

Review of *Kumari* (*Aloe barbadensis* Miller) in Ayurvedic Literature

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Abstract

Kumari is one of the non controversial plant and very popular these days. It is the known drug for wound healing, burns, hepatoprotective and immunomodulator. This plant is seen in every yard and almost all the people know about this plant. The popularity of this miracle plant forced us to explore it in Ayurvedic literature. It was first appeared in *Bhela sahmita*. *Kumari*, *Kanya*, *Ghritkumari*, *Mandla*, *Mata*, *Phalamatasya*, *Saha Dirghapatrika*, *Sthaleruha*, *Mrudu*, *Kanya*, *Bahupatra*, *Amara*, *Ajara*, *Kantakapravrtta*, *Vira*, *Bhrmgesta*, *Vipulasrava*, *Vranaghni*, *Taruni*, *Rama*, *Kapila*, *Ambudhisrava*, *Sukantaka* and *Sthuladala* are various names of *Kumari*. *Virasrava*, *Sahasara*, *Kumarirassambhava* have been mentioned as the synonyms of *Musabbar*. *Tikta*, *Madhura Rasa*, *Guru*, *Snigdha*, *Pichilla Guna*, *Sheeta Virya*, *Katu Vipaka* are properties of *Kumari*. *Apasmara*, *Agnidagdha*, *Apachi*, *Bhedna*, *Balya*, *Bruhana*, *Chakshusya*, *Daha*, *Gulma*, *Granthi*, *Hridutphala*, *Jwara*, *Kamala*, *Krimihara*, *Kasa*, *Kushtha*, *Mootrakricha*, *Paka*, *Palihavridhahara*, *Raktapittahara*, *Rasayana*, *Rajorodha*, *Satanashool*, *Samriti*, *Shavasa*, *Shool*, *Twakaroga*, *Vatavyadhi*, *Visha*, *Visphota*, *Vidradhi*, *Vrana*, *Vrishya* are therapeutic indications of *Kumari*. *Bhedna*, *Vittasanga*, *Sheetpitta*, *Rajapravartaka*, *Krimiroga*, *Shiroruja*, *Jwaranut*, *Sanyasa*, *Pleeharoga* *Agnijanan*, *Apasmara*, *Manadagni*, *Garabhpatan*, *Pushpajanana*, *Rakjakricha* are indications of *Musabbar*. *Arsha*, *Pushpini*, *Asrigdara*, *Yakrit roga*, *Antvartini*, *Vrikka roga* are contraindications of *Musabbar*.

Keywords *Kumari*, (*Aloe barbadensis* Miller)



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INTRODUCTION

In Ayurveda *Aptopdesha* is the greatest source of knowledge¹. Hence it is important to explore history of drugs so that one can use them or make trials as per texts. *Vedas* are the foremost text of hindus. *Rigveda* has quoted that drugs are three *yuga* older than gods. *Vedas* have given importance of drugs and also classified them in three types, quoting sky as father of drugs, earth as mother and sea as *moola*(base).we can interpret this as classification of drugs as aerial plants, terrestrial plants and aquatic plants respectively. Later on in *Samhitas* and *Nighanuts* knowledge of drugs developed vigorously, causing detailed knowledge as well as controversies.

Medicine is an ancient art and drugs have been used as long far back as history can take us. Human life has remained dependent on plants for daily life purposes as well as medicinal uses.

Acharya Charaka has asserted that each substance on this earth is useful in combating illness when applied with planning and for a specific purpose.²

Acharya Charaka has also said that for the successful management of the disease, it is essential to select proper medicine³ and examine it in all respects⁴. But it is possible only after proper identification of the drug.

In other words correct identification of the drug becomes the main prerequisite for its use as medicine.

Kumari is one of the non controversial plant and very popular these days. It is the known drug for wound healing, burns, hepatoprotective and immunomodulator. This plant is seen in every yard and almost all the people know about this plant. This popularity of this miracle plant forced us to explore it in *Ayurvedic* literature.

KUMARI IN AYURVEDIC LITERATURE

Vedas are foremost eve written documents of knowledge; *Kumari* is not traced in *Vedas* and *Brihadtrayee*.

- **In *Bhela Samhita* (1000B.C.):**

फणिञ्जकं मधूकानि वीरानीरकदम्बकम् ।

फलं च पीलूपलाषं कुमारीष्वत्थतैन्दुकम् ॥

(*Bhel Sahmita/ chikitsasthana/25/25*)

Kumari was first described in *Bhela Samhita* as an ingredient of *Rasna tail* in *Vatavyadhichikitsa*.

- **In *Ashtanga Nighantu* (8th century A.D.):**

कुमारी व्याघ्रचरणा कन्या स्थूलदला च सा ।।278।।

(*Ashtanga Nighantu /Viprakerana Varaga 278*)

Kumari has been mentioned in *Viprakirana Varaga of Ashtanga Nighantu*.

