

An Ayurvedic Review of *Shigru* from *Kosha* and *Nighantus* Efficacy and Safety

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Abstract

Ayurveda is the life science and indicate knowledge of appropriate and inappropriate. It has many treasures of life that make man disease free, healthy and long living. From Vedic to modern era, all the researches have been directed by the eminent scholars to achieve the same. Ayurvedic form of Materia Medica i.e., *Nighantus* and *Kosha* could help significantly in this direction. There are many *Nighantus* that have been written from 5th century A.D. till 20th Century A.D, in which synonyms, properties and medicinal uses of different plants were described. Various aspects of *Shigru* are discuss in a chronological order from *Kosha*, *Nighantus* in this work.

Keywords

Ayurveda , *Shigru* , *Nighantu* , *Kosha*



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INTRODUCTION

The Nighantu literature is one of the important aspects in the study of Ayurveda and especially in the subject of Dravyaguna Vijnana. The Nighantu may be defined as a glossary containing synonymous groups, the names of the drugs, plants, animals, minerals or anything that is administered either as food or medicine to the human body. 'Shigru' is explained in almost all the important nighantus and kosha. The term Nighantu is based on the term Nigama. This tradition was also adopted by the Ayurvedic scholars to simplify the technical words especially in the field of dravyaguna. Earlier nighantus were limited to explain the synonyms only. After some time the description of properties, action and indications were also included in the nighantu along with synonyms. The Nighantu literature is also as ancient as Ayurveda. Much importance has not been given to the study of Nighantu. The ancient Nighantus were actually like Kosa, containing the synonyms of dravya. Later on, the drugs were given the description of properties, actions and their uses. In true scene the Nighantu means collection of words, synonyms and the names of the medicinal substances.

MATERIALS AND METHODS

KOSHA AND NIGHANTU

1. AMARKOSHA (5th Cent. A. D.)¹:

Shigru has been mentioned in the 2nd Kanda, 'Vanoshadhi Varga' and in the 9th Vaisya Varga. *Shobhanjana, Tikshnagandhaka, Akshiva* and *Mochaka* was given as a synonym. Along with this, term *Madhu Shigru* has also been used for plant with red flower. Term *Shigruja* and *Sveta Maricha* are used for seeds of *Shigru*. Amarkosa also mentioned that *Shigru* is used for shaka. (Amarkosha/Ka.2/Varga4/31,)

(Amarkosha/Ka.2/Varga9/34,110)

2. MADANADI- NIGHANTU ((5TH CENT. A.D.)²

Chandra-Nandana described *Shigru* in Varunadi gana as term *Bahalpallava* and used for Kapha medo roga. Mandagni, Adhayavata, Shiroshula, Gulma, Antah-Vidradhi. (M. Ni. 17)

3.SAUSHRUTA NIGHANTU(6th Cent. A.D.)³

In Saushruta Nighantu, *Shigru* is mentioned in Varunadi Gana along with *Madhu Shigru, Haritashaka, Vahalapatra, Mulapatrka Tikshnagandha* are synonyms of *Shigru*.

Shobhanjana, Tiktagandha, Vahalatvaka Vishad druma, are synonyms of *Madhu Shigru*. It is used for Kaphamedo Vishasana, Shiroshula, Gulma, Abhyantara Vidradhi. (Su.Ni. 75-76).

4.PARYAYAA RATNAMALA (9th Cent. A.D.) : In Siddhasara Nighantu, *Shigru* is mentioned in Varunadi Gana. It is used for Vidradhi, Shlesma-medohara, Gulma, Gulma, (S.Ni. Ch.2/2.5)

In this Nighantu *Shigru* and *Madhu Shigru* are described. *Shobhanjana, Tikshnagandha* and *Moolakaparni* are synonyms of *Shigru*. *Sugandha, Swadugandha Shubhanaja* are synonyms of madhu *Shigru*. (P.R.M.365)

5.DHANVANTARI NIGHANTU – (10th – 13th Cent. A.D.)⁴ :

Shigru has been placed in “*Karviradi Varga*” and *Harita Saka, Laghu-patraka, Avadanksaksama, Dansha, Moolakaparni, Shobhanjana Tikshnagandha, Mukha Bhangha*, have been given as its synonyms. *Sveta Shigru* is *Sveta Maricha* and *Rakatavrana Shigru* is called as *Madhu Shigru*. Along with this *Katu Tikta Ushna-Virya Guna* of *Shigru* with *Krimighna, Vishaghna, Vidradhi nasaka, Pliha nasaka, Gulma nasaka*, and *Amaharaactions* are described. (D.N./ *Karviradi Varga* 36-38).

