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Panduhara drugs of *Bhavaprakasha Nighantu* and *Samhita* - A Review

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ABSTRACT

Pandu Roga is one of the diseases mentioned in *Ayurveda* characterised by pallor which is associated with different colours according to *Doshas* (Body humours) involved. This can be clinically correlated to Anaemia in modern science due to resemblance of signs and symptoms. *Bhavaprakasha Nighantu* is one of the oldest Lexicon that provides information about the *Ayurvedic* drugs and their properties in details. This is a literary survey based on *Bhavaprakasha Nighantu* and *Bhavaprakasha Samhita* was aimed to find out single drugs and their properties which are used in the treatment of the disease *Pandu*. In *Bhavaprakasha Nighantu Pandu Hara* drugs are six in *Haritaki Varga*, nine in *Guducyadi Varga*, five in *Vatadi Varga*, eight in *Dhatu Varga*, three in *Sakha Varga* were found. The author also mentioned *Dugda* (milk) in *Dugda Varga*, *Takra* (buttermilk) in *Takra Varga*, *Naveena Ghrita* (freshly made ghee) in *Ghrita Varga*, *Tushodaka* (sour barley gruel) and *Sukta* (fermented gruel) in *Sandhaniya Varga*, *Go-mutra* (cow's urine) in *Mutra Varga* as *Pandu Hara*. Total 38 single drugs have mentioned in *Bhavaprakasha Nighantu*. In *Bhavaprakasha Samhita* there are two main classical formulations which are useful in *Pandu Roga* and most of the ingredients of these formulations are similar with single drugs mentioned in *Bhavaprakasha Nighantu* and 19 drugs are additionally found in *Bhavaprakasha Samhita*.

Key words: *Bhavaprakasha Nighantu*, *Panduroga*, *Lexicon*, *Bhavaprakasha Samhita*.

INTRODUCTION

Pandu is derived from *Sanskrit* word which means 'Pale' or 'Whitish'. The disease is characterised by the changes in skin colour to *Pandu* (White) or *Peeta* (yellowish) or *Haritha* (Green) depending upon the *Dosha* (Body humour) involved, known as *Pandu*. This

is the most prevalent health issue, which is affecting individuals of all genders and ages. In *Ayurveda*, the traditional system of medicine, *Pandu* disease is considered as a result of an imbalance in the three *Doshas* of the body i.e., *Vata* (Air), *Pitta* (Fire) and *Kapha* (Moisture) especially *Pitta* is the mainly effected *Dosha*. This aggravated *Pitta* shows its effect on the *Dhatu*s, where *Rakta* is mainly affected.^[1] In modern science features of Anaemia resembles with the signs and symptoms of *Pandu Roga*. In developing countries like India, Anaemia is the major health problem among children, adolescent girls and boys, women in child bearing age and men. In the year 2019-21 the data shows that 67.1% of children between the age of 6-59 months, 59.1% of adolescent girls and 31.1% of adolescent boys, nearly 52.2% of pregnant women and 25% of men are anaemic.^[2]

Bhavaprakasha Nighantu

Bhavaprakasha Nighantu is one of the oldest and most important Lexicon in *Ayurveda* which explains various

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synonyms, morphology, properties, therapeutic uses and dosages of the single drugs. The *Acharya Bhavamishra* belongs to 16th century AD and his work *Bhavaprakasha Nighantu* contains 23 *Vargas* (groups) which include plants, minerals, *Drava Dravyas*.

This literary survey based on *Bhavaprakasha Nighantu* was carried out to collect single drugs that is useful in the management of *Pandu Roga*.