- **In Rajamartanda (11th century A.D.):**

Ghrta Kumari has been documented in *Rajamartanda* (23/3) for external use only.

- **In Rasarnava (12th century A.D.):**

उच्चटा मानिनीकन्दा कुमारी रक्तचित्रकः
([Rasaarnava/5/10](#))

Author has mentioned *Kumari* as *Nirjeevkaraka* drug along with other drugs.

- **In Dhanvantari Nighantu (10th - 13th century A.D.):**

तरुणी रामतरुणी कर्णिका चारुकेषरा सह कुमारी गन्धाद्वया द्विरेफगणसम्पत्ता ॥1133॥
वन्ध्यककोटकी देवी मनोज्ञा च कुमारिका नागरिः सर्पदमनी विषकण्टकिनी तथा ॥1182॥
कर्कोटकी स्वादुफला मनोज्ञा च कुमारिका अवन्ध्या चैव देवी च विषप्रषमनी ॥1184॥

Kumari has been written as synonym of *Taruni* and *Kumarika* as synonym of *Vandhyakarkotaki* and *Karkotaki*.

- **In Gadanigraha (12th century A.D.)**

अपत्यनाशप्रभवा निहन्ति स्तन्यव्यथामाषु कृते प्रलेपे ।
स्त्रीणां हरिद्रासहितं कुमारीमूलं विषालाप्रभवं कदाचित् ॥

([Gadanigraha/8/23](#))

In *Kayachikitsa (Kumar Tantra, Stanrogadhikar)* *Shodhal* has advised to apply the paste of *Haridra* and *Kumari* root on breast to relieve pain caused due to death of baby . He has also mentioned it as main ingredient of *Kumaryasava*.

- **In Madava Dravya Guna (13th century A.D.)**

कुमारी भेदनी शीता यकृतप्लीहकफज्वरान् ।
निहन्ति वाह्निविस्फोटपित्तरक्तत्वगामयान्
(*MadavaDravyaGuna/ Vividha AushadhiVarga/141*)

Acharya Madhava has mentioned it in *Vividha AushadhiVarga* and indicated it in *Yakrit roga, Pliha roga, Kapha roga* and *Jwara*.

- **In Rasa Ratna Samuchchaya (13th century A.D.)**

कुमारीरससम्पिष्टं जीरकं लेपयेद्विषक् ।
तेन दाहश्च पाकश्च शमनाज्जोति निश्चितम् ॥
(*Rasaratnasamuchhya/25/18*)

Application of the paste of *Kumari* juice with *Jiraka* has been indicated to pacify the burning sensation and suppuration in *Lingapaka*.

- **In Sharangadhara Samhita (13th century A.D.)**

निषाचूर्णयुतः कन्यारसः प्लीहाऽपचीहरः ॥
(*Sharangdhara samhita/ Madyama khanada/1/15*)

Kumari Swarasa with *Nisha Churna* has been indicated for *Pliha roga* and *Apachi* in 1st chapter of *Madhyama Khanda*.

सुपक्वरसंसंषुद्ध कुमार्याः पत्रमाहरेत् ॥
(*Sharangdhara samhita/ Madyama khanada/10/15*)

Kumaryasava and its uses have been mentioned in 10th chapter of *Madhyam Khanda*.

• **In Vaidyamanorma (13th century A.D.)**

Vaidya Kalidasa writer of this book has indicated *Kumari* in *Mutrakrichcha* during fever. He has also mentioned that unripe, ripening, ripped abscess should be covered with steamed leaf devoid of pulp.

• **In Madanpala Nighantu (14th century A.D.)**

कुमारी मण्डला माता गृहकन्याऽतिपिच्छला ।
रसायनी कटिकिनी सवराऽन्या वनोद्भवा ॥
कुमारी भेदनी शीता यकृत्प्लीहकफज्वरान् ।
निहन्ति ग्रन्थिविस्फोटपित्तरक्तत्वगामयान् ॥
(*Madanpala Nighantu /Abhyadi*

*Varaga*331&332)

Ghrita kumari has been mentioned in *Abhyadi Varaga* with its synonyms and uses.

• **In Kaideva Nighantu (15th century A.D.)**

कुमारी मण्डला माता फलमत्स्याक्षिकीरसा ।
कुमारी गृहकन्या च कन्या घृतकुमारिका ॥1638 ॥
कुमारी शीतला तिक्ता मधुरा भेदनी जयेत् ।
गुल्मप्लीहयकृद्वृद्धि कफज्वरहरी हरेत् ।
ग्रन्थ्याग्निदग्धविस्फोटपित्तरक्तत्वगामयान् ॥1639 ॥
चक्षुष्या विषवातघ्नी बल्या वृष्या रसायनी ।
वातपित्तकृमिहरं कुमारीकुसुमं गुरु ॥1640 ॥(*Kaidev Nighantu/ Aushadhi*

Kaideva has mentioned properties and synonyms of *Kumari* along with the

indication of its flower as *Guru, Vata, Pitta* and *Krimihara* in its *Aushdadi Varaga*.