6.SHABDACANDRIKA(11th Cent. A.D)⁵

Cakrapanidatta mentioned *Shigru* in “*Vriksadi Varga*”. *Shobhanjana, Shigru, Tikshnagandha, Mocaka, Shobhanaka* and *Kaminsah* are mentioned as synonyms. (SH. C. *Vriksadi* 28)

7.SODHALA NIGHANTU (12th Cent. A.D.)⁶:

In *Namasamgraha* part, firstly *Shigru* has been mentioned with other drug i.e. *Karvira, Moolaka* etc. for udavartana useful in *Dadru* disorders (S.Ni. Shloka 48).

Again in “*KarviradiVarga*” different synonyms of *Shigru* i.e., *Harita saka, Shigruko, Laghu-patraka, Svetak, Sveta Maricha, Ghanapallava, Avadankshakshama, Dansa, Moolakaparni, Shobhanjana Tikshnagandha, Mukha Bhangha* have been mentioned. (S. Ni./ *Karviradi varga/ Shloka* 503-504). Again *Raktapushpa, Sthula Tvaka, Madhutiktak, Raktaghna Gandhashigru, Kesari*, and *Shobhanjana* are mentioned as synonyms of *Madhu Shigru*. *Karviradi varga/ Shloka* 505).

In *Gunasamgraha Shigru* is indicated in *Hikka, Kasa, Visha, Svasa, Parshvaruka, Putigandha, Badhavitko, Upadansha*. It is *Katu Paka Laghu, Vidahi, Tikshana Ushna*,

Drika-Krimi-Nasaka. *Karviradi* varga/ Shloka 411).

In “*Taila Varga*” it is mentioned that *Shigru Taila* is Katu Paka Laghu, Tikshna, Ushna, Sara, Rakta-pittakara used in Shiroroga, Prameha, Arsha, Kustha and Krimi. (S.Ni. / Taila Varga / Sloka 789-791)

8.SIDDHAMANTRA (12th – 13th cent A.D.)⁷ :

Acharya Keshava has mentioned *Shigru* in “*Kapha-Vataghna Varga*”, along with *Mulaka, Maricha and Arka* etc. (Si. M./ Kapha-Vataghna Varga / Shloka 90)

9.HRIDAYADIPAKA NIGHANTU (13th Cent. A.D.)⁸ :

Vopadeva has placed this drug in ‘*Tripada Varga*’ and *Bahal Dala, Tikshnagandha, Shobhanjana* are mentioned as a synonyms of *Shigru*. *Murangi* is synonym of *Madhu Shigru*. *Shigruja* and *Sveta Maricha* terms are for seed of *Shigru*. (Hr. Ni./ Catuspada Varga / Shloka 112)

10.ABHIDHANA RATNAMALA (SHADRASA NIGHANTU) (13th Cent. A.D)

Shobhanjana, Bahalpallava, Murangi, Mulakadala, Grinjana and

Haritchhada are synonyms of *Shigru*. Its Bija is known as *Sveta Marich*

11. MADHAV DRAVYAGUNA (13th Cent. A.D)⁹

Madhava mentioned *Shigru* firstly in “*Lavana Varga*”. The properties are Sara, pachana, with indication in Gulma, Arsha, Grahani, Ruka, Krimi, Pustvagha, Sharkara-Ashmari nasaka. (Ma. D. Lanvana Varga 11). Again mentioned in “*Taila Varga*” where it is indicated in Arsha, Kustha, Krimi. *Kapha-Medo-Vatahara*. (Ma. D. *TailaVarga* 13).

