Flowers in axillary spikes greenish yellow or creamy white in colour. Fruits ovoid or ellipsoid. It is of medicinal use in Ayurveda in triphalachurna with Amla (Phyllanthus emblica)and Haritaki(Terminalia chebula) Supports healthy gut wellness and alleviates digestive discomfort. Protects against oxidative stress and free radical damage.Strengthens hair follicles and promotes healthy hair. Soothes skin irritations and promotes healthy skin texture.Supports immune function and overall well-being. Calms the mind and alleviates stress. Aids in removing toxins from the body.

10) Botanical Name: Aegle marmelos L.
Family: Rutaceae
Common Name:bilva,bela
Tirthankar: Shitalanatha
Prayojya anga – mula,twaka,patra, phala
Bilva is a spinous deciduous and aromatic tree with long, strong and axillary spines. This Bael tree grows up to 18mt in height and thickness of tree is about 3-4ft.

Problems of the female reproductive system Like vaginal hemorhages etc. are also relieved with the use of Bilva along with other herbs. It also balances pitta related disorders in the body, infections.The ripe fruit has laxative properties and helps to treat constipation. Unripe fruit is also very effective in treating dysentery, diarrhea and other gastro intestinal disorders. It has power to fight against skin diseases and used to cure various skin disorders. Bilva helps to control functioning of heart, cardiac muscles and cardio vascular system of body.

11) Botanical Name: Diospyros melanoxylon Roxb.
Family: Ebenaceae
Common Name: Tendu
Tirthankar: Shreyamsanatha
A large tree. Bark is used as an astringent, decoction of bark in diarrhoea and dyspepsia as tonic. A dilute extractused as astringent lotion for the eyes. Leaves used as diuretic, carminative, laxative and styptic. Dried flowers are useful in urinary, skin and blood diseases.

he leaves are utilized as diuretic, carminative, purgative and styptic. Dried blossoms are helpful in urinary, leucorrhoea, frailty, skin contaminations, and blood diseases. The natural products have a cooling and an astringent impact and helpful in stomach disorders. The bark is an astringent and its decoction is utilized to treat loose bowels and dyspepsia. The seeds can be utilized to fix mental issues, sensory system breakdown, and palpitation of the heart. The Tendu plant has likewise utilized for orchestrating the silver nanoparticles. It kill to microbial movement also. The natural product strip has initiated carbon which go about as bioadsorbent for methyl blue dye.

12) Botanical Name: Anthocephalus cadamba
Family: Rubiaceae
Common Nmae: kadamba
Tirthankar: Vasupujya
Prayojya anga- twaka, phala
A large, deciduous tree, occasionally buttressed, up to 37.5 cm in height and 2.4 cm in girth, with a clear bole of 9 m, and horizontal branches, found all over India and also cultivated. Bark grey, fissured; leaves coriaceous, broadly ovate,elliptic-oblong,7.5-18cm and 4.5-16 cm; flower heads globose, yellow, solitary,terminal,3.7 cm in diam. Consisting of small, yellow or orange-coloured, scented flower; fruit a fleshy, orange, globose pseudocarp of compressed angular capsule with persistent calyx; seeds small, muriculate. In folk medicine it is used in the treatment of fever, uterine complaints, blood diseases, skin diseaseseye inflammation, diarrhoeaanaemia, leprosy, dysentery and stomatitisThe reported uses of this are anti-hepatotoxic antimalarial, antimicrobial, wound healing, antioxidant, anthelmintic analgesic, anti-inflammatory, antipyretic, diuretic and laxative

13) Botanical Name: Syzygium cumini (L.) Skeels.
Family: Myrtaceae
Common Name: Jamun
Tirthankar: Vimalanatha
Prayojya anga -phala,phalasthi,twaka,patra
Moderate sized tree. Leaves ovate, lanceolate. Flowers fairly large, jointed with the pedicel and greenish white in colour. Berries globose pinkish white or dark purple in colour.Flowering and fruiting season is January to June. Seed powder is effective against diabetes. As per many scientists Jamun contains various phytochemicals present in seeds, leaves, fruits and other parts which possess many therapeutic actions viz. Antidiabetic, Antimicrobial, Antidiarrhoea, Antidysentry and Anti-allergic.

14) Botanical Name: Ficus religiosa L.