• **In Bhavaprakasha Nighantu (16th century A.D.)**

कुमारी गृहकन्या च कन्या घृतकुमारिका । कुमारी भेदनी शीता तिक्ता नेत्र्या रसायनी ॥

मधुरा बृहणी बल्या वृष्या वातविषप्रणुत् । गुल्मप्लीहयकृद्वृद्धिकफज्वरहरी हरेत् ॥

ग्रन्थ्याग्निदग्धविस्फोटपित्तरक्तत्वगामयान् ॥ (*Bhavaprakasha Nighantu/ Guduchyadi Varag*)

Shri Bhava Mishra has mentioned *Kumari* in *Guduchyadi Varga* with synonyms as *Gruhakanaya, Kanya, Ghrita Kumari* and mentioned its rasa as *Tikta –Madhura* and indicated it as *Vatahara*.

• **In Arkaprakasha (16th century A.D.)**

गिरिकन्याकुष्ठपूलषोथव्रणविषापहः ॥58 ॥

कुमारिकाया ग्रन्थ्याग्निदग्धविस्फोटकाञ्जयेत् ॥77 ॥

(*Araka Prakasha*)

Ravna in *Arkaprakasha* has written in *Netrya gana* that *Girikanya's Arka* is useful in leprosy, pain, wounds and poisoning. He has again mentioned that *Kumari* is indicated in burning etc.

• **In Ayurveda Sauhkyama (16th century A.D.)**

कुमारी मण्डला माता गृहकन्या सपिच्छला ॥149 ॥

कुमारी भेदनी शीता यकृत्प्लीहकफज्वरान् ।

निहन्ति वाद्द्विस्फोटपित्तरक्तत्वगामयान् ॥203 ॥

(*Ayurveda Sauhkyama*)

Todrananda in *Ayurveda Sauhkyama* has mentioned *Kumari* in *Tikta dravyas*.

• **In Rajanighantu (17th century A.D.)**

गृहकन्या कुमारी च कन्यका दीर्घपत्रिका ।
स्थलेरुहा मृदुः कन्या बहुपत्राऽमराऽजरा ।।47 ।।
कण्टकप्रावृता वीरा भृङ्गोष्ठा विपुलस्त्रवा ।
सुकण्टका स्थूलदलेत्येकविषतिनामका ।।48 ।।
गृहकन्या हिमा तित्ता मदगन्धिः कफापहा ।
पित्तकासविषष्वासकुष्ठघ्नी च रसायनी ।।49 ।।
(Rajanighantu/Parpatadi Varaga)

Narhari pandit has mentioned *Ghrita Kumari* under *Parpatadi Varaga* with its twenty one synonyms. These are *Grahakanya*, *Kumari*, *Kanyaka*, *Dirghapatrika*, *Sthaleruha*, *Mrudu*, *Kanya*, *Bahupatra*, *Amara*, *Ajara*, *Kantakapravrtta*, *Vira*, *Bhrmgesta*, *Vipulasrava*, *Vranaghni*, *Taruni*, *Rama*, *Kapila*, *Ambudhisrava*, *Sukantaka* and *Sthuladala*. He further said that it reduces *Kapha*, *Pitta*, *Kasa*, *Shwasa* and *Kustha*.

• **In Yoga Ratnakara (17th century A.D.)¹⁷**

कुमार्याश्च रसद्रोणे गुडं पलषतं तथा ।
(Yoga Ratnakara/Gulma chikitsa/1)

Kumari is the main ingredient of *Kumaryasava* which has been mentioned in *Gulmadhikara*.

• **In Bhaisajyaratanaivali (18th century A.D.)**

विजयादि वटी

विजयाकन्यासारौ मूलं रक्तोत्पलोद्भवम् ।

अपामार्गोद्भवं तद्वत् समं सर्वं तु वारिणा ॥

संमर्धं रक्तियुगलोन्मिताः कुर्याद्वटी शुभाः ।

सेवनाद्विलयं यान्ति सत्वरं कटिजा रुजः ॥

जरायुषूलं बाधा च कृच्छ्रा कृच्छ्ररजः स्त्रुतिः ।

विजयादि वटी ह्योषा महादेवेन भाषिता ॥ (Bhaisajyaratanaivali/Yanivyapadachikitsa/67/65-67)

Kanyasara (Musabbar) has been mentioned as the component of *VijyadiVati* which is useful in *Kricharaja satruti* (Dysmenorrhoea).