Table 1: Panduhara drugs in Haritakyadi Varga^[3-8]

S N	Sanskrit name	Latin name/Family	Properties	Reference
1	<i>Ardraka</i>	<i>Zingiber officinale</i> Roscoe Zingiberaceae	<i>Katu Rasa</i> <i>Ushna Virya</i> <i>Madhura Vipaka</i> <i>Tiksna Guru Guna</i> <i>Dipana, Pacana, Vrsya Karma</i>	B.P.N 1/51
2	<i>Pippali</i>	<i>Piper longum</i> Linn Piperaceae	<i>Katu Rasa</i> <i>Snigdha, Laghu Guna</i> <i>Anushna Virya</i> <i>Madhura Vipaka</i> <i>Agnidipana, Pacana, Rasayana, Vrishya Karma</i>	B.P.N 1/58
3	<i>Vamsalocana</i>	<i>Bambusa arundinaceae</i> . Willd Poaceae	<i>Swadu, Kashaya Rasa,</i> <i>Sita Virya</i> <i>Vrishya, Balya, Uttejaka Karma</i>	B.P.N 1/117
4	<i>Haridra</i>	<i>Curcuma longa</i> . L Zingiberaceae	<i>Katu, Tikta Rasa</i> <i>Ruksha Guna</i>	B.P.N 1/197

			<i>Ushna Virya</i> <i>Dipana, Grahi, Uttejaka Karma</i>	
5	<i>Bakuci</i>	<i>Psoralea corylifolia</i> . Linn Fabaceae	<i>Madhura, Tikta Rasa</i> <i>Sara Guna</i> <i>Sita Virya</i> <i>Katu Vipaka</i> <i>Rasayana, Balya Karma</i>	B.P.N 1/209
6	<i>Yavakshara</i>	Potassium carbonate	<i>Laghu Snigdha Ruksha Guna</i> <i>Agni Dipaka Karma</i>	B.P.N 1/254

Table 2: Panduhara drugs in Guducyadi Varga^[8-17]

SN	Sanskrit name	Latin name/Family	Properties	Reference
7	<i>Guduci</i>	<i>Tinospora cordifolia</i> . Willd. Hook.f. Thoms Menispermaceae	<i>Katu, Tikta, Kashaya Rasa</i> <i>Laghu, Snigdha Guna</i> <i>Usna Virya</i> <i>Madhura Vipaka</i> <i>Rasayana, Balya, Dipana, Grahi Karma</i>	B.P.N 3/9
8	<i>Agnimanth</i>	<i>Clerodendrum phlomidis</i> . L.f Verbinaceae	<i>Katu, Tikta, Kashaya, Madhura Rasa</i> <i>Laghu, Ruksha Guna</i> <i>Usna Virya</i> <i>Katu Vipaka</i> <i>Dipaka, Balya,</i>	B.P.N 3/24

			Rasayana Karma	
9	Snuhi	<i>Euphorbia neriifolia</i> . L Euphorbiaceae	Katu Rasa Laghu, Tiksna Guna Katu Vipaka Usna Virya Dipana, Uttejaka Karma	B.P.N 3/75
10	Mundi	<i>Sphaeranthus indicus</i> . Linn Asteraceae	Madhura Rasa Laghu Guna Usna Virya Katu Vipaka Medhya, Rasayana, Balya, Dipana Karma	B.P.N 3/217
11	Punarnava	<i>Boerhavia diffusa</i> . Linn Nyctaginaceae	Katu, Kashaya Rasa Laghu, Ruksha Guna Usna Virya Katu Vipaka Dipana Karma	B.P.N 3/231
12	Bringaraj	<i>Eclipta alba</i> . Hask Asteraceae	Katu Rasa Ruksha, Tiksna Guna Usna Virya Katu Vipaka Balya, Rasayana Karma	B.P.N 3/241
13	Mandukaparni	<i>Centella asiatica</i> . Linn Umbelliferae	Tikta, Kashaya, Madhura Rasa Laghu, Sara Guna Sita Virya	B.P.N 3/281

			Katu Vipaka Medhya, Balya, Rasayana Karma	
14	Suvarchala	<i>Cleoma viscosa</i> . Linn Capparidaceae	Tikta, Kashaya, Katu Rasa Laghu, Ruksha, Sara Guna Madhura Vipaka Usna Virya Uttejaka Karma	B.P.N 3/286
15	Devadali	<i>Luffa echinata</i> . Roxb Cucurbitaceae	Tikta Rasa Tikshna Guna Usna Virya Katu Vipaka Arsogna Karma	B.P.N 3/292

Table 3: Panduhara drugs of Vatadi Varga^[18-22]

