

Exploring the medicinal value of Pushkarmoola from Nighantu

Patel N^{1*}, Singh S², Patel N³

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^{1*} Nupoor Patel, Second Year Post Graduate Scholar, Upgraded PG Department of Dravyaguna, Government Ayurveda College, Vadodara, Gujarat, India.

² Suman Singh, Assistant Professor, Upgraded PG Department of Dravyaguna, Government Ayurveda College, Vadodara, Gujarat, India.

³ Nilesh Patel, Lecturer, Upgraded PG Department of Dravyaguna, Government Ayurveda College, Vadodara, Gujarat, India.

Background: Pushkarmoola (Inula Racemosa Hook. F) is very important drugs described in various classical text of Ayurveda. It is mainly indicated in Jwara, Shwasa, Kasa, Gulma, Hridaroga, Shoola, etc.

Materials and Methods: All the available Ayurvedic Nighantu were referred for the collection of data regarding Pushkarmoola (Inula Racemosa Hook. F).

Observations and Results: The different synonyms of Pushkarmoola (Inula Racemosa Hook. F) like Paushkara, Kashmira, Padmapatra, Pushkarhvayam, Padmabeeja, Viram etc. were observed. Properties of Pushkarmoola (Inula Racemosa Hook. F) like Tikta-Rasa, Ushna-Veerya, Katu-Vipaka, Kaphavatahara Karma and actions of Pushkarmoola (Inula Racemosa Hook. F) like Shwasa, Kasa, Hridaroga, Hikka, Parshwashoola, Jwara etc were described in different Nighantu.

Discussion: The collection of various information of the Pushkarmoola (Inula Racemosa Hook. F) from 27 Nighantu and compare its variations by their synonyms, properties, and actions.

Conclusion: The present analysis shows that different types of synonyms, properties and functions described in different periods of Ayurvedic Nighantu can be used to identify and validate medicinal plants. Pushkarmoola (Inula Racemosa Hook. F) possess various pharmacological actions and can play an important role in the treatment of Shoola, Shwasa, Kasa, Hridaroga etc. diseases.

Keywords: Ayurveda, Nighantu, Pushkar, Paushkar, Pushkarmoola, Kasa

Corresponding Author	How to Cite this Article	To Browse
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Introduction

Ayurveda often referred to as science of life, plays a significant role in enhancing daily well-being. During ancient period numerous *Dravya* (substances) are documented for their nutritional and medicinal properties. Among these, *Pushkarmoola* (*Inula racemosa* Hook. f.) is prominent members of the *Asteraceae* family, recognized for their remarkable nutritional and therapeutic characteristics. Acharya Charak introduced it as *Hikka*, *Shwas*, *Parwashoolahara*.^[1] *Pushkarmoola* (*Inula racemosa* Hook. f.) grows at altitudes between 1600 and 4200 meters^[2] The stem is rough and grooved, flowers are short-stalked, shady yellow daisies with larger, measuring 4-8cm in diameter which grown in mid to late summer. The flower heads are borne in a spike-like cluster. Leaves are leathery, and upper surface of the leaves is rough. Lower leaves are narrowed to a winged leaf stack, blade elliptic-lanceolate 18-45cm by 13-20cm, narrowed into petiole as long. The fruits are compressed, slender 0.4 cm long, bearded with 0.75 cm long reddish pappus hairs. Fresh roots have a dull brownish skin with yellowish colour inside. They have a strong and sweet aromatic odour resembling camphor.^[3]

Observations

Table 2: References of *Pushkarmoola* observed in various *Nighantu*.

