



ORIGINAL RESEARCH PAPER

Ayurveda

A STUDY OF SHIGRU(MORINGA OLEIFERA LAM.) IN VARIOUS NIGHANTU"-REVIEW

KEY WORDS: Shigru, Shobhanjana, Nighantu

Dr. Neha Chalmela*

PG Scholar, PG Dept of Dravyaguna, Govt. Auto. Dhanwantri Ayurveda college Ujjain M.P. *Corresponding Author

Dr. Shiromani Mishra

Guide & Associate professor, PG Dept of Dravyaguna Govt. Auto. Dhanwantari Ayurveda, College Ujjain M.P.

ABSTRACT

Ayurveda is a holistic science of life. It has many branches. Ayurveda follows concept of four pillars in treatment: *Bhishak(vaidya)*, *Dravya(aushadh)*, *Upasthata(paricharak)*, *Rogi(patient)*. For the treatment a good qualified *vaidya/doctor* is must but second important thing is "Dravya". it simply means *Aushadhi*. there are very vast description of *Dravya* found in our classical text like *Samhita*, *Chikitsa Granth*, *Nighantu* etc. According to *Dravyaguna* perspective *Nighantu* literature are more important. By the help of *Nighantu* literature we can get complete knowledge of *Guna*, *Karma*, synonyms etc. of *Dravya*. In these review article we will do throughout study of *Shigru(Moringa oleifera Lam.)* in various *Nighantu* to know the importance of *Shigru* in *Nighantu* literature. *Shigru* is also widely described in *Samhitas* and *Chikitsa grantha* to treat many diseases. Every part of *Shigru* like leaves, flowers, pods, bark, root bark, seeds etc. are useful in numerous diseased condition.

INTRODUCTION-

The *Nighantu* literature is one of the important aspects in the study of *Ayurveda* and specially in the subject of *Dravyaguna vgyan*. The *Nighantu* literature also as ancient as *Ayurveda*. The ancient *Nighantus* were actually like *kosha*, containing the synonyms of *Dravya*. Later on, the drugs were given the description of properties, action and their uses. In true sence the *Nighantu* means collection of words, synonyms and the names of the medicinal substences¹

Shigru is a amazing medicinal plant used for the treatment of numerous diseased conditions. It is widely available in our country. *Moringa* tree is used as a part of diet and also as traditional medicine in India since ages. almost its all parts such as flowers, pods, bark leaves, etc. are very useful in many diseases.

MATERIAL & METHODS-

Material of this study comprise the ancient *Nighantu* literature and text books of *Dravyaguna*, other journals and articles related to the topic. The material acquired has been properly mentioned at appropriate place in the article.

AIMS & OBJECTIVES-

1. To study of *Shigru* in various *Nighantu*.
2. To know the numerous proprties of *Shigru* according to various *Nighnatu*.
3. To brief study of *Nighantu* and their importance in *Dravyaguna vgyan*.

BOTANICAL DESCRIPTION-

A small or medium sized tree about 10 m high, leaves usually 3 pinnate, leaflets 1.2-1.8 c.m., flowers white, pods pendulous, greenish 22.5-50.0c.m. or more in length, triangular, ribbed seeds trigonous the angles winged²

ETYMOLOGICAL DERIVATION OF BOTANICAL NAME-

Moringa: From the Malayalam *muringa* or Tamil *murungai*
Oleifera: From the Latin, *olei-fero*, meaning oil bearing, in reference of the seeds of the species³

VERNACULAR NAMES⁴-

Arabic	Rawag
Assamese	Saijna, Sohjna
Bengali	Sajina
Burmese	Daintha, Dandalonb
Chinese	La ken
English	Drumstick tree, Horse

radish tree, Ben tree

French	Moringe A Graine Ailre, Morungue
Gujrati	Midhosaragavo, Saragavo
Hindi	Mungna, Saijna, Shajna
Kannada	Mugge
Konkani	Maissang, Moringa, Moxing
Malyalam	Murinna, Sigru
Marathi	Achajhada, Shevgi
Nepali	Shobhanjan, Sohijan
Oriya	Sajina
Punjabi	Sainjna, Soanjna
Spanish	Angela, Ben, Moringa
Tamil	Moringa, Murungai
Telegu	Mulaga, Munaga, Tellamunaga
Urdu	Sahajna
Sanskrit	Shobhanjana, Sigru