S N	Sanskrit name	Latin name/ Family	Properties	Reference
16	Kakodumbara	<i>Ficus hispida</i> Linn Moraceae	Tikta Kashaya Rasa Sita Virya	B.P.N 5/10
17	Sarjaka	<i>Vateria indica</i> . L Dipterocarpaceae	Kashaya, Tikta Rasa Snigdha Guna Sita Virya Katu Vipaka	B.P.N 5/21
18	Kadhira	<i>Acacia catechu</i> L.f Mimosiaceae	Tikta, Kashaya Rasa Laghu, Ruksha Guna Sita Virya Katu Vipaka	B.P.N 5/32

			<i>Kushtagna Prabhava Pacana Karma</i>	
19	<i>Dhava</i>	<i>Anogeissus latifolia</i> DC Wallich ex Guill Per Combretaceae	<i>Madhura, Kashaya Rasa Laghu, Ruksha Guna Sita Virya Katu Vipaka Pittanashaka Karma</i>	B.P.N 5/60
20	<i>Tinisa</i>	<i>Ougeinia dalbergioides</i> Roxb. Hochr Fabaceae	<i>Kashaya Rasa Laghu, Ruksha Guna Sita Virya Katu Vipaka Rasayana, Grahi Karma</i>	B.P.N 5/76

Table 4: Panduhara drugs from *Dhatvadi Varga*^[23-28]

SN	Sanskrit name	Latin name/ Family	Properties	Reference
21	<i>Tamra</i>	Cuprum	<i>Kashaya Madhura Tikta Amla Rasa Katu Vipaka</i>	B.P.N 7/27
22	<i>Vanga</i>	Stannum	<i>Laghu, Sara, Ruksha, Usna Guna Pitta Janaka</i>	B.P.N 7/31
23	<i>Yasada</i>	Zinc	<i>Kashaya, Tikta Rasa Sita Virya Chaksusya Karma</i>	B.P.N 7/33
24	<i>Loha</i>	Ferrum	<i>Tikta, Madhura Kashaya Rasa</i>	B.P.N 7/42

			<i>Sara, Guru, Ruksha Guna Sita Virya Chaksusya, Lekhana Karma</i>	
25	<i>Swarna Makshika</i>	Copper pyrite	<i>Madhura Tikta Rasa Rasayana, Vrishya Karma</i>	B.P.N 7/60
26	<i>Tara Makshika</i>	Iron pyrite	<i>Madhura Rasa Madhura Vipaka Virya Vardhaka, Rasayana Karma</i>	B.P.N 7/64
27	<i>Pittala</i>	Brass	<i>Tikta, Lavana Rasa Sodhana, Lekhana Karma</i>	B.P.N 7/75
28	<i>Silajith</i>	Mineral pitch	<i>Katu, Tikta Rasa Katu Vipaka Chedana Yogavahi Karma</i>	B.P.N 7/84

Table 5: Panduhara drugs of *Shaka Varga*^[29-31]

SN	Sanskrit name	Latin name/ Family	Properties	Reference
29	<i>Guduci Patra</i>	<i>Tinospora cordifolia</i> Willd. Menispermaceae	<i>Kashaya Katu Tikta Rasa Laghu Guna Madhura Vipaka Rasayana, Balya Grahi Karma</i>	B.P.N 9/42

30	Karavellaka	Momordica charantia L. Cucurbitaceae	Tikta Rasa Laghu Guna Sita Virya Katu Vipaka Pitta Samaka	B.P.N 9/63
31	Hasti Karma	Leea macrophylla Roxb ex Hornem Vitaceae	Tikta Rasa Usna Virya Madhura Vipaka Grahi Karma	B.P.N 9/109

Dugdha Varga^[32]

32. Persons with *Pandu Roga* can take milk to get rid of the disease. (B.P.N 13/4)

Takra Varga^[33]

33. *Chitraka Mishrita Ghola* is given in *Pandu Roga*. (B.P.N 15/13)

34. *Takra Sevana* acts as *Pandu Roga Nashaka* (cures *Pandu Roga*) (B.P.N 15/15)

Grita Varga^[34]

35. Intake of *Naveena Grita* (freshly made ghee) is said to have *Pandu Hara* properties. (B.P.N 17/18)

Mutra Varga^[35]

