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Review on *Dhanvantari Nighantu*

Author: Rituraj Prajapati¹

Co Authors: Om Prakash Sharma², Naresh kumar Garg³, Nikita Panwar⁴, and Monika⁵

¹⁻⁵Department of Dravyaguna, Sriganganagar College of Ayurvedic Sciences and Hospital, S.G.N.R. , Rajasthan, India

ABSTRACT

The word Nighantu in Ayurveda implies the group of drugs, synonyms, properties and their description of part used. Ayurveda treatment possesses herbal, mineral, animal origin products which mainly take part in the treatment of various health ailments. **Dhanvantari Nighantu** is one of them and is oldest Ayurvedic materia medica placed between 8th - 10th AD. The original name of this lexicon is Drvayavali Samucchaya. This book contains seven Vargas namely; Guduchadi Varga, Shatapushpadi Varga, Chandanadi Varga, Karaviradi Varga, Amradi Varga, Suvarnadi Varga, and Mishrakadi Varga, and the total numbers of drugs are 527. The drugs are classified in this book are on the basis of Rasa, Guna, Virya, Vipaka etc. The Nighantu starts with salutation to Lord Dhanvantari, then the author go on narrating the synonyms and properties of the drugs. The peculiar of this Nighantu is the Varga starts with the name of the first drug e.g, Guduchi as Guduchadi Varga. And the Vargas of the medicinal plant are explained systematically first with synonyms and then properties. Also Dadima and Kadali are not mentioned under Phala Varga but in Shatapushpadi Varga and Karaveeradi Varga respectively. The present literary study reveals the critical analysis of the text and the drugs, their properties. Further scope of study is remove the controversy of the date, plants on the basic of literature survey, gathering information by the local people, proper inspection with the microscopes, Sparsha (by touching) and compare with modern flora and fauna with taxonomical parameters.

Key Words *Ayurveda, Dhanvantari nighantu, Vargas, Dravyavali, Paryaya, Rogagnata, Pharmacovigilance*

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INTRODUCTION

The word Nighantu¹ means the group of drugs, synonyms, properties and their description of part used. The Dhanvantari Nighantu is most popular and oldest Nighantu among the History of Ayurveda. Dhanvantari Nighantu is one of them, Ayurvedic materia medica placed between 8th - 10th AD.

Acharya Hemadri while commenting Astanga hridaya mentioned this Nighantu in the name of Dravyavali². The Dravyavali contains only the synonyms of the drugs; later on the properties of the drugs were added. Therefore the Dhanvantari Nighantu is the compiled book. The author of this book is still under mystery, but it is claimed that Mahendra Bhogika, son of Krishna Bhogika of

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Sthaneshwara now a days called as Thanehad claimed the author of this book.³ This Ayurvedic materia medicaplaced between 8th -10th AD. The original name of this lexicon is Drvayavali Samucchaya. This book contains total seven Vargas namely; Guduchadi Varga, Shatapushpadi Varga, Chandanadi Varga, Karaviradi Varga, Amradi Varga, Suvarnadi Varga, and Mishrakadi Varga. And the total number of drugs is 527. The drugs are classified in this book are on the basis of Rasa, Guna, Virya, Vipaka etc.

1. **Atha Ganadra vyavali**⁵ In this chapter the author enumerated various Ganas viz; which is a short introduction of various group of drugs like Guduchadi varga-Vatahara Gana, Pittahara Gana, Kapha hara Gana, Sannipatahara Gana, Madhura Gana, Raktavatahara Gana, Vamana Gana, Virechana Gana, Shirovirechana Gana, Asthapana Gana, Shatapushpadi varga, Chandanadi varga, Karaviradi varga, Amradi varga, suvarnadi varga and Mishrakadi varga.