CLASSIFICATION OF SHIGRU ACCORDING TO CLASSICALTEXT-

1. On the basis of *karya* – *karan bheda Karya dravya*
2. On the basis of *chetan*- *achetan bheda Chetan dravya*
3. On the basis of *yonibheda* *Audbhida dravya*
4. On the basis of *prayoga bheda* *Aushadhi dravya*
5. On the basis of *rasa bheda* *Katu, Tikta rasa*
6. On the basis of *veerya bheda* *Ushna veerya dravya*
7. On the basis of *vipaka bheda* *Katu veepaka dravya*
8. On the basis of *dosha karma bheda* *Kapha-vata shamak dravya*
9. On the basis of *sanshodhan dravya* *Shirovirehan dravya*

DESCRIPTION OF SHIGRU IN VARIOUS NIGHANTU-

• **DHANVANTARI NIGHANTU(10th-13th Cen.A.D.)**-In *Dhanvantari nighantu* *Shigru* has been placed in *Karviradi varga* and *Shatpushpdi varga*. With the common synonyms *Shobhanjana*, *Shigru*, *Tikshnagandha* and some new synonyms *Haritshaka*, *Dirghaka*, *Laghupatraka*, *Avdankshama*, *Dansh*, *Mulakparni*, *Mukhabhanga*.

Here *Shweta shigru* is called "Shweta maricha" and *Rakta shigru* is called "Madhur shigru". *Kapha*, *Vata*, *Krimi*, *Aam*, *Visha*, *Meda Gulma*, *Pliha*, *Vidradhihar* properties are mentioned with *Katu*, *Tikta*, *Ushna veerya*⁵

• **SHODHAL NIGHANTU(12th Cen.A.D.)**-Here some different synonyms of *Shigru* are described such as *Shighrako*, *Shwetak*, *Ghanapallava* as well as common synonyms are mentioned as *Shobhanjana*, *Shigru*, *Haritshaka*, *Laghupatrak*, *Avadanshkhama*, *Dansh*,

Mulakparni, Mukhabhang⁶

- **ABHIDHANRATNAMALA(sadrassa nighantu)(13th cen.A.D.)**-No more information is available about the author of *Abhidhanratnamala*. The subject matter of *Abhidhanratnamala* is arranged in six *Skandas* according to six *Rasa*.⁷

Shigru is described in *Pancham skandha* “*Katu dravya skandha*” with the synonyms *Bahalpallav*, *Granjno*, *Mulakdala*, *Murangi*, *Harichchhad*, *Shobhanjana*.⁸

- **MADANPAL NIGHANTU(14th cen.A.D.)**-*Shigru* is described under “*Shaka varga*” synonyms of *Shigru* are *Shobhanjana*, *Bahalpallava*, *Harichchhada*, *Krishnagandha*, while other *Rakta* variety is known as “*Madhu shigru*” and third *Shweta shigru* is known as “*Haritachchhada*”. *Shigru* having *Laghu*, *Grahi*, *Tikshna*, *Ushna* properties useful in *Vidradhi*, *Pliha*, *Gulma*, seeds are *Chaksushya* but *Madhu shigru* is mainly *Deepan* and *Rechak*.⁹
- **KAIYADEVA NIGHANTU(14th cent.A.D.)**-In this *Nighantu Shigru* is mentioned in “*Aushadhi varga*” with numerous synonyms such as *Murungi*, *Mochak*, *Shobhanjana*, *Krishnagandha* etc. Here *Rakta varna shigru* is known as *Madhu shigru* which is described with some different synonyms *Madhur*, *Madhugandhik*, *Swadugandhi*, *Grinjanak*, *Shighrak*, *Sinhkesari*, seeds of *Shigru* are named as *Shwetamaricha*.¹⁰
- **BHAVAPRAKASH NIGHANTU(16th cent.A.D.)**-*Bhavaprakash* is an important work of *Ayurveda* which is enumerated among *Laghutrayi* though it is mentioned as the third book among *Laghutrayi*, it is a popular work among *Vaidyas* for centuries.¹¹