रजःप्रवर्तिनी वटी

टङ्कणं हिङ्गुकासीसं कन्यासारं समाषकम् ।

कुमारीस्वरसेनैव चणकप्रमिता वटी ।

रजोरोधं कष्टरजो वेदनाश्च तदुद्भवाः ।

रजःप्रवर्तिनी नाम वटी तूर्णं विनाषयेत् ॥ (

(Bhaisajyaratanaivali/Yanivyapadachikitsa/67/57-58)

Kanyasara and *Kumari Swarasa* both have been mentioned as the components of *Rajahpravartini Vati* which is indicated for amenorrhoea and dysmenorrhoea.

कुमारिका वटी

कुमारिका सारमथोऽहिफेनकं ।

मक्कल्लपूलं

च

जरायुषूलंयौनेश्च

शूलं

च

रुजः

समस्ताः ॥ (Bhaisajyaratanaivali/Yanivyapadachikitsa/67/63-64)

Kumari is the main ingredient of *Kumarika Vati* which is useful in all type of pains.

• **In Shaligrama Nighantu Bhushana (1896 A.D.)**

घृतकुमारिकानामानि:—

सहाघृतकुमारी च कुमारीदीर्घपत्रिका ।

अफलासुरसा कन्या मृदुघृतकुमारिका ॥

(*Shaligrama* *Nighantu/*

GuduchyadiVaraga)

LalaShaligramvaisya has mentioned *GhrithaKumari* in *GuduchyadiVaraga* with its synonyms as *Kumari*, *Dirghpatrika*, *Aphala*, *Sursa*, *Kanya*, *Mrdughritakumari*.

अस्यदण्डादिगुणा:—

तन्मध्यदण्डोमधुरः कुमारीसदृशो गुणैः । विशेषात्कृमिपित्त

वातपित्तकृमीष्वैवनाषयेदितिकीर्तितम् ।

He has mentioned the properties of Kumari stem which are same as its patra but specifically it is krimihara and pittaghana and its flowers are *Guru*, *Vatapitta hara* and *Krimighana*.

एलीयकनामानि:— एलीयकः कृष्णबोलः कुमारीसारतोद्ववः ॥
(*Shaligrama* *Nighantu/*

GuduchyadiVaraga)

Eliyaka and *Krishnabola* have been mentioned as synonyms of *Kumarisara*.

• **In Ayurveda Vigyanam (19th century A.D.)**

वीरास्त्रावः सहासारः कुमारीरससम्भवः । सहासारोऽग्निजननः पित्तनिर्हरणो मतः ॥
बलकृद्रेचनः पुष्पजननो गर्भपातनः । विदसद्गो कृमिरोगे च सन्यासेऽपस्मृतौ तथा ॥
लुप्ते रजसि नारीणां शीतपित्ते शिरोरुजि । ज्वरे श्लेष्मोद्भवे प्लीहि-मन्देऽनौ च प्रयुज्यते ॥
अर्षसस्तं न सेवते नान्तर्वत्नी न पुष्पिणी । न चासृग्दरिणी नापि यक्द्वृक्कादिरोगवान् ॥

In *Ayurveda VijnanaVirasrava*, *Sahasara*, *Kumarirassambhava* have been mentioned as the synonyms of *Musabbar*. Its properties

are *Agnijanana* (digestive), *Pittanirharana*, *Balakara* (strength promoter), *Rechana* (laxative), *Pushpajanana*, *Garbhpatana* (abortifacient). It has been indicated in constipation, *Krimiroga*, anxiety, epilepsy, amenorrhea, urticaria, headache, fever, spleen diseases and *Mandaagni*.

In Siddhabhesjanimala (1905 – 1954 A.D.)

मधुकववाथसहिते कुमारीस्वरसे शृतम् ।

घृतं स्मृतमपस्मारे हृदुत्फाले सषर्करम् ॥

(*Siddhabhesjanimala/* *Apasamar* *Chikitsa*)

Krishna Rama Bhatta has advocated using *Kumari Swarasa* in epilepsy and palpitation of heart along with *Madhuka Kwatha* in *Apasamar Chikitsa Adhayaya*.

• **In Priya Nighantu (20th century A.D.)**

कुमारी गृहकन्या स्यात्तथा घृतकुमारिका ।

कुमारी मधुरा तिक्ता सरा शीता रसायनी ॥154 ॥

गुल्मप्लीहयकृद्वृद्धिरजोरोधान् विनाषयेत् ।

अन्ये च रोगा नश्यन्ति कुमार्यासवसेवनात् ॥155 ॥

(*Priya Nighantu/* *Shatapuspadi Varga*)

Acharya Priyavrata has written the *Kumari* under *Shatapuspadi Varga*. He is of the opinion that *Kumari* possesses *Madhura* (sweet) and *Tikta* (bitter) *Rasa* (taste), *SheetaVirya* and *Rasayana Karma*. It

reduces *Gulma*, *Plihavidhi*, *Yakritavidhi* and *Rajorodha*.

