



**ORIGINAL RESEARCH PAPER**

**Ayurveda**

**A TRADITIONAL THERAPEUTIC REVIEW OF TAMALAKI (PHYLLANTHUS NIRURI ) FROM CLASSICAL AYURVEDIC TEXTS.**

**KEY WORDS:** Phyllanthus niruri, Tamalaki, Bhumyamalaki, Euphorbiaceae, Ayurveda, Nighantu

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**ABSTRACT**

*Phyllanthus niruri* is one of the renowned medicinal plant in Ayurveda to subside a number of disease in Ayurvedic field. It is native plant of Phyllanthaceae Family. It is reported to possess various pharmacological Actions like Anti Inflammatory, Anti-Asthmatic, Anti-Microbial Activity, Immune Modulatory Actions, Anti-Viral Action (Hepatitis B), Anti-Malarial Activity, Antioxidant Activity etc. In this article classical categorization, synonyms, *Rasapanchaka*, *Karma*, Morphology, Vernacular names and many qualities of *Tamalaki* will be described. It is a plant with many benefits because of its chemical and therapeutic properties. This paper presented a comprehensive review of *Phyllanthus niruri* especially its pharmacological actions and therapeutic importance in *Ayurveda* on the basis of traditional texts like *Charaka Samhita*, and *Sushruta Samhita*, *Vagbhatta* and Various *Nighantus* as well as modern literatures.

**INTRODUCTION:**

In *Charaka Samhita*, *Tamalaki* is described in *Kasahar Mahakashaya*, *Swasahar Mahakashaya*, *Kasa Chikitsa* and as ingredient of *Chyavanprasha*, *Tryushnadya Ghrita*, *Amrita Taila* etc. *Tamalaki* has been used mainly for cough and asthma. Most of the preparations are in *Ghruta* form. In *Sushrut Samhita*, only *Tamalaki* is mentioned, which is used in asthma and described as ingredient of *Pippalyadi Ghrita* and *Talishadi Ghrita* etc. *Ashtanga Hridaya* has followed *Charaka* by mentioning similar preparations.

**MATERIAL AND METHODS :**

*Charaka Samhita*, *Sushruta Samhita*, *Vagbhatta*, *Dhanwantari Nighantu*, *Shodhala Nighantu*, *Madanapala Nighantu*, *Kaiyadeva Nighantu*, *Bhavaprakasha Nighantu*, *Raj Nighantu*, *Modern medical databases*.

**Description of Tamalaki in Charaka Samhita**

**Table 1.** Showing Review of *Tamalaki* in *Charaka Samhita*

Adhyaya & Shloka	Used as ingredient for
Sutrasthana	
4-36	Kasahar Mahakashaya
4-37	Swasahar Mahakashaya
Vimanasthana	
8-139	Aasthapana Dravya Sangrha
Chikitsasthana	
1-63	Chyavanprasha
3-219	Jeerna Jwara and Kasa Chikitsa
3-225	Jwarahar Kwatha
5-119	Trayamanadya Ghrita
8-106	Durlabhadya Ghrita
8-111	Jivantyadi Ghee
11-37	Amritprasha Ghrita
17-102	Kasa, hikka nashak Kwatha
17-123	Satyadya Churna
17-130	Nasya for Hikka
18-40	Tryushnadya Ghrita
18-101	Pittaj Kasa Chikitsa
18-120	Kaphaja Kasa Chikitsa
18-127	Kantakari Ghrita
26-80	Kasa and Grahini Chikitsa
28-159	Amrita Taila
29-93	Madhuparnayadi Taila

**Description of Tamalaki in Sushruta Samhita**

**Table 2.** Showing Review of *Tamalaki* in *Sushruta Samhita*

Adhyaya & Shloka	Used as ingredient for
Uttartantra	
39-219	Pippalyadi Ghrita
39-225	Kalasyadi Ghrita
51-27	Talishadi Ghrita

**Description of Tamalaki in Nighantus**

**1. Dhanvantri Nighantu (10<sup>th</sup> A.D.):**

In *Dhanvantari Nighantu*, *Tamalaki* has been described under *ChandanadiVarga*.

**Paryaya:**

तामलकजटाताली.....भ्वामल्कपि //८५//  
*Tamalaki*, *Ajata*, *Taali*, *Tamalam*, *Tamalini*, *Vitunnabhuta*, *Tamakam*, *Bhudhatri*, *Bhvamalaki* are synonyms.