12.MADANAPALA NIGHANTU (14th Cent. A.D.):

Shigru has been present in “*Shakadi Varga*” and *Shobhanjana, Krishnagandha, Bahulcchada*, are given as the synonyms. Rakta Variety is known as *Madhu Shigru* and White is known as *Haritacchada*. *Shigru* is used in Vidradhi, Pliha, Raktapitta, Vrna. *Madhu Shigru* is mainly Agnidipaka and Rechaka. Flower is Samgrahi, Vatala, Kapha Shotha Nasaka. Fruit is Grahi Kasaya, Madhura, Shleshmapitta Nivaraka. (M. N. Varga 7/70-72).

13.KAIYADEVA NIGHANTU (14th Cent. A.D)¹⁰

In this Nighantu **Shigru** is described in “*Aushadhi Varga*” and *Shobhanjana, Krishnagandha, Tikshnagandha, Mochaka, Bahalachaad, Harichaad, Shubhanjana, Vidradhigna, Akshiva, Mulakachaad*, different new synonyms i.e., *Murangi, Shalankshamah. Ghanacchad, Avadansha, Mukhabhango and Moolaparni* are given. Its Rasa has been mentioned as *Katu Tikta Vipaka* as *Katu* and *virya* as *Ushna*. It is *Cakshusya* and useful in *Svayathu, Vidradhi, Meda, Apachi, Gulma, Vrna, Krimi*.

Shigruja and *Sveta-maricha* are used for seeds of *Shigru*. In this Nighantu *Madhu Shigru* also described and *Madhura, Madhugandhika, Griijanaka, Sinhakeshari* are synonyms of *Madhu Shigru*. *Madhu Shigru* is *katu* and *Tikta Rasa* *Shothaghna, Agnidipana* and *Saraka*. Flower and leaves of *Shigru* and leaves of *Madhu Shigru* are *Krimi Nasaka*.

Shigru Taila is obtained from seeds of *Shigru*.

All Part of *Shigru* are beneficial for *Netra*. (K.N. / *Aushadi Varga* / 740-751)

14.BHAVAPRAKASH NIGHANTU (16th Cent. A.D.)¹¹:

Shigru has been mentioned in “*Guduchyadi Varga*”,

There are three varieties of **Shigru viz., Shyam, Sveta, Rakta**

Shobhanjana, Shigru, Tikshnagandhaka, Akshiva, Mochaka are synonyms of *Shigru*. *Sveta-maricha* term is used for seed of *Shigru*. Plant with Red Flower is known as **MadhuShigru**. Its properties are *Katu, Madhura, Katu Paka, Tikshna, Ushna, and Laghu*. It is *Dipana, Rochaka, Ruksha, Kshara, Tikta, vidahakaraka, Samgrahi, Shukral, Hridya, Pitta-Raktaprapokapa, Cakshusya* and *Kapha-Vatahara*. It is indicated in *Vidradhi, Svayathu, Krimi, Medo, Apachi, Visha, Pliha, Gulma, Vrna. Sveta Shigru* is specially *Dahakaraka, Vidradhi, Pliha, Vrna, Pitta-Rakta nasak. Madhu Shigru* is specially *Dipana* and *sara. Shigru valkala and patra svarasa* eliminate severe pain.

15.GUNA RATNAMALA (16th Cent. A.D)

Sri Bhavmisra mentioned *Shigru* in “*Shaka Varga*”. *Shigru Phala* is *Madhura, Kasaya, Kapha Pittahara* and useful in *Shula Kustha, Kshaya, Shvasa, Gulma*. (G.R.M. *Shaka Varga*)

16. RAJA NIGHANTU (17th Century A.D.) :

There are four type of *Shigru*; namely: *Shigru, Nila Shigru, Sveta Shigru, Rakta Sigru.*

Shigru has been mentioned in “*MulakAdi Varga*”, with synonyms *Harita Shaka, Shakapatra, Supatraka, Upadansha,, Komalapatraka, Bahumula, Danshamula* and *Tikshnamula*. Its properties are *Katu, Tikta, Ushna, Tikshna and Vata-Kaphahara MukhajAdhyahara, Ruchikara, Dipana.*

Nila Shigru: Its synonyms are *Shobhanjana, Tikshnagandha, Janapriya Mukhamoda, Krishna Shigru, Cakshusya. Ruchiranjana.* Its properties are *Tikshna, Katu, Svadu, Ushna, Picchila, Cakshusya, and Rochana.*