SN	Nighantu	Author & Period	Details		Abbreviation
				Pushkarmoola	
1.	Sausruta Nighantu[5]	Acharya Sushruta (5th century AD)	Not mentioned		Su. Ni.
2.	Ashtanga Nighantu[6]	Acharya Vahat (7th century AD)	Not mentioned		As. Ni.
3.	Amarakosha[7]	Shrimad Amarsinha	3 Synonyms		A.K.
4.	Paryayaratna Mala[8]	Madhavakara (9th century AD)	Not mentioned		Pr. Rm.
5.	Siddhasara Nighantu[9]	Ravigupta (9th century AD)	3 Synonyms		Si.S.N
6.	Madanadi Nighantu[10]	Acharya Chandranandana (10th century AD)	Not mentioned		Md. Ni.
7.	Dhanvantari Nighantu[11]	Mahendra Bhaugika (10th -13th century AD)	8 Synonyms		D.N
8.	Dravyaguna Samgraha[12]	Acharya Chakrapanidatta (11th century AD)	Not mentioned		D.G.S.
9.	Shabda Chandrika[13]	Acharya Chakrapanidatta (11th century)	5 Synonyms		S.C.
10.	Shodhala Nighantu[14]	Acharya Shodhala (12th century)	16 Synonyms		S.N.
11.	Nighantu Shesha[15]	Acharya Hemachandra (12th century)	9 Synonyms		Ni.S.
12.	Abhidhana Ratnamala[16]	(12th -13th century AD)	2 Synonyms		Ab.Rm.
13.	Hridayadipika Nighantu[17]	Acharya Vopadeva (13th century AD)	4 Synonyms		Hr.Di.
14.	Madhava Dravyaguna[18]	Acharya Madhav (13th century)	Not mentioned		Ma.Dr.
15.	Siddhamantra[19]	Vaidya Acharya Keshava (13th century AD)	Not mentioned		Si.M.
16.	Madanapala Nighantu[20]	Acharya Madanapala (14th century AD)	8 Synonyms		M.N
17.	Kaiyadeva Nighantu[21]	Acharya Kaiyadeva (1425 AD)	14 Synonyms		K.D.
18.	Sarsavati Nighantu[22]	16th century AD	Not mentioned		Sa.Ni.
19.	Bhavaprakasha Nighantu[23]	Acharya Bhavamishra (16th century AD)	6 Synonyms		B.N.
20.	Raja Nighantu[24] "Abhidhana Chudamani"	Narahari Pandit (17th Century AD)	14 Synonyms		R.N.
21.	Rajavallabha Nighantu[25]	Shri Rajavallabha (18th century)	Not mentioned		R.V.N.
22.	Laghu Nighantu[26]	Vyasa Keshavarama (18th century)	7 Synonyms		L.N.
23.	Shaligrama Nighantu[27]	Acharya Shaligrama (19th century AD)	15 Synonyms		Sha.Ni.
24.	Abhidhanaa Manjari[28]	Acharya Bhishagacharya (1952 AD)	5 Synonyms		A.M.N.
25.	Priya Nighantu[29]	Acharya P.V. Sharma (20th century AD)	3 Synonyms		P.N.

This article presents a comprehensive review of the available *Nighantu* that provide insights into the synonyms, properties, actions and indications of *Pushkarmoola* (*Inula racemosa* Hook. f.), facilitating a deeper understanding of their roles in traditional medicine.

Table 1: Vernacular Name of *Pushkarmoola* (*Inula Racemosa* Hook. f)

Description	Pushkarmoola[4]
Latin name	<i>Inula racemosa</i> Hook. f.
Family	Asteraceae
English name	Indian elecampane
Gujarati name	Pohakarmoola

Materials and Methods

A total of 27 *Nighantu* were reviewed to compile comprehensive information regarding *Pushkarmoola*. Additionally, the e-Nighantu portal was utilized as a supplementary resource.

The data collected were systematically organized and presented in tabular format to facilitate analysis and comparison of the various properties, synonyms, and therapeutic actions associated with these two medicinal plants.

26.	Nighantu Adarsha[30]	Bapalal Vaidya (20th century AD)	No synonyms	N.A.
27.	Shivakosha[31]	Shivadatta Mishra 1677 AD	3 synonyms	Si.K.

Synonyms of *Pushkarmoola*

Out of 27 *Nighantu*, synonyms of *Pushkarmoola* were found in 17 *Nighantu* Total 53 synonyms were found for *Pushkarmoola* tabulated in table no. 3.

