Review of *Varuna* with special reference to *Kosha* and *Nighantus*

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**ABSTRACT**

As the use of medicinal plants in the world is increasing, it is the time to carry on Ayurvedic literature explanation of these particular medicines or plants as without information of their proper uses and properties; it is not beneficial for us. Many of these plants have valuable effects on long-term health when consumed by humans and to effectively treat human ailments also. The present work was carried to evaluate the description of the Varuna (*Crataeva nurvala* Buch. Ham.) in the *Kosha* and various *Nighantus*, to rule out the exact properties, action and make use of Varuna in different diseases. The result suggests that Varuna is having medicinal virtue in the treatment of *ashmari, mutrakricchra, vidhradhi* and *sotha*. This review provides the different properties of *Crataeva nurvala* (Varuna), which could be helpful to treat *ashmari, mutrakricchra* etc. and for the further study of their constituent action.

**KEYWORDS**

*Varuna, Crataeva nurvala, Kosha, Nighantus, Mutrakricchra*
INTRODUCTION

Ayurveda considers all substances of medicinal value if they are used for specific indications and appropriate formulations means with the help of ‘Yukti’. In Charaka Samhita mentioned that every substance is formed by panchmahabhuta, based on the principle of five-elemental composition (panchabhautika siddhanta). The five-elemental composition of material is identified on the basis of their rasa (taste), guna (physical property), virya (biopotency), vipaka (taste or pharmacodynamics after drug assimilation) etc. some drugs have special property irrespective of this principle i.e. prabhave. Each medicinal plant has their specific properties so, it would be helpful in the treatment of diseases. In the time period of Nighantus, discussed about the various synonyms of plants and verify their synonyms with properties and their uses. One of them is Varuna, an important plant which is commonly known as ‘Three leaved caper’. Varuna is botanically known as Crataeva nurvala Buch. Ham. (Fam. Capparidaceae), useful medicinal plant of Ayurvedic system of medicine has been studied mainly with the stem bark part for obstructive and non-obstructive uropathies. It is also helpful in the treatment of prostate enlargement and problems related to bladder. The Phytochemical studies of Crataeva nurvala (varuna) showed that it contained lupeol, betulinic acid, b-sitosterol, stigmasterol and cabadicine as major chemical constituents. Lupeol had been reported to reduce the deposition of calcium oxalate, the most common stone forming constituent. Ayurvedic properties of Varuna (Crataeva nurvala) includes –

Rasa: kashaya-tikta
Guna: laghu-ruksha
Virya: usna
Vipaka: katu
Doshaghnata: kaphavatashamaka & pittavardhaka.
Rogaghnata: vranashotha(wound), vidradhi(abscess), gandamala, agnimandya(indigestion), shula(pain), gulma, yakrtavikara(liver disorders), krimi(worms infestation), vatarakta(gout), ashmari(renal stone), mutrakricchra(burning micturition), bastishula(bladder pain), jvara(fever).
Karma: bhedana, krimighna, raktashodhaka, moostral, ashmaribhedana, jvaraghna

1.Amarkosha (5th Cent. A.D.)
This is written by Amara Singh. Varuna has been mentioned here in Svarga varga of prathama kanda. In this Kosha, only five synonyms are given which are as
follows – Pracheta, varuna, pashi, yaadsampati and aappati4.

2. Saushruta Nighantu (6th Cent. A.D.)
This is probably the oldest Nighantu and found as an appendix of Sushruta Samhita as stated in the preamble of Kashyapa Samhita by Pt. Hemraja Sharma. This Nighantu has been published from Nepal. Varuna is mentioned at in Varunadi gana. Varuna is described here with synonyms like shvetapuspa, tikta, shakdruma, setudrum, rohavriksh, kapala5.

3. Astanga Nighantu (8th Century A.D.)
This Nighantu has been written by Vahatacharya, a south Indian, and is different from Vagbhata. The plants given in the gana of Astanga Hridaya are described here by synonyms. Varuna is mentioned in Varunadi gana. Shvetapuspa and varana are the synonyms of Varuna6.