2. **Guduchadi Prathama Varga** -- In this group there are 128 drugs has been explained along with their synonyms. Ativisha(*Aconitum heterophyllum* Wall), Murva (*Marsdenia tenacissima* W&A), Morata(*Maerua arenaria* Hook)-It is and variety of Murva, Manjistha(*Rubia cordifolia* Linn), Dhanvayasa(*Fagonia Arabica* Linn), Yasa (*Alhagi pseudalhagi* Desv)- It is a variety of Dhanvayasa, Vasaka(*Adhatoda vasica* Nees), Khadira(*Acacia catechu* Willd), Somavalka(*Acasia suma* Kurz)-It is one ariety ofKhadira. Nimba(*Azadirachta indica* A. Juss),

Mahanimba(*Melia azadarach* Linn), Kiratatikta(*Swertia chirata* Buch-ham), Katuka(*Picrorhiza kurroa* Royle ex Benth), Mustha(*Cyperus rotundus* Linn, *Cyperous scariosus* R. Br), Jalamustha-It is variety of Mustha. Parpata(*Fumaria indica* Pugsley), Balakam(*Coleus vettiveroides* K. C. Jacob), Patola(*Trichosanthes dioica* Roxb), Swadu patra phala-It is Patola variety. Haridra(*Curcuma longa* Linn), Daru haridra(*Berberis aristata* DC), Shati(*Hedychium spicatum* Buch Ham), Gandhapalashi-It is a variety of Shati. Pushakara moola(*Inula racemoa* Hook), Bharangi(*Clerodendrum serratum* Spreng), Patha(*Cissampelos pareira* Linn), Shwasari-It is variety of Patha, Katphala(*Myrica nagi* Thunb), Devadaru(*Cedrus deodara* Linn).

3. **Shatapushpadi Dwitiya Varga** -- In this group 54 drugs have been mentioned. Shatapushpa(*Peucedanum graveolens* Linn), Shatapushpa(*Peucedanum graveolens* Linn), Mishreya(*Foeniculum vulgare* Mill), Vacha(*Acorus calamus* Linn), Hapusha(*Juniperus communis* Linn), Vidanga(*Embelia ribes* Burm), Kutaja(*Holarrheana antidysenterica* Wall), Indrayava, Yavakshara, Swarjikshara, Tankana kshara, Saindhava, Vida lavana, Sauvarchala, Audhbhida lavana, Samudra lavana, Hingu(*Ferula foetida* Regel), Hingu patri, Nadi hingu(*Gardenia gummifera* Linn), Tumburu(*Zanthoxylum alatum* Roxb), Sukshma ela(*Elettaria cardamomum* Maton), Bhadra ela(*Amomum subulatum* Roxb),

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Nagakeshara(*Mesua ferrea* Linn), Twak(*Cinnamomum cassia* Blume), Tamala patra(*Cinnamomum tamala* Nees & Eberm). Talisa patra(*Abies webbiana* Lindl), Vamsha lochana, Palasha gandha, Upakunchi(*Nigella sativa* Linn), Dadima(*Punica granatum* Linn), Dhanyaka (*Coriandrum sativum* Linn), Jeeraka, Shukla jeeraka(*Cuminum cyminum* Linn), Krishna jeeraka, Bruhatpali-AreJeeraka vishesha, Pippali(*Piper longum* Linn), Pippali Root of moola-*Piper longum.*, Chavika(*Piper chaba* Hunter), Gajapippali –It is the fruit of *Chavya*. Chitraka(*Plumbago zeylanica* Linn), Shunthi(*Zingiber officinale* Roscoe), Ardraka, Maricha(*Piper nigrum* Linn), Shetamaricha-The fruit of *Shigru* beeja. Yavani(*Trachospermum ammi* Linn), Chauhara(*Artemisia maritime* Linn), Yavani(*Hyoscyamus niger* Linn), Vrukshamla(*Garcinia indica*), Amlavetasa(*Garcinia prdunculata* Roxb), Ajamoda(*Trachospermum roxburghianum* DC), Ajagandha, Kapittha(*Feronia elephantum* Correa), Sharakara, Madhu sharakara-Yavasa sharakara are Sharakara vishesha.

4. **Chandanadi Tritiya Varga** -- In this group 79 drugs have been enumerated. Chandana(*Santalum album* Linn), Rakta Chandan(*Pterocarpus santalinus* Linn), Kuchandana(*Caesalpina sappan* Linn), Kaliyakam(Yellow variety of Chandan), Barbarikam-a variety of Chandan. Kumkuma(*Crocus sativus* Linn), Ushira(*Vetiveria zizaniodes* Linn), Priyangu(*Callicarpa macrophylla* Vahl),