**Guna-Karma:**

भूधात्रीमधुरा.....दाहविनाशिनी //८६//  
*Bhudhatri* is *Madhura* and *Tikta* in *Rasa*, *Sheeta Virya*, pacifies *Pitta*, *Kapha* and *Rakta Dosha* and it is useful in the burning of the eyes.

**2. Shodhala Nighantu (12<sup>th</sup> A.D.):**

*Acharya Sodhala* kept *Tamalaki* under *ChandanadiVarga*.

**Paryaya (Nama Sangraha):**

भुम्यामल्यां.....ऽत्यंढा च पुत्रश्रेणिका //४२४-४२५//  
*Bhumyamalki*, *Vishaghni*, *Tamali*, *Tamalini*, *Tamalaki*, *Uttama*, *Taali*, *Charuti*, *Vitunnika*, *Bahuputra*, *Bahuvirya*, *Vrishya*, *Vira*, *Himalaya*, *Vishvaparna*, *Amali*, *Atyanda* and *Putrshreni* are synonyms.

**Guna-Karma (Guna Sangraha):**

भूमिधात्री.....पुत्रदायिनी / ३५३  
It acts specially as *Chakshushya* and *Putrada*.

**3. Madanpala Nighantu (14<sup>th</sup> A.D.):**

This *Nighantu* is also known as " *Madana Vinoda*". *Madanpala* has kept this drug in *AbhayadiVarga*.

**Paryaya & Guna-Karma:**

भूधात्री बहुपत्री.....कृमिपाण्डुक्षतापहा //३४//  
*Bhumyamalki*, *Shiva*, *Bhudhatri*, *Bahupatri* and *Amrita* are synonyms. *Bhumyamalaki* is *Vatahara*; *Tikta*, *Kashaya* and *Madhura* in *Rasa*; *Sheeta Virya*. It is indicated for *Trishna*, *Kasa*, *Raktapitta*, *Krimi*, *Pandu* and *Kshata*.

**4. Kaiyadeva Nighantu (14<sup>th</sup> A.D.):**

It is also known as " *Pathyapathyavibodhaka*" written by *Acharya Kaiyadeva*. *Tamalaki* has been described under *AushadhiVarga*.

**Paryaya :**

तामलक्युत्तमाताली.....तुन्नकारिका//२४७-२४९//  
*Tamalaki*, *Uttama*, *Taali*, *Shatmala*, *Tamalini*, *Kata*, *Ujjata*,

Bahusuta, Dridhapada, Himalaya, Vintunnaka, Phalamala, Shiva, Saamalki, Bahuputra, Sukshamphala, Vishvakparni, Shubankini, Bahuvirya, Bahuphala and Tunnakarika are synonyms.

**Guna-Karma:**

तामलकी हिमा.....हिध्माकासक्षतक्षयान्॥२५०-२५१॥  
 Tamalaki has Madhura, Tikta and Kashaya Rasa; Laghu Guna; Sheeta Virya. It is Panduhar, Pittashamak, Raktavikarnashak, Kushthaghn, Vishaghna, Shwasahar, Trishnashamak, Dahashamaka, Hikkanashan, Kasahara, Kshatnashak and Kshyanashak.

**5. Bhavaprakasha Nighantu (16<sup>th</sup> A.D.):**

Acharya Bhavamishra described Tamalaki in Guduchyadi Varga.

**Paryaya & Guna-Karma:**

भूम्यामलकी प्रोक्ता.....कफकण्डुक्षतापहा॥२८०-२८१॥  
 Bhumyamalki, Shiva, Tamalaki, Bahupatra, Bahuphala, Bahuvirya and Ajata are synonyms. Tamalaki has Tikta, Kashaya and Madhura Rasa; Sheeta Virya. It is indicated in Pipasa, Kasa, Raktapitta, Kapha Vikara, Kandu and Kshat.

**6. Raj Nighantu (17<sup>th</sup> A.D.):**

It is also known by the names of "Nighantu Raja" and "Abhidhana Chudamani" Narhari Pandit described Tamalaki under Parpatadi Varga.