Shigru has been described under “*Guduchyadi varga*” on the basis of flower colours there are three varieties of *Shigru* namely *Shyam shigru*, *Shweta shigru*, *Rakta shigru*. seeds of *Shigru* is *Chaksushya*, *Vishanashaka*, *Vrishya*, *Tikshna*, *Ushna* and *Kaphavataghna* it's *Nasya* is used for *Shiroarti*.¹²

- **RAJA NIGHANTU (17th cent. A. D.)**- The author of *Raja nighantu* is *narhari pandit*. He declares : that a physician without the knowledge of *Nighnatu*, a scholar without the knowledge of *Vyakarana*(grammar) and a soldier without *Ayudha*(weapons), all these three are laughed in this world. there by the author *narhari pandit* reveals the importance of *Nighantu*.¹³ Here *Shigru* placed in “*Mulkadi varga*”. *Shigru*, *Haritshaka*, *Shakapatra*, *Supatraka*, *Urdansha*, *Kshamadansha*, *Komalpatrak*, *Bahumuli*, *Danshamula*, *Tikshnamula* are ten synonyms of *Shigru*. *Shigru* having *Katu*, *Tikta rasa*, *Ushna veerya*, *Kaphavatanashaka* properties. Here, four varieties of *Shigru* described namely *Shigru*, *Sweta shigru*, *Rakta shigru* and *Nila shigru*.

Nila shigru is specially mentioned in only *Raja nighantu* having *Katu*, *Madhur rasa*, *Tikshna*, *Ushna* and *Pichchhil* properties it is described as “*Rochno parama*”.¹⁴

HRIDAYADIPAK NIGHANTU & SIDDHAMANTRA PRAKASH- Author of *Siddhamantra* is *Vaidyacharya Keshav*. he adopted different method in describing the *Dravya* in his *Nighatu*. In *Siddhamantra* the drugs have been arranged according to their effect on *Dosha* and the *Rasa*, *Guna*, *Veerya*, *Vipaka* have to be inferred on this basis. *Vopdeva* wrote his commentary on *Siddhamantra* as *Prakash* and there after composed the *Nighantu Hridayadipaka*. *Vopdeva's Hridayadipaka nighnatu* and *Siddhamantra* of *Vaidyacharya Keshava* with the *Prakash* commentary of *Vopdeva* was edited by *prof. priyavrat Sharma*.¹⁵ Here *Shigru* is placed in *Kaphavataghna varga*.¹⁶

- **SHALIGRAM NIGHANTU**-*Shigru* has been mentioned under “*Guduchyadi varga*” with some different synonyms *Sutikshna*, *Mukhabhanga*, *Sitahy*.¹⁷
- **PRIYA NIGHANTU(20th cent. A.D.)**-*Shigru* has been described in “*Haritakyadi varga*” having *Tikshna*, *Katu*, *Tikta*, *Ushna veerya* and *Deepan* properties. it is *Kaphavatashamaka* and *Rakta pitta prakopaka* useful in *Shula*, *Gulma*, *Shotha*, *Galgand*, etc. it's seed is useful for *Anjan karma* in *Netra roga*.¹⁸

DISCUSSION-

Shigru has been used since ancient time. There are so many synonyms are mentioned in various *Nighantu* due to its numerous properties mainly two varieties of *Shigru* are found *Shweta shigru* and *Rakta shigru*. *Rakta shigru* is known as *Madhu shigru* and *Shweta shigru* is popular as *Katu shigru*. according to majority of *Acharyas* properties of *Shweta shigru* and *Rakta shigru* are similar but *Madhu shigru* is specially *Deepan* (appetizer) and *Rechak* (laxative).