Tooni(*Cedrela toona* Roxb), Goroohana(Bezoar), Turushka(*Liquidamber orientalis* Miller), Agaru(*Aquilaria agallocha* Roxb), Kaleyaka-AnAgaru vishesha. Kasturi(*Moschus moschiferus* Linn), Karpura(*Cinnamomum camphora* Nees & Eberm), Jatipatri(*Myristica fragrans* Houtt)-The red outer covering of the Jatiphala is known as Jatipatri. Jatipahala(*Myristica fragrans* Houtt), Kankolaka(*Piper cubeba* Linn), Pooga(*Areca catechu* Linn), Lavanga(*Syzygium aromaticum* Linn), Nalika, Mansi(*Nordostachys jatamansi* DC), Gandha mansi(*Selinum tenuifolium* Wall), Kustha(*Saussurea lappa* C.B. Clark), Renuka, Tagara(*Valeriana wallichii* DC).

5. **Karaviradi Chaturth Varga** -- In this group 75 drugs are mentioned. Karaveera(*Nerium indicum* Mill), Karaveera(*Nerium indicum* Mill), Chakramarda(*Cassia tora* Linn), Dhattura(*Datura starmonium* Linn), Langali(*Gloriosa superba* Linn), Bhringaraj(*Eclipta alba* Hassk), Arka(*Calotropis procera* R. Br), Rajarka(*Calotropis gigantia* Linn), Buka(*Osmanthus fragrans* Lour), Kakamachi(*Solanum nigrum* Linn), Kakajangha, Kakanasa, Kakadani, Chudamani, Shweta kambhoji– a Kakamachi variety, Moolaka(*Raphanus sativus* Linn), Chanakyamulaka, Grinjana- are variety of Moolaka, Shigru(*Moringa pterygosperma* Gaertn), Sarshapa(*Brassica campestris* Prain), Rajakshavaka-a variety of sarshapa, Bhustruna(*Hyptis suaveolens* Poit),

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Surasa(*Ocimum sanctum* Linn), Jambheera, Kutheraka, Shaluka, Sumukha, Asuri(*Brassica juncea* Linn), Kandira(*Ranunculus scleratus* Linn), Jala pippali(*Lippia nodiflora* Mich),

6. **Amradi Panchama Varga** - In this group 74 drugs have been enumerated. Amra(*Mangifera indica* Linn), Amra(*Mangifera indica* Linn), Kshudramra(*Schleichera trijuga* Willd), Rajamra- An Amra vishesha, Amrataka(*Spondias mangifera* Willd), Jambheera(*Citrus limon* Linn), Madhu jambheera- A Jambheera vishesha, Naranga(*Citrus reticulata* Blanco), Beejapura(*Citrus medica* Linn), Madhu-karkati(*Citrus decumana* Linn), Amlika(*Tamarindus indica* Linn), Kshudramlika- An Amlika vishesha, Aruka(*Prunus persica* Batsch), Bhavya(*Dillenia indica* Linn), Tinduka(*Diospyros embryopteris* Pers), Vikantaka(*Flacourtia ramontchii* Herit), Madhuka(*Bassia latifolia* Roxb), Jalaja- A Madhuka vishesha, Peelu(*Salvadora persica* Linn), Kharjuri(*Phoenix sylvestris* Roxb), Pinda Kharjura(*Phoenix dactylifera* Linn), Draksha(*Vitis vinifera* Linn), Uttarapathika- A Draksha vishesha, Akshodaka(*Juglans regia* Linn), Parushaka(*Grewia asiatica* Linn), Tooda(*Morus indica* Griff), Palevata, Taala

7. **Suvarnadi Shashtha Varga** - In this group various sub-groups have been mentioned

- **Dhatu Varga** – Which contains metals viz; Suvarn(Gold), Raupya(Silver), Tamra(Copper), Trapu(Tin), Reetika(Brass), Seesaka(Lead), Kansya(Bell metal), Loha(Iron), Varta loha, Lohocchistha-A Loha vishesha,

Parada(Mercury), Hingula-Parada choorna vishesha.

- **Ratna Varga** - Which contains precious stones Viz; Vaikranta(Tourmaline), Garutmata(Emerald), Hiraka(Diamond), Rajavarta-A Variety of Diamond, Mauktika(Pearl), Pravala(Coral).