Family: Moraceae
Common Name: Peepal, Pipal
Tirthankar: Anantanath
Prayojya anga – bark, fruit,milk
A large glabrous tree with grey bark. Leaves orbicular ovate, globose. Flowering and fruiting season is April to June. Tree is religious and worshipped by people. Decoction of young leaves is used for the treatment of general fever. Peepal is beneficial for managing skin diseases. The topical application of Peepal leaf extract in the form of ointment helps in wound healing. It helps in reducing the inflammation related to eczema due to its anti-inflammatory property. Peepal bark helps reduce the symptoms of diarrhea by contracting the mucosal cells or other body tissues due to its astringent property. The dried powder of Peepal bark is used in the management of respiratory problems due to its anti-allergic property. The pills made from powdered Peepal leaves might be used to manage constipation due to its laxative property.

15) Botanical Name: Feonia limonia
Family: Rutaceae
Common Name: kapitha,kaitha
Tirthankar: Dharmanatha
Prayojya anga-phala, pushpa, Moola Kapittha, is a deciduous, glabrous tree. It has strong, sharp, straight, axillary thorns. In India, it is found throughout the plains of India, Siwalik range and forests, at base of Himalayas up to an elevation of 450 m. It is also cultivated in many parts of India.The unripe fruit is used as a remedy to treat diarrhea and dysentery. The ripe fruit is used in the treatment of hiccups and throat problems. It is carminative and gives relief in flatulence. It stimulates the digestive system.The unripe fruit is prescribed in sprue, malabsorption syndrome. The leaves are astringent in action and cause the contraction of the skin cells and tissues. The leaves are used for indigestion, flatulence, diarrhea, dysentery and hemorrhoids. The juice of tender leaves is given in the treatment of stones, and digestive disorders. The leaves are useful in gas, indigestion, sprue, diarrhea and diabetes.

16) Botanical Name: Toona ciliata
Family: Meliaceae
Common Name: Nandi,toona
Tirthankar: Shantinath
Prayojya anga – twaka, patra,niryas, pushpa
Tall, deciduous trees. Leaves unipinnate and leaflets 4-15 in pairs. Flowers are in drooping panicles, white and scented. Fruit capsules are oblong. Leaf juice is given in stomach disorders. Modern researches have also reported that T. sinensis possessed various pharmacological activities including anti-tumor effects, antioxidant effects, anti-diabetic effects, anti-inflammatory effects, antibacterial and antiviral effects.

17)Botanical Name: Wandlandia exerta
Family: Rubiaceae
Common Name: tilak
Tirthankar: Kunthunatha
Prayojya anga- twaka
It is a semi-evergreen hermaphroditic flowering plant. The genus Wendlandia belongs to the family Rubiaecae with over 90 diverse species found in tropical and subtropical regions of Asia and one species in Africa It isantioxidant, hypoglycemic, and antidiarrheal potentials.It is beneficial in skin diseases,blood purifier,regulate menstruation.

18) Botanical Name: Mangifera indica L.
Family: Anacardiaceae
Common Name: Mango
Tirthankar: Arahanatha
Prayojya anga- twak, patra, pushpa, phala, beeja majja.
Evergreen tall tree. Leaves are oblong or lanceolate, flowers are small terminal spikes. They are yellowish green in colour. Fruit is drupe which is fleshy and of various size. Flowering season is December and fruiting from Februaryto July.The bark is astringent, it is used in diphtheria and rheumatism and it is believed to possess a tonic action on mucus membrane.
It has Antibacterial, Anti-fungal, Antiviral, Antioxidant, Antipyretic and Antiamoebic properties.

19) Botanical Name: Saraca indica
Family-Leguminaceae
Common Name: Ashok
Tirthankar: Mallinatha
Prayojya anga-twaka, beeja, pushpa
A small evergreen tree. Leaves compound, leaflets opposite and elliptic oblong, flowers are orange or orange yellow in colour. Flowering July to October. Bark astringent used in uterine affections and in menorrhea in scorpion sting.

It is also useful in dyspepsia, fever and burning sensation.

Ashoka helps to manage various gynecological and menstrual problems in women such as heavy, irregular and painful periods. It can be taken in the form of churna/powder or capsule twice a day after meals to get relief from abdominal pain and spasms. Taking Ashoka bark juice or kwath can also promote healthy skin due to its blood purifying property.

According to Ayurveda, Ashoka is useful in controlling internal bleeding, especially in the case of piles due to its Kasaya (astringent) property. It is also beneficial in relieving pain and healing wounds faster due to its Ropan (healing) property. Applying Ashoka bark juice or kwath on the skin helps to get rid of oily and dull skin.