NIRUKTI OF KUMARI:

कुमारीव । यद्वा - कुमारयति कुमार क्रीडायाम् (सु०उ०से०) अच् (३/१/१३४) गौरादिः (४/१/४१) वयसि प्रथमे । (४/१/१२०) इति ङीप् । - (अमरकोष)²²

Due to the properties of drug young girls becomes healthy enough to play like boys of the same age.

INTERPRETATION OF SYNONYMS:

Knowledge of synonyms mentioned by different *Acharayas* is important as it helps us to understand the morphological characters, properties and therapeutic actions of the drug.

1) **Kumari:** सं - स्त्री - बाला - बालिका कन्या द्वादशवर्षा कन्या सहा घृतकुमारी ।
(हिन्दी संस्कृत कोष)²³
सम्प्राप्ते द्वादशे वर्षे, कुमारीत्वभिधीयते । सहा घृतकुमारी इति ख्याता ।।
(शब्दकल्पद्रुम)

Kumari means a virgin up to sixteen years.

(Sir Monier, Monier Williams)²⁴

Kumari is a holy plant like virgin of twelve years as it gives benefit to the females to make them healthy like virgins.

2) **Kanya:** तस्मात् कन्येह सुश्रोणि ! स्वतन्त्रा वरवर्णिनि । (महाभारते वनपर्वणि, शब्दकल्पद्रुम)²⁵

Kanya means young beautiful colored virgin with good pelvis. This plant has the property of providing good skin complexion and healthy reproductive system to females.

3) **Saha:** सहेति ।। आतपं सहते । षड् मर्षणो (म्बा०आ०से०) । अच् (३/१/१३४) टाप् (४/१/४१) । - (अमरकोष)

It can survive in hot temperature; as it grows in hot temperature region.

4) Ghrita Kumari: It means virgin in delicacy like *Ghrita* which liquefies in heat, its leaf pulp liquefies spontaneously.

5) Ghruh Kanya: A sweet daughter in house, it blooms due to its *Rasayana* properties.

6) Dirghapatrika: Since the leaves of the plant are long.

7) Bahupatri: Since the leaves are many in number.

8) Sthuldala: The leaves of plant are large, thick and bulky

9) Rasayani: The plant exhibits rejuvenative properties.

10) Mandala: The leaves are arranged in circular/rosette fashion.

11) Mata: The plant has many properties due to which it imparts care like mother.

12) Falamatsya: The fruit's shape resembles fish.

13) Aakshiki Rasa: The pulp of leaves is beneficial in curing eye diseases.

14) Taruni: The plant appears always young; in the same way it gives young look to user.

15) Panktikandadala: The roots and leaves of plant are in bunch.

16) Pichhasanvruta: The pulp is slimy and slippery.

- 17) Sthalaruha:** The plant generally grows in dry land.
- 18) Dwajabhamadhyadanda:** The flag of flowering arises from middle scape.
- 19) KantakaPravruta:** The thorns are prominent on margins of leaves.
- 20) Sukantaka:** The thorns are beautiful and blunt.
- 21) Vyaghracharna:** The thorns on leaves appear like foot of Tiger.
- 22) Vipulasrava:** The leaves contain abundant juice.
- 23) Ambudisrava:** Water is present in the juice.
- 24) Mrudu:** The drug is mild acting.
- 25) Bala:** It appears like young girl.
- 26) Bhringni:** It strengthens the muscles.
- 27) Vilayika:** Due to liquefaction of pulp.
- 28) Sara:** Due to its laxative property.
- 29) Vistari:** It spreads widely.
- 30) Vishala:** It spreads in large area.
- 31) Amara:** It never dies.
- 32) Ajara:** It never fails in treatment of diseases.

33) Tikta: Due to its *Tikta rasa*.

34) Spicchilla: Due to its *Pichilla guna*.

35) Pruthu: Roots spread in circular pattern.

Classification of Synonyms:

1. According to External morphology of plant-

General appearance: *Mandala, Panktikandadala, Vistari, Vishala, Dwajabhamadhyadanda.*

Leaves: *Dirghapatrika, Bahupatri, Sthuldala, Vyaghracharna.*

Thorns: *Kantakapravruta, Sukantaka.*

Fruit: *Falamatsya.*

Root: *Pruthu, Vadhakandini.*

Sarava: *Vipulasrava, Ambudisrava, Pichhasanvruta, Vilayika.*

2) According to Properties –

Rasa: *Tikta, Madhura.*

Guna: *Spichilla.*

Virya: *Mrudu.*

Karma: *Sara, Bhrmgni, Bala, Aakshikirasa, Rasayani.*

3) According to Upama –

Kumari, Kanya, Saha, Ghrita Kumari, Ghruh Kanya, Mata, Taruni, Ajara, Amara.