**Paryaya:**

भूम्यामली तमाली.....भवेदेकोन विन्शति: ॥११-१२॥  
 Bhumyamali, Tamali, Taali, Tamalika, Ucchata, Dridhpadi, Vitunna, Vitunnika, Bhudhatri, Charuta, Vrishya, Vishaghni, Bahupatrika, Bahuvirya, Ahibhyada, Vishvaparni, Himalaya, Jata and Vira are synonyms.

**Guna-Karma:**

भूधात्रीतुकषायाम्ना.....दाहनाशनी ॥१३॥  
 Bhudhatri has Kashaya, Amla Rasa and Sheeta Guna. It is indicated in Prameha, Mutraroga and Daha.

**Synonyms of Tamalaki**

The synonyms suggest the different morphological features along with the therapeutic properties of the plant as enlisted in classical texts are mentioned:

**Table 3.** Showing Paryaya (Synonyms) of Tamalaki

Paryaya	D.N.	S.N.	M.P.N.	K.N.	Bh.N.	R.N.
Bhumyamalki	-	+	+	+	+	+
Shiva	-	-	+	+	+	-
Tamalaki	+	+	-	+	+	-
Bahupatra	-	-	-	-	+	-
Bahuphala	-	-	-	+	+	-
Bahuvirya	-	+	-	+	+	+
Ajata	+	-	-	-	+	-
Uttama	-	+	-	+	-	-
Taali	+	+	-	+	-	+
Shatmala	-	-	-	+	-	-
Tamalini	+	+	-	+	-	-
Kata	-	-	-	+	-	-
Bahusuta	-	-	-	+	-	-
Dridhapada	-	-	-	+	-	-
Himalaya	-	+	-	+	-	+
Vitunnika	-	+	-	-	-	+
Phalamala	-	-	-	+	-	-
Samalaki	-	-	-	+	-	-
Bahuputra	-	+	-	+	-	-
Sukshmaphala	-	-	-	+	-	-
Visvakparni	-	-	-	+	-	-

Subhankini	-	-	-	+	-	-
Tunnakarika	-	-	-	+	-	-
Vishvaparna	-	+	-	-	-	-
Vira	-	+	-	-	-	+
Amali	-	+	-	-	-	-
Vishaghni	-	+	-	-	-	+
Charuta	-	+	-	-	-	-
Vrishya	-	+	-	-	-	+
Putrshreni	-	+	-	-	-	-
Atyanda	-	+	-	-	-	-
Bhudhatri	+	-	+	-	-	+
Tamalam	+	-	-	-	-	-
Tamakam	+	-	-	-	-	-
Bhvalmalaki	+	-	-	-	-	-
Bahupatri	-	-	+	-	-	-
Amrita	-	-	+	-	-	-
Uchchata	-	-	-	-	-	+
Vitunna	-	-	-	-	-	+
Bahupatrika	-	-	-	-	-	+
Ahibhyada	-	-	-	-	-	+
Tamali	-	+	-	-	-	+
Tamalika	-	-	-	-	-	+
Dridhpadi	-	-	-	-	-	+
Charuta	-	-	-	-	-	+
Jata	-	-	-	-	-	+
Vishvaparni	-	-	-	-	-	+
Vitunnabhuta	+	-	-	-	-	-
Ujjata	-	-	-	+	-	-
Vitunnaka	-	-	-	+	-	-

**Interpretation and etymology of synonyms**

- भूम्यामलकी - 'भुवि आमलकी इति' / Dimunitive form of Amalaki.
- शिवा - 'शिवमस्त्यस्याम्' (भा.दी.) / It is useful in many disorders like Amalaki.
- तामलकी - 'तनुश्चासौ आमलकी च' (भा.दी.) / It is dimunitive form in appearance of Amalaki.
- अज्झटा - 'झाटा संघाते / अधिक: संघात: अज्झटा' / Many plants of this species grow together.
- ताली - 'तालयति ताली' / तल् प्रतिष्ठायाम् (भा.दी.) / Because of the properties removing diseases it has achieved prestige.
- अमला - 'न मलो यस्या: / यस्या: उपयोगेन मला: दोषा: श्यामन्ति' / There are no malas (dirt) on this plant. Internal use of this plant pacifies dosas (Malas).