4. Dhanvantari Nighantu (10th-13th Century A.D.)
This Nighantu was written by Mahendra Bhogika. Varuna has been placed in Aamradi varga. Shvetapuspa, tiktashaka, kumaraka, shvetadruma, gandhavriksha, tamal and marutapaha have been given as its synonym. Regarding its properties, it has been said as tikta, katu in rasa and usna virya. It is used here for sheeta vatashamaka. It is indicated for vidradhi, krimi and raktavikara7.

5. Sodhala Nighantu (12th Century A.D.)
This is written by Sodhala. It is in two parts. In Part-I, Varuna are stated in Aamradi varga. The synonyms of Varuna are - shvetapuspa, tiktasara, kumaraka, shvetavriksha, bodhivriksha, tamal and marutapa8.

6. Abhidhana Ratnamala (13th century)
Varuna has been placed in “Kashayadravyaskandhah” and Varuna, shvetapuspa, tiktashaka, kumaraka, Setudruma, pitapuspa, varuna and marutapaha are the synonyms9.

7. Hridayadipaka Nighantu (12th Century A.D.)
This Nighantu is written by Acharya Keshava. Nighantukara has placed this drug in Ekanama Varga. The following synonyms are given in this Nighantu – palevat, munjat and visdusika10.

8. Siddhamantra Prakasha (13th Century A.D.)
This is the commentary on the book Hridayadipaka Nighantu of Keshava by his son Bopadeva. Varuna is mentioned in this book with pittavardhaka and kaphavataghna property10.

9. Madanapala Nighantu (14th Century A.D.)
This Nighantu is written by Madanapala. Varuna is mentioned in the Vatadi varga. The synonyms of Varuna are- varuna, shveta, shakavriksha and kumaraka. Varuna is helpful to treat Arsha, shotha...
and regarding its properties it is pittakaraka, bhedak, kaphashamaka and agnidipaka. It is indicated in mutrakricchra, raktavata, vatarakta, krimi and sotha.

10. Raja Nighantu (15th Century A.D.)
This Nighantu is written by Narahari Pandit. It is based especially on synonyms. In Prabhadradi gana, synonyms of Varuna are shvetapuspa, tiktashaka, kumaraka, shvetadruma, sadhuvriksha, tamala and marutapaha. Its virya has been mentioned usna, katu in rasa and snigdha, agnidipaka. It is indicated in raktadosha, vidradhi and vataja vikara.

11. Sarasvati Nighantu (14th Cent)
Varuna has been placed in Mahavrkshavargah and Varuna, setu, tiktasaka, kumaraka, shvetapuspa, lodhravriksha, tika and sadhudruma are the synonyms given to it.

12. Kaiyadeva Nighantu (15th Century A.D.)
The other name of this Nighantu is “Pathyapathyavibodhaka” which is written by Kaiyadeva. In Ausadhi varga, synonyms of Varuna are- varana, setu, urumana, kumaraka, shakadruma, shetuvriksha, rodhravriksha, tamalaka, sadhuvriksha shvetapuspa, tiktashaka and chalapaha. It has following properties madhura, tikta, kashaya and katu rasa, laghu ruksha and usna virya, kaphavatashamaka, agni dipaka, pittavardhaka and ashmaribhedhaka. It is used in krimi, vatarakta, mutraghata, raktaja vikara and hridaya vikara. The flower of varuna is raktapittashamaka and grahi in nature. The properties of Varuna fruits are madhura rasa, madhura vipaka and snigdha, saraka, guru, usna and vatapittakaphanasaka.

13. Bhava Prakasha Nighantu (16th Century A.D.)
This Nighantu is a part of the Bhava Prakasha Samhita and written by Bhava Mishra. Varuna is described in Vatadi varga. Synonyms of Varuna are – varana, setu, tiktashaka and kumaraka. Varuna has following properties i.e. pittavardhaka, bhedaka and vathamaka. It is used in gulma, vatarakta, krimi, ashmari, mutrakricchra, kaphaja and vataja vikara.