Vernacular Names:

Vernacular names are spoken in different provinces by common people who are mentioned here under:-

Kumari:

Sanskrit	-	<i>Kumari, Ghritakumari</i>
Hindi	-	<i>Gheekunvar, Gvarpatha, Ghikumari</i>
English	-	Indian aloe, Barbodos aloe
Latin	-	<i>Aloe barbadensis</i>
Miller (Syn. <i>Aloe Vera</i> Tourn .ex Linn)		
Tamil	-	Kattazai, Sirukattazhai
Kannada	-	Kattihaligida, Lolesara, Kumari
Telgu	-	Kalabanda, Chinnakata

Malayalam	-	Kattuvala, Ghrita Kumari
Marathi	-	Korafota, Pivalaboel
Bangla	-	Grutakumari
Gujarti	-	Kunwar, Kunvar patha
Uriya	-	Ghritakumari
Urdu	-	Ghiqwara
Kachha	-	Lepari
Farsi	-	Darakhajesebra
Arbi	-	Sebra
Chinese	-	Lu Hui
Dutch	-	Aloe
French	-	Aloes
Greek	-	Aloi
Italian	-	Aloe
Persian	-	Darakhesinin
Portugues	-	Aloe, Aloes

Table-1 Classification of *Kumari* as per Ayurvedic Texts

Sr.No.	Name of the texts	Name of Varga/Class
1.	Amarkosha	Vana Aushadhi Varga
2.	Madhava Dravya Guna	Vividha Aushadhi Varaga
3.	Madanpala Nighantu	Abhayadi Varaga
4.	Kaideva Nighantu	Aushadhi Varaga
5.	Bhavaprakasha Nighantu	Guduchyadi Varaga
6.	Arka Prakasha	Netrya Gana
7.	Raja Nighantu	Prapatadi Varaga
8.	Shaligrama Nighantu Bhusana	Guduchyadi Varaga
9.	Priya Nighantu	Shatapushpadi Varaga

Table-2 Synonyms of *Kumari*

Different *Ayurvedic* texts have been mentioned *Kumari* with its various synonyms as:

SYNONYMS	A.K.	A.N	A.P.	A.S.	BP.N.	K.N.	P.N.	R.N.	Si.N	So.N	Sh.N
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<i>Akshikirasa</i>	-	-	-	-	-	+	-	-	-	-	-
<i>Ajara</i>	-	-	-	-	-	-	-	+	-	-	-
<i>Amara</i>	-	-	-	-	-	-	-	+	-	-	-
<i>Ambudhisarava</i>	-	-	-	-	-	-	-	+	-	-	-
<i>Aphala</i>	-	-	-	-	-	-	-	-	-	-	+
<i>Bahupatra</i>	-	-	-	-	-	-	-	+	-	-	-
<i>Bala</i>	-	-	-	-	-	-	-	-	+	-	-
<i>Bhrngeshta</i>	-	-	-	-	-	-	-	+	-	-	-
<i>Bhringani</i>	-	-	-	-	-	-	-	+	-	-	-
<i>Dirghpatri</i>	-	-	-	-	-	-	-	-	-	+	-
<i>Dirghpatrika</i>	-	-	-	-	-	-	-	+	-	-	+
<i>Dwajabhamadhyadanda</i>	-	-	-	-	-	-	-	-	+	-	-
<i>Falamatasaya</i>	-	-	-	-	-	+	-	-	-	-	-
<i>Garalasthi</i>	-	-	-	-	-	-	-	-	-	+	-
<i>Gruhkanaya</i>	-	-	-	+	+	+	+	+	-	-	-
<i>Girikanaya</i>	-	-	+	-	-	-	-	-	-	-	-
<i>Ghrita Kumari</i>	-	-	-	-	+	+	+	-	-	-	+
<i>Kantakapravrut</i>	-	-	-	-	-	-	-	+	-	-	-
<i>Kapila</i>	-	-	-	-	-	-	-	+	-	-	-
<i>Kanya</i>	-	+	-	-	+	+	-	-	-	-	+
<i>Kumari</i>	+	+	+	+	+	+	+	+	-	-	+
<i>Mandala</i>	-	-	-	+	-	+	-	-	-	-	-
<i>Mata</i>	-	-	-	+	-	+	-	-	-	-	-
<i>Mrudu</i>	-	-	-	-	-	-	-	+	-	-	+
<i>Panktikandadala</i>	-	-	-	-	-	-	-	-	+	-	-
<i>Picchasamvrita</i>	-	-	-	-	-	-	-	-	+	-	-
<i>Pruthu</i>	-	-	-	-	-	-	-	-	+	-	-
<i>Saha</i>	+	-	-	-	-	-	-	-	-	-	+
<i>Sara</i>	-	-	-	-	-	-	-	-	-	+	-
<i>Sthalruha</i>	-	-	-	-	-	-	-	+	-	-	-
<i>Sthuldala</i>	-	+	-	-	-	-	-	+	-	-	-
<i>Spichilla</i>	-	-	-	+	-	-	-	-	-	-	-
<i>Sukantaka</i>	-	-	-	-	-	-	-	+	-	-	-
<i>Surasa</i>	-	-	-	-	-	-	-	-	-	-	+
<i>Taruni</i>	+	-	-	-	-	-	-	+	-	-	-
<i>Vadhahkantikini</i>	-	-	-	-	-	-	-	-	+	-	-
<i>Vilayika</i>	-	-	-	-	-	-	-	-	-	+	-
<i>Vipulsrava</i>	-	-	-	-	-	-	-	+	-	-	-
<i>Vistari</i>	-	-	-	-	-	-	-	-	+	-	-
<i>Vishala</i>	-	-	-	-	-	-	-	-	+	-	-
<i>Vyaghracharna</i>	-	+	-	-	-	-	-	-	-	-	-