36. *Gomutra* (Cow's urine) can also help in curing *Pandu Roga*. (B.P.N 18/2)

Sandhana Varga^[36]

37. *Tushodaka Sevana*. (B.P.N 20/7)

38. *Sukta Sevana* cures *Pandu Roga* (B.P.N 20/15)

Bhavaprakasha Samhita^[37]

Acharya Bhava Mishra also written a *Samhita*, *Bhavaprakasha Samhita* which is one among the *Laghutrayi*. In this *Samhita* in *Panduroga Pratisedha*, he mentioned two formulations for the treatment of *Panduroga Punarnava Mandura* and *Navayasa Churna*. The drugs and their properties of this formulations are mentioned below.

Table 6: Drugs mentioned in Bhavaprakasha Samhita^[38-59]

SN	Sanskrit name	Scientific name/Family	Properties acc. to Bhavaprakasha Nighantu	Reference in Bhavaprakasha Nighantu
1.	Punarnava	Boerhavia diffusa. Linn Nyctaginaceae	Katu, Kashaya Rasa Laghu, Ruksha Guna Usna Virya Katu Vipaka Dipana Karma	B.P.N 3/231
2.	Maricha	Piper nigrum Linn Piperaceae	Katu Rasa Ushna Virya Katu Vipaka Tikshna Laghu Guna Dipana Karma	B.P.N 1/59-61
3.	Pippali	Piper longum Linn Piperaceae	Katu Rasa Snigdha, Laghu Guna Anushana Virya Madhura Vipaka Agnidipana, Pacana, Rasayana, Vrishya Karma	B.P.N 1/58
4.	Ardraka	Zingiber officinale Roscoe Zingiberaceae	Katu Rasa Ushna Virya Madhura Vipaka	B.P.N 1/51

			<i>Tiksna</i> <i>Guru Guna</i> <i>Dipana,</i> <i>Pacana,</i> <i>Vrsya</i> <i>Karma</i>	
5.	<i>Devadaru</i>	<i>Cedrus deodara</i> Roxb. Loud Pinaceae	<i>Tikta Rasa</i> <i>Usna Virya</i> <i>Snigdha Guna</i> <i>Katu Vipaka</i> <i>Amapacana Karma</i>	B.P.N 2/25
6.	<i>Trivrit</i>	<i>Operculina turpethum</i> Silva Manso Convolvulaceae	<i>Madhura Rasa</i> <i>Ushna Virya</i> <i>Ruksha Guna</i> <i>Pitta Samaka Karma</i>	B.P.N 3/193-194
7.	<i>Vidanga</i>	<i>Embelia ribes</i> Burm. F Myrsinaceae	<i>Katu Rasa</i> <i>Tiksna Guna</i> <i>Usna Virya</i> <i>Agni Vardhaka</i>	B.P.N 1/111-112
8.	<i>Chitraka</i>	<i>Plumbago zeylanica</i> Linn Plumbaginaceae	<i>Katu Rasa</i> <i>Ushna Virya</i> <i>Katu Vipaka</i> <i>Laghu Tiksna Guna</i> <i>Dipana Pacana Karma</i>	B.P.N 1/70-71
9.	<i>Kusta</i>	<i>Saussurea lappa</i> C.B. Clarke Compositae	<i>Katu Madhura Tikta Rasa</i> <i>Ushna Virya</i>	B.P.N 1/173