Shveta Shigru: Its synonyms are *Sutikshna, Mukhabhanga, Sitahaya, Sumula, Shveta Maricha, Rochana Madhu Shigru.* Its properties are *Katu Tikshna Sopha Vatasamaka, Angavyathahara, Ruhikar, Dipana, MukhajAdhyahara.*

Rakta Shigru: Its synonyms are *Raktaka, Rakta Shigru, Madhura, Bahulacchada, Sugandhakeshara, Sinho, Mrigari.* It is Madhura Rasayana Shophaghna Samirarti-PittaSleshmasaraka

17. PRIYA NIGHANTU (20th Cent. A.D.)¹² :

Shigru has been mentioned in “*Haritakyadi Varga*”, with other synonym *Shobhanjana.*

Its properties are *Tikta, Katu, Tikshna and Ushna viryaand Dipana, and Raktapitta Prakopaka, Kapha Vata samaka* in *Karma* prescribed to cure *Gulma, Sula Vidradhi Sopha, Ganda* and *Krimi*. *Shigru* is useful in *Netrarogas.*

In “*Shakadi Varga*” its properties are *Katu, Tikshna and Ushna viryaand KaphaVatahara* in *Karma* prescribed to cure *Pliha, Gulma, Krimi Vidradhi.* (P. N. / SHloka 201-202), (P. N. / *Shakadi Varga/ Shloka 22*)

18. PUSHP AYURVEDA (20th Cent. A.D)

Prof. P.V. Sharma has written that Flower of *Shigru* are pungent, hot, sharp, pacify *Kapha* and *Vata* and are useful in *neuritis, worms, abscess, enlarged Spleen and Gulma.* Flower of *Madhu Shigru* pacify *Kapha* and *Pitta* are beneficial for eyes and useful in *Worms* and *Intrinsic haemorrhage.* (Pu. A. 2/113)

19. SHODASHANGA HRIDAYAM (20th Cent. A.D)

Prof. Priya Vrat Sharma mentioned that *Shigru* is *Katu, Tikta, Tikshna, Ushna virya,*

KaphaVata Samaka and Dipana. It is Sula and Shotha Nasaka. It's Seeds are beneficial for Netra.

20. ARKA PRAKASA

Lankapati Ravana mentioned in this nighantu that *Shobhanjana* is used for *Shigru* and *Madhu Shigru* as variety. *Shobhanjana* is Ruchikara, Grahi Dipana. *Madhu Shigru* is used for Vidradhi, Svayathu, Krimi. *Shigruja* (Seeds) are useful in complication of Visha. (A.P./Tritiyashataka 57-58)

21. SHALIGRAMA NIGHANTU¹³

Shigru has been mentioned in “*Guduchyadi Varga*”, there are 3 varieties *Shobhanjana*, *Sveta*, *Rakta*.

DISCUSSION

The description of drug *Shigru* is seen in kosha and nighantus very frequently. There are so many synonyms of *Shigru* like *Avadanksaksama*, *Dansha*, *Moolakaparni*, *Shobhanjana*, *Tikshnagandha*, *Mukha Bhanga*, *Krishnagandha*, *Mochaka*, *Bahalachaad*, *Harichaad*, *Vidradhigna*, *Akshiva*, *Mulakachaad* etc. After observation we found that The properties of *shigru* is Tikshna, Laghu Guna with Katu and Tikta rasa, Vipaka as Katu and virya as Ushna with doshic effect is Kapha Vata samaka. *Shigru* is used in *Vidradhi*, *Pliha*,

Raktapitta, *Vrna Hikka*, *Kasa*, *Visha*, *Svasa*, *Parshvaruka*, *Putigandha*, *Badhavitko*, *Upadansha* etc. There are four type of *Shigru*; namely: *Shigru*, *Nila Shigru*, *Sveta Shigru*, *Rakta Shigru* is seen.

CONCLUSION

Kosha and nighantus are the basic literature to understand and identify different medicinal plants. On review of *Shigru* in different kosha and nighantus we find the different synonyms and properties along with useful parts and their medicinal uses.

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