Table 3: Synonyms of *Pushkarmoola* observed in different *Nighantu*

SN	Synonyms	D.N	S.C	S.N	Si.K	Ni.S	Ab.Rm	Hr.Di	M.N	K.D	B.N	R. N	Sha.Ni	A.M.N	P. N	Si.S.N	A.K.	L.N
1.	Pushkarmoola	+									+		+		+	+		
2.	Pushkarmoolak			+														
3.	Pushkarajamoola														+			
4.	Paushkaram	+			+	+	+		+	+	+	+	+	+			+	
5.	Paushkar		+															
6.	Paushkarmoola														+			
7.	Pushkaram											+	+					
8.	Pushkarshifaa											+	+					
9.	Pushkarini												+					
10.	Kashmiram	+	+	+		+			+	+	+	+		+			+	+
11.	Padmachadanam																	
12.	Padmavarnakam					+				+			+	+				
13.	Padmapatra		+	+					+		+							+
14.	Padmapatrakam	+										+						
15.	Padmaparnaka												+					
16.	Padmapatrani																+	
17.	Padmapatramoola												+					
18.	Padmabeeja				+													
19.	Padmam											+						
20.	Padmapunyam			+									+					
21.	Padmaabhidhaanak			+														
22.	Pushkarajam											+						
23.	Pushkar		+		+	+		+			+					+		+
24.	Kusthabheda										+							
25.	Paushkarahvam								+			+						
26.	Paushkrahvayam							+										
27.	Pushkarhvayam	+		+			+			+				+		+		+
28.	Pushkaraahvyakam								+									
29.	Pushkaraahvayaa												+					
30.	Vaadhyaahvam							+										
31.	Pushkarajata	+				+		+	+	+		+	+	+				
32.	Dhiram	+		+						+								
33.	Moolam	+	+	+		+				+		+	+					+
34.	Moolakam																	+
35.	Moolapushkaram											+						
36.	Pushpasagar									+								
37.	Viram				+								+					+
38.	Moolaviram								+									
39.	Sugandhika								+	+								
40.	Beejam											+						
41.	Bhrahmatirthak			+		+						+	+					
42.	Swasari			+		+						+	+					
43.	Vruksharuham									+								
44.	Vruksharoham			+														
45.	Vatahva									+								
46.	Jidhma									+								
47.	Tirtha									+								
48.	Pukarandhri									+								
49.	Vrukshasaham			+														
50.	Soolaharam			+														
51.	Saagara			+														
52.	Shoora			+														
53.	Vairee			+														
Total		08	05	16	03	09	02	04	08	14	06	14	15	05	03	03	03	07

Rasapanchaka and Doshaghnata of Pushkarmoola.

Out of 27 *Nighantu*, *Rasapanchaka* of *Pushkarmoola* is described in *Madanapala Nighantu*, *Dhanvantari Nighantu*, *Kaideva Nighantu*, *Bhavaprakasha Nighantu*, *Raja Nighantu*, *Shaligrama Nighantu*, *Priya Nighantu* and *Nighantu Adarsha*. Among them, the difference of opinion observed is mentioned in below table no. 4.

Table 4: Rasapanchaka and Doshaghnata of Pushkarmoola

SN	Text	Rasa		Veerya		Vipaka		Guna		Doshaghnata		
		Tikta	Katu	Ushna	Shita	Katu	Ruksha	Laghu	Tikshna	Kaphahara	Vatahara	Pittahara
1.	M.N.	+		+		+				+	+	
2.	D.N.	+		+		+				+	+	
3.	K.N.	+		+		+				+	+	
4.	B.N.	+		+		+						
5.	R.N.	+		+		+				+	+	
6.	S.N.	+		+		+				+	+	
7.	P.N.	+		+		+				+	+	
8.	N.A	+	+	+		+				+	+	
Total		08	01	08	00	08	00	00	00	07	07	

Rogagnata

After reviewing 27 *Nighantu*, *Rogagnata* of *Pushkarmoola* were observed in 11 *Nighantu* are tabulated in table no. 5.