- **Dhanya** – Which contains grains- Shali(*Oryza sativa* Linn), Vrihi, Yava(*Hordeum vulgare* Linn), Mudga(*Phaseolus aureus* Roxb), Rajamasha(*Vigna catiang* Walp), Kodrava(*Paspalum scrobiculatum* Linn), Neevara(*Hygroryza aristata* Nees), Shyamaka(*Echinochloa frumentacea* Linn), Priyangu(*Setaria italica* Linn), Makustha(*Phaseolus aconitifolius* Jac), Adhaki(*Cajanus indicus* Spreng), Masura(*Ervum lens* Linn), Godhuma(*Triticum sativum* Linn), Dhanyamasha(*Phaseolus mungo* Linn), Chanaka(*Cicer arietinum* Linn), Kalaya(*Pisum sativum* Linn), Kulattha(*Dolichos biflorus* Linn), Joorna- a Dhanya vishesha, Karata(*Lathyrus sativus* Linn), Nishpava(*Dolichos lablab* Linn), Methika(*Trigonella foenum-graecum* Linn), Vanamethika- A variety of Methika. Atasi(*Linum usitatissimum* Linn), Kusumbha(*Carthamus tinctorius* Linn), Khastila(*Papaver somniferum* Linn), Aphuka- An exudate of the Khastila, Tila(*Sesamum indicum* Linn).

- **Drava-Dravya** – In this group various liquids are explained. Viz; Taila-Tila taila, Atasi taila, Sarshapa taila, Eranda taila, Kusumbha

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taila, Koshamra taila, Atmagupta taila, Nimba taila, Aksha taila. Ghrita-Goghrita, Mahisha ghrita, Aja ghrita, Avika ghrita, Ushtri ghrita, Ashwa ghrita, Gardabhi ghrita, Hasthina ghrita, Stree ghrita, Purana ghrita. Dugdha-Godugdha, Ajapaya, Aurabhra paya, Mahishi paya, Usthi paya, Ashwa paya, Gardabhi paya, Manushi paya, Hasthina paya, Dadhi-Mathita, Godadhi, Ajadadhi, Aurabhradadhi, Mahishi dadhi, Ushtri dadhi, Ashwa dadhi, Gardabhi dadhi, Hasthina dadhi, Stree dadhi, Ritu vishesha dadhi guna. Takra-Takra bheda, Takra samanya guna, Pakwa-Apakwa Takra guna, Takra nishedha, Takra sevana, Dosha-vishesha takra guna, Takra kurchika, Mnda, Kilata, Morata, Navaneta. Madhu-Madhu samanya guna, Bhramara guna, Kshaudra madhu, Makshika madhu, Madhvi sita. Madya-Shukta, Kanjika, Sauvira-Tushodaka, Sura, Madya guna, Yava sura-Madhulika, Akshiki sura, Sidhubheda, Madhuka sidhu, Rasasava, Kohala, Bakkasa, Mardvika, Kharjura, Gauda sidhi-Sharkara sidhu, Madhwasava, Surasava, Maireya, Akshiki sidhu, Jambava sidhu, Arishta, Nava-jeerna madya guna, Varjya madya. Jala-Jala guna, Nadeya jala, Sarasa jala, Tadaga jala, Vaapi jala, Chundi jala, Prasavana jala, Audbhida jala, Kedara jala, Palvala jala, Saudra jala, Himalaya jala, Surya and Chndra sansrushtha jala, Anupa jala, Jangala and Sadharana jala guna, Kwathitha jala guna, Varjya jala, Pancha vidha bhauma jala, Narikela jala.

