



## A Review On Pramehahar Property Of Arjuna (*Terminalia Arjuna* Linn.) Bark.

*Dr.SanjayKumar\* Satya Prakash Chaudhary\*\*, Dr.Neeraj Kumar\*\*\**

\*MD scholar Department of Rasa Shastra, Faculty of Ayurved, IMS, BHU, Varanasi 221005.

\*\*Ph.D. scholar Department of Dravyaguna, Faculty of Ayurved, IMS, BHU, Varanasi 22100.5

\*\*\*Professor Department of Rasa Shastra, Faculty of Ayurved, IMS, BHU, Varanasi 221005.

### Abstract.

Ancient Samhitas like Charaka Samhita, Sushruta Samhita, Harita Samhita, Samgraha granthas like Chakradatta, Yoga Ratnakar, Sharangdhar Samhita, Bhavprakash Vangasena; Nighantu Granthas viz. Dhanvantari Nighantu, Raj Nighantu, Nighantu Adrash, Shaligram Nighantu, Astanga Nighantu, Kaiyadeva Nighantu, Bhavprakash Nighantu, had described Arjuna and its therapeutic uses in detail. In original scripture i.e. Charak Samhita and Sushruta Samhita the properties of Arjuna has been described as ruksha, laghu, kasaya, katu and sita. On comprehensive review of Charaka Samhita, one can see the large number of plant drugs are advocated to alleviate the various disorders. Arjuna is one of the drug of vegetable origin. The bark of Arjuna prescribed in various ailments as Udardaprasamana, Kusthaghna, Pramehaghana, Bhagnasandhnakara, Svitraghna, Krimighna, Medohara etc.

Keywords- Terminalia arjuna, Charaka Samhita, Pramehaghana,

### Introduction

In this review paper we have tried to collect scattered description on Arjuna in various historical era. Arjuna has multi targeted effects on various physiological system of human body. During the intense search in classical texts of Ayurveda, it is found that Arjuna is one the common drug has Pramehaghna property. *T. arjuna* showed its wide acceptance as a anti diabetic effect.

*Terminalia arjuna* is a native Bangladeshi, deciduous and ever green tree, standing 20-30m above ground level. It belongs to Combretaceae family [1]. It is found in Uttar Pradesh, South Bihar, Madhya Pradesh, Delhi and Deccan region near ponds and rivers. All the parts of the plant have been used for their therapeutic beneficiary effect from ancient times. *T. arjuna* helps to maintain a healthy heart and decrease the effects of stress and anxiety [2]. Its stem bark possesses glycosides, large quantities of flavonoids, tannins and minerals. Flavonoids have been detected to exert antioxidant, anti inflammatory and lipid lowering effect while glycosides are cardiogenic, thus making *Terminalia arjuna* unique amongst currently used medicinal plants. Bark powder boiled with water and inhaled to cure headache and to kill worms in the teeth [3], juice is used as antacid. This tree is cone-shaped with white bark and elliptic leaves placed in opposite directions. The sap of Arjuna tree is milky white in colour. The flowers are yellowish and fruits are fibrous woody and smooth, large, evergreen tree, with a spreading crown and drooping branches, common in most parts of India and also planted in many parts for shade and ornament. Stems rarely long or straight, generally always buttressed and often fluted; bark very thick, gray or pinkish green, smooth, exfoliating in large, thin, irregular sheets; leaves sub-opposite, oblong or elliptic, coriaceous, usually 10-15 cm. long, occasionally 25 cm., cordate, shortly acute or obtuse at the apex; flowers in paniced spikes; fruits 2.5-5.0 cm. long, nearly glabrous, ovoid or ovoid-oblong, with 5-7 hard, winged angles.[4]

### ARJUNA IN SAMHITAKALA:

#### CHARAKSAMHITA (1000 BC): [5]

The drug arjuna has been widely and often described in Samhita period. Caraka described it by the names of arjuna, kakubha and dhananjaya (Chakrapani has commented dhananjaya as arjuna). It has been used for hridarogafrom the very beginning of Samhita period (C.S.Ci 26/98) in Avaleha form. It is recommended in

the patients of skin diseases, like kilash, kitibha, dadru, papmaetc. (C.S.Su.3/5). In CarakaSamhita, arjuna has been mentioned in Udardamahakasaya (C.S.Su. 4/43).

Its bark is used to prepare "Aasava" (C.S.Su. 25/49(2)). It has been included in "Kasayaskandha" (C.S.Vi. 8/144). Arjuna has been used in kaphajaprameha, paittikaprameha, rajyakshmaatisara (C.S.Ci. 6/27).

Name and synonyms	Useful parts	Disease	reference
Arjuna	Kwatha	KaphajaPrameha	C.S.Ci. 6/27
Arjuna	Kwath	PittajaPrameha	C.S.Ci. 6/31
Arjuna	Trikantakadyaghrita	Kaphaja and Vatajaprameha	C.S.Ci. 6/38

#### SUSRUTASAMHITA: [6]

Another important exposition of Samhita period is SusrutaSamhita. Susruta has also described the use of Arjuna in various forms for many diseases other than hridroga. The words partha, kakubha are also referred in SusrutaSamhit. Kakubha which has been commented by Dalahad as arjuna belongs to Nyagrodhadigana (S.S.Su. 38/48).