**Vernacular names**

Sanskrit: Mahidhatriki, Bhumyamalaki  
 Assamese: Bhuin Amla  
 Bengali: Bhumamla, Bhumi amalaki  
 Gujrati: Bhoi Amali, Bhony amari  
 Hindi: Bhui Amala  
 Kannada: Nelaneli  
 Kashmiri: Kath Malayalam : Kizaneli, Keezhanelli, Ajjhada  
 Marathi: Bhuiawali  
 Oriya: Bhuin Amla  
 Punjabi: Lodhar  
 Tamil: Kizhukai nelli, Kizaneli  
 Telugu: Nela usirika

**Rasapanchaka of Tamalaki**

**Table 4.** Showing the Rasapanchaka of Tamalaki

Rasapanchaka	D.N.	S.N.	M.P.N.	K.N.	Bh.N.	R.N.
Madhura Rasa	+	-	+	+	+	-
Tikta Rasa	+	-	+	+	+	-
Amla Rasa	-	-	-	-	-	+
Kashaya Rasa	-	-	+	+	+	+

Sheeta Guna	-	-	-	-	-	+
Laghu Guna	-	-	-	+	-	-
Sheeta Virya	+	-	+	+	+	-

**Karma of Tamalaki**

**Table 5.** Showing the *Karma of Tamalaki*

Karma	D.N.	S.N.	M.P.N.	K.N.	Bh.N.	R.N.
Trishnashamak	-	-	+	+	+	-
Kasahara	-	-	+	+	+	-
Kandughna	-	-	-	-	+	-
Kaphshamaka	+	-	-	-	+	-
Pittashamaka	+	-	-	+	+	+
Kshatnashaka	-	-	+	+	+	-
Kshyanashaka	-	-	-	+	-	-
Panduhara	-	-	+	+	-	-
Shwasahara	-	-	-	+	-	-
Hikkanashan	-	-	-	+	-	-
Dahashamaka	-	-	-	+	-	+
Vishaghna	-	-	-	+	-	-
Kushtaghna	-	-	-	+	-	-
Raktavikarnashaka	+	-	-	+	-	-
Putrdayini	-	-	-	-	-	-
Bhagnsandhana	-	-	-	-	-	-
Vrinropan	-	-	-	-	-	-
Charmdoshahar	-	-	-	-	-	-
Visarpnashak	-	-	-	-	-	-
Chakshushya	-	+	-	-	-	-
Putrada	-	+	-	-	-	-
Pramehanashaka	+	-	-	-	-	+
Mutravikarnashak	+	-	-	-	-	+
Drishtidahvinasini	+	-	-	-	-	-
Raktapittanashaka	-	-	+	-	+	-
Vatahar	-	-	+	-	-	-
Krimighna	-	-	+	-	-	-

**Morphology**

**Habit:**

Annual herb, 20-60 cm high, found in Central and Southern India extending to Ceylon.

**Root:**

Small, 2.5-11.0 cm long. nearly straight, gradually tapering, with a number of fibrous secondary and tertiary roots, external surface light brown, fracture, short.

**Stem:**

Slender, gabrous, light brown, cylindrical, 20-75 cm long, branching profuse towards upper region bearing 5-10 pairs of leaves, internode, 1-3.5 cm long, odour, indistinct, taste, slightly bitter.

**Leaf:**

Compound and leaf- let arranged in two rows with a rachis, alternate, opposite and decussate almost sessile, stipulate, oblong, entire, upto 1.5 cm long and 0.5 cm wide, greenish-brown in colour, odour, indistinct, taste, slightly bitter.

**Chemical composition**

Lignans, Phyllanthin, Hypophyllanthin, Flavonoids, Glycosides, Tannins, Alkaloids, Ellagitannins, Triterpenes, Phenyl Propanoids, Steroids, Ricinolic Acid, Niruriside & Phyltetralin" Niruriside, Arabinogalctan, Diterpene .

**Pharmacological action**

Anti-Inflammatory, Anti-Asthmatic, Anti-Microbial Activity, Immune Modulatory Actions, Anti-Viral Action (Hepatitis B), Liver Protective

**CONCLUSION:**

From All the above discussed part it can be concluded that *Tamalaki* is an important drug which can be used for *Kasa*, *Kandu*, *Kshat*, *Pandu*, *Shwasa* and also has many

pharmacological Actions like Anti Inflammatory, Liver Protective and many more to treat a number of diseases according to *Ayurveda* and we have seen that recent worldwide researches also proved the same as our Samhitas and Nighantus stated in Ancient time.

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