20) Botanical Name: Michelia champaca L.
Family: Magnoliaceae
Common Name: Nag Champa
Tirthankar: Munisuvratnatha
Prayojya anga-twaka, pushpa
Evergreen small tree, leaves simple, alternate. Flowers yellowish to orange, fragrant, flowering June to September. Bark febrifuge, stimulant, expectorant, astringent, dried root and root bark is purgative and in the form of infusion useful emollient and mixed with curdled milk, can be applied to abscesses. Flowers and fruits considered to be stimulant, antiseptic tonic, stomach carminative, bitter and cooling used in dyspepsia, nausea and fever, also useful as diuretic in renal diseases, gonorrhoea. It is used in the mixture form with sesame oil (Sesamum indicum) for external application in vertigo. Oil extracted from flowers is used in ophthalmic, cephalalgia and gout. Juice of leaves is given with honey in colic. Seeds and fruits are used for healing the cracks in feet [5].

21) Botanical Name: Mimusops elengi L.
Family: Sapotaceae
Common Name: Bakula, Bakul
Tirthankar: Naminatha
Prayojya anga-twaka, pushpa, phala
Medium sized tree. Bark of the plant is astringent tonic useful in fevers. Leaves are used in snake bite. Pulp of ripe ruit is used to cure chronic dysentery. Seeds bruised and locally applied within the anus of children suffering from constipation.

22) Botanical Name: Bambusa arundinaceae
Family: Graminae
Common Name: Kokam
Tirthankar: Neminatha
Prayojya anga-moola, patra, phala, vanshalochan
The plants range from stiff reeds about 1 m (about 3 ft) tall to giants reaching 50 m (164 ft) in height and 30 cm (12 in) in diameter near the base. Most bamboos are erect, but some are viny, producing impenetrable thickets in some areas. In addition, although many bamboos flower annually, many others flower only at intervals of 10 to 100 years. All members of a particular species flower at the same time, and the plants die shortly after flowering and setting their seed. The individual species are Paste or ash of the roots perpetuated by the seed or by new culms sprouted from rhizomes It is used locally in skin disorders. ringworm infection and dermatoses. Vanshalochan is used in vomiting, diarrhoea, heart disease, bleeding disorders. cough, asthma, chronic fever, general debility. Decoction of leaves is useful is dysmenorrhoea and ammenorrhoea. Fruit acts on meda dhatu and is useful in fat metabolism and obesity Decoction of roots is given in rabies.

23) Botanical Name: Cedrus deodara
Family: Pinaceae
Common Namee: Devdaru
Tirthankar: Parshvanatha
Prayojya anga-kanda, sara, taila
Devadaru is large evergreen tree upto 80m height and girth about 15m, with spreading branches and attractive dark green foliageDevdaru

might be good for diabetics as it helps manage the blood sugar levels by stimulating insulin secretion. It also helps to calm the mind and improve sleep pattern thereby managing insomnia. Devdaru oil obtained from Devdaru trees has many benefits. This oil can be applied on the body to manage fever by increasing sweating due to its diaphoretic (sweat-inducing) property. It can be applied to the joints to manage problems such as inflammation and pain related to arthritis due to its anti-inflammatory property. Devdaru oil can also be applied on wounds to prevent infections and speed up wound healing due to its antiseptic and anti-inflammatory property. Applying Devdaru leaf paste on your skin can also help prevent skin infections as well as itching due to its antifungal property.

24) Botanical Name: Shorea robusta Roth.
Family: Dipterocarpaceae
Common Name: Sala, Sal, Sakhua
Tirthankar: Mahavira
Prayojya anga- twaka, niryas
A large semi-deciduous hardwood timber tree. Leaves are simple, alternate, lanceolate-ovate, shiny and delicate green, flowers yellowish-white, terminal or axillary panicle and appear in early summer. Resin-astringent and used in dysentery, gonorrhoea, goutand for fumigations. The gum mixed with boiled milk it is remedy in cough, piles, bronchitis and leucorrhoea. The wood is very durable, highly resistant to termite attack and used for making furniture.

CONCLUSION

It is noteworthy that all the twenty-four Tirthankarasmeditated under the twenty plants of angiosperm and one plant of gymnosperm for enlightenment. There is so much importance of plants and their aesthetic and medicinal values in Jainismthat all Tirthankaras of present got their enlightenment meditating under various plants of medicinal value.The Tirthankarasand their respective plants usually belong to angiosperm plants except Pinus roxburghii that belongs to gymnosperm plant associated with Tirthankar Abhinandannatha. All these plants are also having importance in other religion of India and most useful in Ayurveda and herbal medicine, some aborigines of India are also used these plants for food and medicine These plants are basically Indian in origin, due to their importance for living world they should be conserve in large amount. Likewise, Jain garden should be erected near Jain temple according to the Jain Tirthankaras so the devotees can get the live collection of all these sacred plants for the worship. for library facility and researchers whose work has been cited in the paper.

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