Table 5: Rogagnata of Pushkarmoola observed in various Nighantu

SN	Rogagnata	D.N.	Ma.Dr.	M.N.	Ab.Rm	L.N	K. N	B.N	R. N	S. N	P.N.	N.A
1.	Hridaroga					+					+	
2.	Kasa	+	+			+	+		+	+	+	+
3.	Shwasa	+	+	+		+	+	+	+	+	+	+
4.	Parshwashoola		+	+			+	+		+	+	+
5.	Jwara	+		+			+	+	+	+		
6.	Aruchi	+		+			+	+	+			+
7.	Shoolanasanam				+	+						
8.	Shopha	+					+	+	+	+		
9.	Adhman	+										
10.	Hikka	+	+				+	+		+		+
11.	Jara		+									
12.	Sotha							+				+
13.	Pandu								+	+		+
14.	Urdhvavata									+		
15.	Arsha					+						
Total		07	05	04	01	05	07	07	06	08	04	07

Rogagnata of *Pushkarmoola* were observed in 11 *Nighantu* after reviewing 27 *Nighantu* are tabulated in table no. 5.

Discussion

This review article aims to compile and analyze the characteristics of *Pushkarmoola* as described in 27 *Nighantu*, focusing on their synonyms, properties, and therapeutic actions. A total of 53 synonyms, 16 synonyms are mentioned in *Shodhala Nighantu* whereas 14 synonyms mentioned in *Raja Nighantu* and *Kaideva Nighantu* and 15 therapeutic indications for *Pushkarmoola* were identified. The most frequently used synonyms for *Pushkarmoola* are *Paushkara*, *Kashmiram* and *Pushkar* across multiple *Nighantu* which can helpful in morphological identification are such as *Padmapatrani*,

Padmapatra, *Padmavarnakam*, *Padmaparnaka* and *Padmabeeja*. *Bhavaprakasha Nighantu* categorizes *Pushkarmoola* as possessing a *Tikta Rasa* (bitter taste) *Ushna Veerya* and *Katu Vipaka* followed by *Dhanvantari*, *Madanpala Nighantu*, *Kaiydeva*, *Shaligram*, *Raja*, & *Priya Nighantu*, In *Adarsha Nighantu* also recognize its *Tikta Rasa* (bitter taste) and *Katu Rasa* (pungent taste). The *Kaphahara* and *Vatahara* actions of *Pushkarmoola* is supported by several *Nighantu* including *Dhanvatari*, *Madanapala*, *Kaiydeva*, *Bhavaprakasha*, *Raja*, *Shaligrama*, *Adarsha* & *Priya Nighantu*. *Pushkarmoola* is indicated for *Hridaroga*, *Kasa*, *Shwasa*, *Hikka*, *Jwara*, *Aruchi*, *Sotha*, *Pandu*, *Arsha*, *Parshwashoola*, *Adhmana*, *Urdhwavata*, *Jara* and *Shoola* were described in 11 *Nighantu*.

Conclusion

Pushkarmoola is a potent *Dravya* recognized for their efficacy in treating various diseases. *Pushkarmoola* is cited in 17 *Nighantu*, with 53 synonyms. In *Sodhala Nighantu*, sixteen synonyms of *Pushkarmoola* are identified. Among these, additional morphological names such as *Padmachadan*, *Padmavarnakam*, *Padmapatra*, *Padmaparnaka*, *Padmapatramoola*, *Padmabeeja*, and *Padmapunyam* closely resemble characteristics of *Padmaka* and regional synonyms *Pushkara* and *Kashmiram*. In *Kaideva Nighantu*, two novel terms—*Jidhma* and *Tirtha*—are introduced in relation to *Pushkara*. Observed for *Pushkarmoola Shwasa*, *Kasa*, *Parshwashoola* and *Jwara* as a main therapeutic indication The plant have characterized by *Tikta* and *Katu Rasa*. *Vatahara* and *Kaphahara Karma* mentioned for *Pushkarmoola*. This analysis highlights the diversity of synonyms, properties and actions documented across different historical periods in *Ayurvedic Nighantu*. Such information is crucial for the identification and usage medicinal plants in therapeutics.

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