A.K.- Ananada kanda, A.N.- Ashtanga Nighantu, A.K.- Arkaprakash, A.S.- Ayurveda Saukhyam, BP.N.- Bhavaprakash Nighantu, K.N.-Kaidev Nighantu, P.N.- Priya Nighantu, Si.N.- Sidhsara Nighantu, Sh.N. Shaligrama Nighantu, So.N.- Sodal Nighantu, + *present*, - *not present*

Table-3 Contraindications of Musabbar

Arsha	Pushpini	Asrigdara	Yakrit roga	Antvartini	Vrikka roga
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Table-4 Raspanchaka of Kumari

Rasa	Guna	Virya	Vipaka
Tikta	Guru	Sheeta	Katu
Madhura	Snigdha Pichilla		

Table-5 Rasa

Rasa	So.N.	K.N.	B.P.N.	R.N.	P.N.
Tikta	+	+	+	+	+
Madhura	-	+	+	-	+

So.N.- Sodal Nighantu, K.N.- Kaidev Nighantu, B.P.N.- Bhavaprakasha Nighantu, P.N.- Priya Nighantu, + present, - not present

Table-6 Guna

Guna	So.N.	K.N.	B.P.N.	A.S.	P.N.
Snigdha	-	-	-	-	+
Picchila	+	-	+	+	+
Guru	-	+(flower)	-	-	+

So.N.- Sodal Nighantu, K.N.- Kaidev Nighantu, B.P.N.- Bhavaprakasha Nighantu, A.S.- Ashtanga Sangraha, P.N.- Priya Nighantu, + present, - not present

Table-7 Virya

Virya	So. N.	M.D.	Mp. N.	K.N.	B.P.N.	R.N.	P.N.
Ushna	-	-	-	-	-	-	-
Sheeta	+	+	+	+	+	+	+

So.N.- Sodal Nighantu, K.N.- Kaidev Nighantu, B.P.N.- Bhavaprakasha Nighantu, P.N.- Priya Nighantu, M.D.- Madhava Dravyaguna, Mp.N.- Madanapala Nighantu, + present, - not present

Table-8 Doshakarma

Dosha	Mp. N.	K.N.	B.P.N.	A.S.	R. N.	P.N.
Vatahara	-	+	+	-	-	+
		+(flower)				
Pittahara	+	+	+	+	+	-
		+(flower)				
Kaphahara	-	+	+	+	+	+

K.N.- Kaidev Nighantu, B.P.N.- Bhavaprakasha Nighantu, P.N.- Priya Nighantu, Mp.N.- Madanapala Nighantu, R.N.- Raja nighantu, + present, - not present