			<i>Laghu Guna</i>	
10.	<i>Daru haridra</i>	<i>Berberis aristata</i> DC Berberidaceae	<i>Katu, Tikta Rasa</i> <i>Ruksha Guna</i> <i>Ushna Virya</i> <i>Dipana, Grahi, Uttejaka Karma</i>	B.P.N 1/201-202
11.	<i>Amalaki</i>	<i>Emblica officinalis</i> Gaertn Euphorbiaceae	<i>Pancha Rasa Lavana Varjita</i> <i>Sita Virya</i> <i>Rasayana, Vrsya Karma</i>	B.P.N 1/38-41
12.	<i>Vibhitaki</i>	<i>Terminalia bellirica</i> Roxb Combretaceae	<i>Kashaya Rasa</i> <i>Madhura Vipaka</i> <i>Ushna Virya</i>	B.P.N 1/34-37
13.	<i>Haritaki</i>	<i>Terminalia chebula</i> Retz Combretaceae	<i>Pancha Rasa Lavana Varjita</i> <i>Ushna Virya</i> <i>Madhura Vipaka</i> <i>Agni Dipaka, Rasayana, Brimhana Karma</i>	B.P.N 1/19-22
14.	<i>Danti</i>	<i>Baliospermum montanum</i> Muell-Arg Euphorbiaceae	<i>Katu Rasa</i> <i>Madhura Vipaka</i> <i>Ushna Virya</i> <i>Dipaka Saraka Karma</i>	B.P.N 3/197-200

15.	<i>Cavya</i>	<i>Piper retrofractrum</i> Vahl Piperaceae	<i>Katu Rasa</i> <i>Ushna Virya</i> <i>Katu Vipaka</i> <i>Pacaka Karma</i>	B.P.N 1/67
16.	<i>Kalingaka</i>	<i>Holarrhena antidysenterica</i> Wall Apocynaceae	<i>Katu Kashaya Rasa</i> <i>Ruksha Guna</i> <i>Sita Virya</i> <i>Agni Dipaka Karma</i>	B.P.N 3/116-117
17.	<i>Katuka</i>	<i>Picrorhiza kurroa</i> Royle ex Scrophulariaceae	<i>Tikta Katu Rasa</i> <i>Ruksha Laghu Guna</i> <i>Agnidipaka</i>	B.P.N 1/151-152
18.	<i>Pippalimula</i>	<i>Piper longum</i> Linn Piperaceae	<i>Katu Rasa</i> <i>Ushna Virya</i> <i>Katu Vipaka</i> <i>Agni Dipaka, Pacaka Karma</i>	B.P.N 1/64-65
19.	<i>Musta</i>	<i>Cyperus rotundus</i> Linn Cyperaceae	<i>Katu Tikta Kashaya Rasa</i> <i>Sita Virya</i> <i>Grahi Dipaka Pacaka Karma</i>	B.P.N 2/92-94
20.	<i>Sringi</i>	<i>Pistacia integerrima</i> Stew.ex. Brandis Anacardiaceae	<i>Kashaya Tikta Rasa</i> <i>Ushna Virya</i>	B.P.N 1/178-179

21.	<i>Karavi</i>	<i>Carum carvi</i> Linn Umbelliferae	<i>Katu Rasa</i> <i>Ushna Virya</i> <i>Laghu Guna</i> <i>Sangrahi Dipana Pacana Karma</i>	B.P.N 1/82-84
22.	<i>Yavani</i>	<i>Trachyspermum ammi</i> Spragus Linn Umbelliferae	<i>Katu Rasa</i> <i>Ushna Virya</i> <i>Tiksna Laghu Guna</i> <i>Pacaka Karma</i>	B.P.N 1/76-77
23.	<i>Katphala</i>	<i>Myrica esculenta</i> Buch-Ham Myricaceae	<i>Kashaya Tikta Katu Rasa</i>	B.P.N 1/181
24.	<i>Loha Bhasma/Mandura</i>	<i>Ferrum</i>	<i>Tikta, Madhura Kashaya Rasa</i> <i>Sara, Guru, Ruksha Guna</i> <i>Sita Virya</i> <i>Chaksusya, Lekhana Karma</i>	B.P.N 7/42

DISCUSSION

Bhavamishra mentioned extensive varieties of plant and mineral drugs for the treatment of *Pandu Roga*. He also mentioned some *Drava Dravyas* from *Dugda Varga*, *Takra Varga*, *Ghritha Varga*, *Sandhaniya Varga*, *Mutra Varga* as *Panduhara*. There is total 23 *Vargas* (groups) in *Bhavaprakasha Nighantu*, but *Panduhara* drugs are mentioned in only 11 *Vargas* (groups). The total number of drugs mentioned in total are 38, among these 23 are herbal drugs, 8 are mineral drugs and 7 are *Drava Dravyas*. The drugs mentioned in each group are; *Haritakyadi Varga* - *Ardraka*, *Pippali*, *Vamsalocana*, *Haridra*, *Bakuci*, *Yavakshara*: *Guducyadi*

