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A Brief Review on Medicinal Property of Chitraka (*Plumbago zeylanica* Linn.) from Kosha and Nighantus

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ABSTRACT

Plants are the exclusive source of the drugs for the treatment of the diseases; many peoples are dependent upon medicinal plants. *Plumbago zeylanica* Linn. (Chitraka) is one of the most important plant. *Plumbago zeylanica* Linn. belongs to family Plumbaginaceae, commonly known as Chitrak is one of the medicinal plants used in the Indian traditional system of medicine. The present review deals with morphological distribution, chemical constituent, medicinal properties, biological activities and pharmacological effects of *Plumbago zeylanica* Linn.. Traditionally the present work aims to describe Chitraka in various Nighantus as manuscripts or just as evidence- in a chronological order. The action of Chitraka is Javarahara, Kushthagna, Svasahara, Shulahara, Kandugna.

KEYWORDS: *Plumbago zeylanica* Linn., Nighantu, Chitrak, *Plumbago zeylanica*, Kosha.

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INTRODUCTION

Habitat- It is found throughout India; much cultivated in, wild in the w. peninsula and probably in Bengal, Malay peninsula, Ceylon –tropics of the old world¹.

Habit - Citraka is perennial herb, sometimes in shady places; subs-candent; stem 0.6-1.5 meter long.

Root -Roots are 30 cm or more in length, 6 mm or more in diameter, reddish to deep brown, scars or rootlets present; bark thin and brown, internal structure striated.

Leaves- thin, 3.8-7.5 by 2.3-3.8 mm, ovate, subacute, entire, glabrous, somewhat glaucous beneath, reticulately veined, shortly and abruptly attenuated into a short petiole, petiole narrow; amplexicaul at the base and there often dilated into stipule like auricles.

Flowers -in elongate spikes; rachis glandular, striate; bracteoles ovate, acuminate, shorter than the calyx, glandular or not.

Capsules -Enclosed within the persistent calyx, oblong, pointed.

Seed- Oblong.

Flowering and fruiting time –winter season and onwards²

Chemical constituents of dried root of *Plumbago zeylanica* Linn.

Plumbagin, 3-chloroplumbagin, 3, 3'-biplumbagin, Chitranone, zeylinone, isozeylinone, elliptinone, droserone, chitranone, zeylinone, isozeylinone, isoshinanolone, maritinone, 4-naphthoquinone, plumbagic acid, seselin, 5-methoxyselesin, suberosin, xanthyletin, xanthoxyletin³.

Ayurvedic properties of citraka^{4,5}

Rasa	-	Katu.
Guna	-	Laghu, Ruksha, Tikshna.
Virya	-	Ushna.
Vipaka	-	Katu.
Doshakarma	-	Kaphavatasamaka

Karma

Dipana, Pacana, Pittasaraka, Lekhana, Visphotajanana, Uttejaka, Grahi, Krimighna, Raktapittakopaka, Sothahara, Kaphaghna, Garbhasayasankocaka, Garbhasravakara, Bajikarana, Svedajanana, Katupoustika, Jvaraghna⁶.

Rogahnata

Agnimandya, AjirnaUdararoga-Sula- Gulma, Arsa, Grahani, Sothahara, Gudasotha, Jirnapratisyaya, Rajorodha, Prasutivikara, Makkalasula, Kustha, Visamajvara, Jirnajvara.

Prayojyanga (Part Used): Mula

Dose : Churna 1 -2gm⁷

Formulations & Preparations

Citrakadivati, CitrakadiChurna, Citrakarasayana, Yogarajagugguluvati, Panchatiktaguggulu, Agnitundivati, Abhayarista, AjamodadiChurna, Panchatiktaguggulughrita, Vyosadigugguluvati, Tejovatyadighrita, Citrakadi leha⁸.

MATERIALS & METHODS

1. Vaijyanti Kosha: Vaijyanti kosha written in the form of Eight kanda which is divided into two parts Paryayabhaga and Nanarthabhaga. Chitraka described in the 8th Vaishyaadhaya chapter of Bhumikanda, having Katu rasa and Katuparpatao, Ashwakanda synonyms⁹.