8. **Mishrakadi Saptama Varga –**

1. Triphala (Haritaki, Vibhitaki, Amalaki)

2. Swadu Triphala (Draksha, Kharjura, Gambhari)
3. Sugandha, Triphala (Jatiphala, Ela, Lavanga)
4. Trikatu (Maricha, Pippali, Shunthi)
5. Trikarshika (Shunthi, Ativisha, Mustha)
6. Chaturbhadra (Shunthi, Ativisha, Mustha, Guduchi)
7. Dwitiya Chaturbhadra (Ela, Twak, Patra, Maricha)
8. Tritiya Chaturbhadra (Twak, Ela, Patra, Nagkeshara)
9. Panchakola (Pippali, Pippalimula, Chavya, Chitraka, Shunthi)
10. Panchavalkala (Nyagrodha, Udumbara, Ashwattha, Plaksha, Vetasa)
11. Panchabringa (Devadali, Shami, Bringaraja, Nirgundi, Shanapushpi)
12. Pancha-Pancha mula Brihat Panchamula (Bilva, Agnimantha, Shyonaka, Gambhari, Patala) Madhyama Panchamula (Bala, Punarnava, Eranda, Mashaparni, Mudgaparni) Jivana panchamula (Jivaka, Rishabhaka, Meda, Jivanti, Shatavari) Trina panchamula (Shara, Ikshu, Darbha, Kasha, Shali) Kantaki panchamula (Himsra, Saireyaka, Gokshura, Shatavari, Karamarda)
13. Laghu Panchamula- Shalaparni, Prishniparni, Brihati, Kntakarai, Gokshura
14. Dashamula-Laghu panchamula- Brihat panchamula
15. Jivaniya Gana/Madhura Gana (Jivaka, Rishabhaka, Medha, Mahameda, Kakoli, Kshira kakoli, Mashaparni, Mudgaparni, Jivanti, Yasthimadhu)

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16. Veshavara(Shunthi, Maricha, Pippali, Pippalimula, Dhanyaka, Jiraka, Dadima)
17. Sambhara guna, Shikharini- are medicinal preparations
18. Sarvaushadhi (Kustha, Jatamamsi, Haridra, Daruharidra, Mura, Shaileya, Champaka, Vacha, Karpura, Mustha)
19. Sugandhamalaka- Dried fruit of Amalaki
20. Panchasugandhika(Kankola, Pooga, Lavanga, Jatiphala, Karpura)
21. Parardha (Chandana and Chandana pushpa)
22. Yaksha kardama/Mahasugandha(Kumkuma, Agar, Karpura, Kasthuri, Chandana)

Dosha karma: Among the 140 dravyas, 29 have been reported to vitiate Vata dosha; 31 have been reported to Vitate Pitta dosha; 13 have been reported to vitiate Shleshma dosha and 9 have been mentioned to cause Tridosha vitiation.

Dhatu karma: Among the 140 dravyas, in relation to adverse effect on dhatus (tissue system), only 8 references are available among which 5 are rakta dhatu pradushaka, one is sarvadhatupradushak (Ashuddha Tamra- copper) and the remaining 2 are (Nishpav- Dolichos lablab L) & Ashuddha Raupya (crude silver).

Mala karma: Data on adverse effects of 7 drugs is available on malas. Among them three are Mutravriddhikara (quantitative increase in urine) (Kshira vidari, Ikshu, Nishpav); one (Dhanyamash) is stated to be bahumala (increasing excretory matter production); one (Aashu vrihi) is stated to be Bahuvimutra whereas two (Tila & Ashwa dahi) are alpanutrakrit (decreasing urine output).

Others: 6 dravyas have been mentioned as Atisheeta (very cold in potency), 4 drugs are Vantikrit (emetic), 14 are specified to possess Vishtambhakari (obstruction of flatus) property; 9 are mentioned to be Durjara; 12 are stated to be Atyushna (increased hot potency) and Tikshna; 4 are Madakrit (stupefying); 5 are virya nashana (causing impotency). Apart from this, many are reported to cause ocular disorders, giddiness and diarrhoea shukranashana.

CONCLUSION

By the above discussion it reveals that the Dhanvantari nighantu covers the entire Dravyguna vijnana with clinical applications of the drugs. In the Suvarnadi 6th Varga the animals origin drugs like Kesha, Roma, Meda etc., the Dhoopana of these drugs elevates bhoota and griha Nashaka, Unmada, Apasmara like property such drugs have to be studied with animal as well as clinical experiments. There are also some Vishahara dravyas which possess the anti-allergic activity, such drugs can be taken for the study to rule out the immune-modulatory activity. Regarding medicines, Ayurveda is always accused of possessing medications that produce metal toxicity; but the information reported herein along with the contra-indications suggests that pharmacovigilance was a well-developed even in traditional medical system, particularly Ayurveda. Thus, it can be concluded that Dhanwantari Nighantu encompasses a well-organised data in the context of pharmaco

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vigilant aspects of various dravyas of Ayurveda.

The author has also highlighted Viruddha Ahara concept in the form of do's and dont's of the food articles. The nighantu has to be explore for the information like identification, phyto-chemical analysis, and physio-chemical analysis knowledge about mentioned drugs.

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