Shigru has *Katu Tikta Rasa*, *Katu* in *Vipaka*, *Ushna* in *Veerya*, and *Laghu*, *Ruksha*, *Tikshna*, in *Guna*. Mainly it is *Kaphavata shamak*. It is very useful in so many diseases such as *Shotha*, *Krimi*, *Visha*, *Apachi*, *Medoroga*, *Gulma*, *Galgand*, *Vidradhi*, *Vrana* etc. it's seeds are also used for *Anjan karma* and *Nasya karma*.

CONCLUSION-

By the help of this review, conclusion can be drawn that *Shigru* is very popular herbal medicine since ancient time. The *Nighantu* literature also as ancient as *Ayurveda* and *Shigru* is widely described in various *Nighantu*. almost every part of *Shigru* is full of medicinal qualities.

REFERENCES-

1. An introduction of nighantu of ayurveda by Dr. shanthkumar lucas edited by prof. Dr. jyotimitra, edition first 2006, pg. iii, chaukhambha Sanskrit bhawan, Varanasi
2. Database of medicinal plants used in ayurveda P.C. Sharma, M.B. yelne, T.J. dennis, vol. 1, edition 2000, pg. -431, central council for research in ayurveda and siddha.
3. A through comparative botanical and ayurvedic review of shigru (*Moringa oleifera* Lam.) along with its nutritional importance, Dr. abhijeet G. pachpor et al, vol. 9, issue 5, 178-192, world journal of pharmacy and pharmaceutical sciences.
4. Miracle tree :shigru (*Moringa oleifera* Lam.), Dr. P.S. byadgi, Dr. B.M. maurya, Dr. shivani ghildiyal, Dr. monika agrawal, edition first 2015, pg. 17-18, chaukhambha publications, new Delhi.
5. Dhanvantari nighantu, edited by prof. priya vrat Sharma, translated by Dr. guru Prasad Sharma, third edition, 2002, pg. 127, chaukhambha orientalia, Varanasi.
6. Sodhal-nighantu of vaidyacharya sodhal, edited by prof. Priya vrat sharma, 1978, pg. 54, oriental institute baroda.
7. An introduction of nighantu of ayurveda by Dr. shanthkumar lucas edited by prof. Dr. jyotimitra, edition first 2006, pg. 120, chaukhambha Sanskrit bhawan, Varanasi
8. *Abhidhanratnamala* (sadrassanighantu), edited by prof. priya vrat sharma, first edition 1977, pg. 33, chaukhambha orientalia Varanasi, delhi
9. Madanpal nighantu, vaidya panchanan pandit ram Prasad, edition 1998, pg. 153, khemraj shree Krishna das prakashan, Mumbai.
10. Kaiyadeva-nighantu, edited & translated by Priyavrat sharma, Dr. guru prasada sharma, first edition 1979, pg. 137-138, chaukhambha orientalia, delhi.
11. An introduction of nighantu of ayurveda by Dr. shanthkumar lucas edited by prof. Dr. jyotimitra, edition first 2006, pg. 155, chaukhambha Sanskrit bhawan, Varanasi
12. Bhavaprakash nighantu, by prof. K.C. chunekar, reprint 2018, pg. 324-325, chaukhambha bharti academy, Varanasi.
13. An introduction of nighantu of ayurveda by Dr. shanthkumar lucas edited by prof. Dr. jyotimitra, edition first 2006, pg. 145, chaukhambha Sanskrit bhawan, Varanasi
14. *Raja nighantu* of pandit narhari, by Dr. Indradeva tripathi, edition 2006, pg. 193, Chowkhambha krishnadas academy, Varanasi.
15. An introduction of nighantu of ayurveda by Dr. shanthkumar lucas edited by prof. Dr. jyotimitra, edition first 2006, pg. 123-133, chaukhambha Sanskrit bhawan, Varanasi.
16. Hridayadipaka nighantu and siddha mantra, edited by prof. Priyavrat sharma, first edition 1977, pg. 41, Chaukhambha amarabharti prakashan, Varanasi.
17. Shaligram nighantu -bhushnam, saptam ashtam bhag, april 2004, pg. 245, khemraj krishnadas prakashan bumbai-4.
18. Priyanighantuh, by priya vrat sharma, second edition 1995, pg. 44, chaukhambha surbharti prakashan, Varanasi.