2. Amarkosha (5th cent. A.D.): This book is the compilation done by Amar Singh. In this book total subject was divided into 3 parts. First and second parts include 10 chapters each and third part comprises of 5 chapters. The total subject was narrated with synonyms. Chitraka has been mentioned in the Vanausadhi Varga. Synonyms of Chitraka are pathi, vahinasanghyaka¹⁰.

3. Sausruta Nighantu: (6th Cent. A.D.): In this Nighantu, Citraka has been described in Aragvadhahigana. Dvipika, Vyala, shikhi, Vaishanara, Vali, Kola, Hutashana, Vahni, are the synonym of it¹¹. (S.U.Ni Aragvadhahigana Shloka..46)

4. Ashtanga nighantu: (8th Cent. A.D.): In Astanga Nighantu Citraka has been described in Aragvadhahigana. Its synonym are described here - Dvipi and Vahini¹².

(A.Ni . Argvadhadi gana Shloka.. 76)

5. Dhanvantari nighantu: (10th - 13th Cent. A.D.): Citraka has been placed in Shatapusapadi Varga and Dahana, Vyala, Patina, Daruna, Aganika, Jyotisaka, Vallari, Vahini, Pali, Pathi, Katu, Krishnaruna, Aanala, Dvipi, Citrabhaga and Pavaka have been given as its synonym. Regarding its properties, it has been said as Katu in Vipaka & Usna in Virya; Kapha and Shopha nashaka. It is indicated in Vatodara, Arsha, Grahani, Ksaya and Panduroga¹³ (D.N./ Satapusapadi Varga/ Shloka 80-81).

6. Sadarasa Nighantu (11th Cent.) : Citraka has been placed in “Katudravayaskandha” and Dvipi, Pacana, Vahni and are synonym given to it¹⁴. (S.N./ Katudravayaskandha / Sloka 12).

7. Sodhala Nighantu: (12th Cent. A.D.): Citraka has been described in Shatapushpadivarga. The following synonyms are seen in Shodhala Nighantu i.e. Dahana, Vyala, Pathi, Daruna, Agnika, Jyotishka, Vallari, Dvipi, Pali, Katu, Shikhi, Hitanga, Marjara and Dipaka¹⁵

(S.Ni. Shatapushpadivarga -339)

8. Hridayadipaka Nighantu(13th Cent.): Nighantukara has placed this drug in Tripada Varga. The following synonyms are given in this Nighantu–Dvipya, Agani, Vyalo, Hutqaso, Dahana, Sikhi¹⁶. (Hr. Ni. / Tripada varga/ Sloka 25).

9. Madanpala Nighatus: (14th Cent. A.D): Citraka has been present in ShunthyadiVarga. Following are the synonym of Citraka – Hutabhug, Vyala, Daruna, Dahana, Aruna, Agnimali, Havihpali and Vahininama. Regarding its properties, it has been said as Katu in Vipaka; Ushna in Virya; Laghu, Ruksha&Grahi in Guna. It is indicated in Grahani, Kushtha, Shopha, Arsha, Krimi, Kasa, Kapha-vataroga. Its Shaka is said as Kapha- pittanut¹⁷.

(M.N. ShunthyadiVarga 2/20-21)

10. Raja Nighantu (14th Cent.): Rajanighantu: (Nighantu Raja, Abhidhana chudamani) (17th Cent. A.D.):

Citraka is included in Pippalyadivargain thisNighantu. Agani, Shardula, Citrapali, Katu, Shikhi, Krishanu, Dahana, Vyala, Jyotishka, Palaka, Anala, Daruda, Vahini, Pavaka, Shavala, Pathi, DvipiandCitrangaare the synonyms of Citraka as found in this Nighantu. Its Virya has been mentioned Usna, Katu in Vipakaand indicated in Kaphavikara, Vatodara, Arshavikara, Grahavikara, Krimirogaand Kandu¹⁸. (R.N. Pippalyadi vargaSloka 43-45)

11. Sarasvati Nighantu (14th Cent): Citraka has been placed in Ulapadivargah and Sphotaka, Dadruvair, Pavaka are the synonym given to it¹⁹. (S.N./ Ulapadivargah/ Sloka12).