Varga - Guduci, Agnimantha, Snuhi, Mundi, Punarnava, Bringaraj, Mandukaparni, Suvarchala, Devadali: Vatadi varga - Kakodumbara, Sarjaka, Khadira, Dhava, Tinisa: Dhatu Varga - Tamra, Vanga, Yasada, Loha, Swarna makshika, Tara Makshika, Pittala, Silajit: Sakha Varga - Guduci Patra, Karavellaka, Hasti Karna, Drava Dravyas - Dugda (Milk), Takra (Buttermilk), Ghola mixed with Chitraka (Buttermilk mixed with *Plumbago zeylanica* powder, Naveena ghrita, Tushodaka and Sukta, Go-mutra as Panduhara.

60.5% of the drugs are herbal, 20% are mineral and 21% are *Drava Dravyas*. While considering plants and mineral drugs they have some common properties like *Rasa* (taste), *Guna* (Properties), *Virya* (Potency), *Vipaka* (taste after digestion) and *Karma* (Action). Based on *Rasa* 61.2% *Tikta* (Bitter), 35% are *Katu* (Pungent), 48% *Kashaya* (Astringent), 32% *Madhura* (Sweet). The *Virya* of the drugs are 48.1% are *Sita Virya* (Cold potency), 48% *Ushna Virya* (Hot potency) and 3.7% *Anushna* (moderately hot in potency). And, most of the drugs having *Katu Vipaka* and some are having *Madhura Vipaka*.

The *Dhatus* (Metals) which are mentioned in this *Nighantu* are given in the form of *Bhasma* (Fine powder) after undergoing all the purification procedures according to the ancient texts. In *Drava Dravyas* (liquids) *Dugda* (milk) improves the strength of the body and it is rejuvenating, *Naveena Ghrita* (freshly made ghee) helps in treating *Pandu Roga* by improving digestion and promoting strength. *Go-Mutra*, *Takra Sevana*, *Tushodaka* and *Sukta Sevana* help in improving the condition of *Pandu* by improving the digestion and absorption.

These drugs have different *Karmas* like *Dipana* (kindles the digestive fire), *Pacana* (enhancing the digestion), *Grahi* (helps in the better absorption of nutrients), *Rasayana* (strengthening the immune system), *Balya* (increasing the physical strength), *Brumhana* (improving nutrition level of the body), *Uttejaka* (provocative or stimulative). All these properties and actions helps in alleviating the signs and symptoms of *Pandu Roga*.

Punarnava Mandura, *Navayasa Churna* are the most commonly used Ayurvedic formulations which are mentioned in *Bhavaprakasha Samhitha*.^[53] While considering the ingredients of the above formulations *Trivrit*, *Marica*, *Vidanga*, *Daru Haridra*, *Chitraka*, *Devadaru*, *Haritaki*, *Amalaki*, *Vibhitaki*, *Danti*, *Cavya*, *Kalingaka*, *Katuka*, *Pipli Mula*, *Musta*, *Karavi*, *Sringi*, *Yavani*, *Katphala* are not mentioned in *Bhavaprakasha Nighantu* as *Panduhara Dravyas*. While going through these drugs, properties such as *Rasa*, *Guna*, *Virya*, *Vipaka* and specific actions like *Dipana*, *Pacana*, *Rasayana*, *Grahi* as similar with *Panduhara* drugs which are mentioned in *Bhavaprakasha Nighantu*.

Further clinical efficacy of these formulations has been scientifically proven. (Sarita S.N et al 2018) ^[60] and (Babita Yadav et al 2017).^[61]

CONCLUSION

There are 38 single drugs i.e., herbal, mineral and liquids has been mentioned in *Bhavaprakasha Nighantu* which have *Panduhara* action and additionally 19 drugs are mentioned in the formulations *Punarnava Mandura* and *Navayasa Churna* in *Bhavaprakasha Samhitha*. Scientific research is needed to be done to explore their pharmacological actions and clinical efficacy.

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