Table-9 Karmukta/ Therapeutic indications of Kumari

Karam	Bh. S	So. N/ G.N	M. D.	R.R. S	Sh. S	V. M	K. N.	B.P. N	A. P.	A. S.	R. N.	S.B. M.	P. N.
Apasmara	-	-	-	-	-	-	-	-	-	-	-	+	-
Agnidagdha	-	-	-	-	-	-	+	+	+	+	-	-	-
Apachi	-	-	-	-	+	-	-	-	-	-	-	-	-
Bhedna	-	-	-	-	-	-	+	-	-	+	-	-	-
Balya	-	-	-	-	-	-	+	+	-	-	-	-	-
Bruhana	-	-	-	-	-	-	-	+	-	-	-	-	-
Chakshusya	-	-	-	-	-	-	+	+	+	-	-	-	-
Daha	-	-	-	-	+	-	-	-	-	-	-	-	-
Gulma	-	+	-	-	-	-	+	+	-	-	-	-	+
Granthi	-	-	-	-	-	-	+	+	+	-	-	-	-
Hriduphala	-	-	-	-	-	-	-	-	-	-	-	+	-
Jwara	-	-	+	-	-	-	+	+	-	+	-	-	-

<i>Kamala</i>	-	+	-	-	-	-	-	-	-	-	-	-	-
<i>Krimihara</i>	-	-	-	-	-	-	+	-	-	-	-	-	-
<i>Kasa</i>	-	-	-	-	-	-	-	-	-	-	+	-	-
<i>Kushtha</i>	-	-	-	-	-	-	-	-	-	-	+	-	-
<i>Mootrakricha</i>	-	-	-	-	-	+	-	-	-	-	-	-	-
<i>Paka</i>	-	-	-	+	-	-	-	-	-	-	-	-	-
<i>Palihavridhihara</i>	-	-	+	-	+	-	+	+	-	+	-	-	+
<i>Raktapittahara</i>	-	-	-	-	-	-	+	+	-	+	-	-	-
<i>Rasayana</i>	-	-	-	-	-	-	+	+	-	-	+	-	+
<i>Rajorodha</i>	-	-	-	-	-	-	-	-	-	-	-	-	+
<i>Satanashool</i>	-	+	-	-	-	-	-	-	-	-	-	-	-
<i>Samriti</i>	-	-	-	-	-	-	-	-	-	-	-	+	-
<i>Shavasa</i>	-	-	-	-	-	-	-	-	-	-	+	-	-
<i>Shool</i>	-	-	-	-	-	-	-	-	+	-	-	-	-
<i>Twakaroga</i>	-	-	-	-	-	-	+	+	-	+	-	-	-
<i>Vatavyadhi</i>	+	-	-	-	-	-	+	+	-	-	-	-	-
<i>Visha</i>	-	-	-	-	-	-	+	+	+	-	+	-	-
<i>Visphota</i>	-	-	-	-	-	-	+	+	+	+	-	-	-
<i>Vidradhi</i>	-	-	-	-	-	+	-	-	-	-	-	-	-
<i>Vrana</i>	-	-	-	-	-	-	-	-	+	-	-	-	-
<i>Vrishya</i>	-	-	-	-	-	-	+	-	-	-	-	-	-

Bh.S.- Bhel Sahmita, So.N.- Sodal Nighantu, G.N.- Gada nighraha, M.D.- Madhava Dravya guna, V.M.- Vaidya Manorma, K.N.- kaideva Nighantu, B.P.N.- Bhavaprakasha nighantu, A.P.- Arkaprakasha, A.S.- Ashtanga Sangraha, R.N.- Raja nighantu, S.B.M.- Sidhbheshaja Mandimala, P.N.- Priya Nighantu
+ present, - not present.

Table-10 Raspanchaka of Musabbar:

<i>Rasa</i>	<i>Guna</i>	<i>Virya</i>	<i>Vipaka</i>	<i>Doshkarma</i>
<i>Katu</i>	<i>Laghu</i>	<i>Ushna</i>	<i>Katu</i>	<i>Pittanirharana</i>
	<i>Ruksha</i>			<i>Shleshamudbhava</i>
	<i>Teekshna</i>			

Table-11 Karma of Musabbar

<i>Bhedna</i>	<i>Vittasanga</i>	<i>Sheetpitta</i>
<i>Rajapravartaka</i>	<i>Krimiropa</i>	<i>Shiroruja</i>
<i>Jwaranut</i>	<i>Sanyasa</i>	<i>Pleeharoga</i>
<i>Agnijanan</i>	<i>Apasmara</i>	<i>Manadagni</i>
<i>Garabhpatan</i>	<i>Pushpajanana</i>	<i>Rakjakricha</i>

Table 12 Formulations of Kumari-

Sr.No.	Formulation	References
1.	Rasana Tail	Bhel Sahmita
2.	Kumaryasava	<ul style="list-style-type: none"> • Gadanigraha • Sharangdhara Sahmita

		• Yogratnakara
3.	Rajahpravartini Vati	Bhaishajyaratnavali

Table-13 Formulations of Musabbar-

Sr. No.	Formulation	References
1.	Rajahpravartini Vati	Bhaishajyaratnavali
2.	Vijyadi Vati	Bhaishajyaratnavali
3.	Kumarika Vati	Bhaishajyaratnavali

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