12. Kaiyadeva Nighantu (15th Cent.):

In this Nighantu, Chitrakais described in AusadhiVarga with the following synonym as Dahana, Vahini, Pathin, Daruda, Aruna, Vyala, Hutasho, Hutabhuga, Pali, Pavaka, Jyotrjvala, Anala, Dvipi,ShikhaagniandShatha. Regarding its properties it has been said as KatuandTikta in Rasa; Laghu&RukshainGuna; UshnainViryaand Katu in Vipaka. Here Citraka has been mentioned for various disorders such as Grahani, Kaphavatavikara, ShophaKushtha, Udaroga, Krimiroga and Kaphapittavatahara, Sangrahi²⁰. (K.N. / Aushadhi Varga / Sloka1177-1181)

13. Bhavaprakasa Nighantu Cent. (16th A.D.): Citraka has been ascribed in HaritakyadiVarga and the following synonyms are found in this Nighantu- Anala, Pathi, Vyala and Ushna. Its Vipaka has been mentioned as Katu; Laghu & Ruksha in Guna; Ushna in Virya. It is

indicated in *Grahani, Kushtha, Shotha, Arshavikara, Krimiroga, Grahi,* and *Kaphapittavatanashaka*²¹. (B.P.N. / *Haritakyadi Varga* 69-70).

14. Saligrama Nighantu (19th Cent.): *Chitraka* has been placed in *Haritakyadi Varga* and *Kala, Vyala, Kalamula, Atidipya, Marjara, Dahaka, Pavaka, Citranga, Raktacitra* and *Mahanga* are said as its synonym. Its *Vipaka* has been mentioned as *Katu; Laghu & Ruksha* in *Guna; Ushna* in *Virya*. It is indicated in *Grahani, Kushtha, Shotha, Arshavikara, Krimiroga, Grahi,* and *Kaphapittavatanashaka*²². (İ.N./ *Haritakyadi Varga*).

15. Priya Nighantu (20th Cent.): In this *Nighantu; Citrakas* following two synonym as *Vahini* and *Agni*. According to author of this *nighantu. Citraka* increases *Dehagani, Grahani* and indicated in *Gulma*²³. (P. N. / *Pippalyadi varga / Sloka 12*)

DISCUSSION

Medicinal plants are rich and widely accepted source for traditional and modern medicines, phytopharmaceuticals, nutraceuticals, cosmetics, etc. In India particularly, medicinal plants form the backbone of all indigenous systems of medicine. History of drug can be studied under Vaidic kala, Upanishad kala, Purana kala, Samhita kala, Nighantu kala and Adhunik kala. *Chitraka* is a popular tree, which is used by traditional practitioner to cure various ailments. Present study revealed that by the help of literature i.e., *Kosha* and *Nighantus* we will reach to medicine very easily and take the benefit by the traditional medicines. The *Nighantus* generally were coined using a therapeutic text. Authors used the prevailing and popular texts of their time and region as basis to write *Nighantus*. This explains the emergence of more than one *Nighantu* during one period. Further, two different *Nighantus* are seen having groups with same name but have kept different substances under them. This has happened due to the different rationale used in grouping of the substances. This offers a tremendous scope for research in order to explore the therapeutic application of a substance in different regions and era, in the same manner. *Chitraka* was also a popular drug at that time. Properties of *Chitraka* are; *Rasa-Katu, Guna-Laghu, Tikshna, Ruksha, Virya- Ushna* and *Vipaka – Katu*. It has tremendous effect on different diseases viz. *Kasa* (Respiratory diseases), *Kustha* (Skin Diseases), *Shula* (Pain) *Shopha, grahni, shotha, arsha, gulma, pliharoga, pandu, dadru, slipada, medoroga, bhagandar, kandu, uadar roga,* etc. It stimulates digestive power, and promoting appetite; it is frequently used in the treatment of a number of diseases specially digestive system and also other ailments.

CONCLUSION:

The present review on chitraka of different Nighantus can be useful to know about the different formulations of Chitrakain which different parts of this plant is used. By this way we can use Chitraka in the treatment of different diseases. Most of the Nighantus have mentioned Chitraka has Javarahara, Kushthagna, Svasahara, shulahara, kandugna properties.

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