14. Haritakyadi Nighantu (16th Century A.D.)
This Nighantu is a part of Bhava Prakasha Samhita of Bhava Mishra and commented by Vaidyaratna Shiv Sharm Vaidya Shastri. Varuna is described in the Vatadi varga. Synonyms of Varuna are – varana, setu, tiktashaka and kumaraka. Varuna has following properties like kashaya- madhura- tikta- katu rasa, ruksha and laghu.

15. Shaligrama Nighantu (19th Cent.A.D.)
This Nighantu is written by Shaligrama.
Vaisya. Varuna is described in *Vatadi varga*. Brhapuspa, tiktashaka, kumaraka, urumana, setuvriksha, svedadruma and marutapaha are the synonyms of Varuna described in this *Nighantu*. The properties of varuna are similar to described in Raja nighantu, Nighnatum ratnakara and bhavaprakash nighantu. Varuna is effective in the treatment of mutrakricchra, ashmari, gulma, shula, vatarakta, krimi and aamvata.\(^\text{17}\)

16. Nighantu Adarsha (20\(^\text{th}\) Cent.A.D.)
This *Nighantu* is written by Vaidya Bapalala. In this *Nighantu*, Varuna is described in *Kariradi varga* and synonyms are tikta, triparna, bhramarpriya, bilvapatra, vrittaphala, brhapuspa and kasayaka. He gave same name and properties as Dhanwantari Nighantu, Raja Nighantu, and Bhavaprakasha Nighantu.\(^\text{18}\)

17. Mahausadha Nighantu (20\(^\text{th}\) Cent.A.D.)
The other name of this *Nighantu* is Dravyanamaguna Hasta Pustika. Here, no description about Varuna is available.\(^\text{19}\)

18. Priya Nighantu (20\(^\text{th}\) Century)
This *Nighantu* was written by Acharya Priyavrata Sharma. In this *Nighantu*, the synonyms of varuna is tiktashaka. According to author of this *Nighantu*, Varuna has three leaflets, *tikta rasa*, red flowers, fruit like lemon and become red on ripe. It has following properties like *usna virya*, *tikta rasa*, *kaphamedonasaka*, which increases the frequency of urination and its specific effect is ashmari bhedana. It is used in mutrakricchra, ashmari, gulma and abhyantar vidradhi.\(^\text{20}\)

19. Sodashangahridaya (20\(^\text{th}\) Century)
This *Nighantu* is written by Acharya Priyavrita Sharma. Varuna is mentioned in *Dravya gunam* chapter. Flower of Varuna is red in colour and leaves have *tikta rasa*. It has *usna virya* and effective in mutrakricchra, ashmari, medoroga, vidradhi and gulma roga.\(^\text{21}\)

20. Madhava-Dravyaguna(20\(^\text{th}\) Century)
Madhava-Dravyaguna *Nighantu* is written by Dr. Priya Vrat Sharma. Properties of Varuna are *usna virya*, bhedi, ashmarinasaka, vatahara and shulahara.\(^\text{22}\)

21. Puspayurveda (20\(^\text{th}\) Century)
Puspayurveda is written by Prof. Priya Vrat Sharma. In this book described about the flowers, their uses, properties and internal use of different flowers. In *Puspagunakarmani* chapter discussed properties of flower of Varuna are *tuvat* (astringent), *tikta* (bitter), *laghu* (light), *kapha-pitta-asrajitta* (checking pacify kapha-pitta-rakta) and *Aampachana* (digestion improves).\(^\text{23}\)

**CONCLUSION**

On the basis of above descriptive study in various *Nighantus*, it can be concluded that
Varuna (*Crataeva nurvala* Buch. Ham.) will be effective in *mutrakricchra* (burning micturition), urinary disorders specially in *ashmari* because it having properties like *bhedana*, *vatashamaka* and *kaphashamaka*. The medicinal plant, Varuna (*Crataeva nurvala*) can also be further investigated to identify all constituent and authenticate their property with their chemical constituent in animal studies.
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