Name and synonyms	Useful parts	Disease	reference
Kakubha	Kwatha	Ikchhumeha	S.S.Ci.-11/8
Kakubha	Kwatha	Prameha	S.S.Ci.-11/9

#### ASTHANGAHRIDAYAM( 7<sup>th</sup>CENT. A.D.): [7]

This book was written by Vagbhatta who was a great scholar, a dialect, the great authority, in the field of Ayurveda. Vagabhatta has also described arjuna; he has given four synonyms such as kakubha, dhananjaya, partha, and shewtavaha. Arjuna has been used in dantadhavana, mudhagarbha, mutraghata and for bringing the normal skin over a scar (A.H.Su.-2/2; Sa.-2/44; Ci.-11/37; UT.-25/59) at other places.

Name and synonyms	Useful parts	Disease	Reference
Kakubha	Churna/Leha	KaphajaPrameha	A.H.Ci. 6/53
Arjuna	Kwatha	Mutraghata	A.H.Ci. 11/37
Arjuna	Kasaya	PittajaPrameha	A.H.Ci. 12/8
Arjuna	TrikantakadiTaila	Vata and Kaphajaprameha	A.H.Ci. 12/17

#### HARITASAMHITA (12<sup>th</sup> CENT A.D.):[8]

In HaritaSamhita, arjuna has been described with the name of arjuna, kakubha and for the treatment of different diseases as described below:

Name and synonyms	Useful part	diseases	Reference
Arjuna	Kwatha	KaphajaPrameha	H.S.T.A.-28/8
Arjuna	Kwatha	Takrameha	H.S.T.A.-28/9
Arjuna	Kwatha	PittajaPrameha	H.S.T.A.-28/13
Kakubha	Churna	Madhumeha	H.S.T.A.-28/18-21

**CAKRADATTA (11<sup>th</sup> CENT. A.D.): [9]**

Well known and famous scholar Cakrapanidatta is the author of this book, which belongs to the 11<sup>th</sup> Cent. A.D. Arjuna has been described in different formulations to treat various disorders. Besides this, different synonyms for arjuna have also been used in this book. References of arjuna in Chakradatta are mentioned below

Name and synonyms	Useful part	Diseases	Reference
Kakubha	Nyagrodhadyachurna	All types of Prameha	C.D.-33/23
Arjuna	KaphamehaharaKwatha	KaphajaPrameha	C.D.-33/23
Arjuna	Kasaya	PittajaPrameha	C.D.-33/23
Arjuna	TrikantakadyaTaila, Ghrita	Prameha	C.D.-33/23

**GADANIGRAHA (12<sup>th</sup> CENT. A.D.): [10]**

In this treatise there are descriptions of Arjuna at various places in various forms. It is used mainly in Hridroga, Prameha, and Atisara etc. All such references are cited below

Name and synonyms	Useful part	diseases	Reference
Arjuna	Kasaya yoga	KaphajaPrameha	G.N.-30/47
Arjuna	Kasaya yoga	PittajaPrameha	G.N.-30/48-49
Kakubha	Nyagrodhadya	All types of Prameha	G.N.-30/68-72

**ARJUNA IN SARANGDHARASAMHITA (13<sup>th</sup> CENT. A.D.): [11]**

Much more use of Arjuna is not found in Sarngadhara Samhita but some uses of arjuna are found with the name of kakubha for the treatment of Yoniroga, Raktapitta, Prameha and flower used as kesya, (S.S.M KH. 2,4,9/113,2,158) are given.

Name and synonyms	Useful part	diseases	Reference
Arjuna	Devadarvyadirista	Prameha	S.S.M.Kh.-10/54

**ARJUNA IN BHAVAPRAKASHA (16<sup>th</sup> CENT. A.D.): [12]**

BhavaPrakasha, is said to be last book of primitive period, in this book Arjuna has been described in the form of its various preparation, indicated for various diseases/disorders, with different synonyms as cited below

Name and synonyms	Useful part	diseases	Reference
Arjuna	Twaka	Prameha	B.P.M.Kh.-38/46
Arjuna	Kwath	Prameha	B.P.M.Kh.-38/50
kakubha	Nyagrodhadichurna	Prameha	B.P.M.Kh.-38/67
Arjuna	Arjuna tail	Prameha	B.P.M.Kh.-38/101
Arjuna	Arjunaghrita	Prameha	B.P.M.Kh.-38/102

**YOGA RATNAKARA (17<sup>th</sup> CENT. A.D.): [13]**

In this text, various compound preparations of arjuna are mentioned, mainly for hridroga, prameha, raktapitta, kshaya, kasa, vicharchika (Y.R.1, 5, 8, 10, 22, 23).etc.

**ARJUNA IN BHAIJYARATNAVALI (18<sup>th</sup> CENT. A.D.): [14]**

Arjuna described in BhaisajyaRatnavali with the synonyms of kakubha, partha and arjuna not only for the treatment of hridroga but also some other diseases which has been detailed below

Name and synonyms	Useful part	diseases	Reference
Arjuna	Nyogradhadigana	Bahumutrata	Bh.R.-Bahumutra/2
Arjuna	Twaka	Ichhumeha	Bh.R./47

**ARJUNAIN NIGHANTU AND OTHER TEXTUAL LITERATURE OF AYURVEDA:**

**ASTANGA NIGHANTU (8<sup>th</sup> CENT. A.D.): [15]**

Partha, shvetavaha, kabubha and phalguna has been told as synonyms of arjuna under asanadigana of Ashtanga Nighantu (A.Ni. 10/82)

**KAIYADEVA NIGHANTU (15<sup>th</sup> CENT. A.D.): [16]**

Acharya Kaiyadeva has mentioned two new synonyms – dhurtabhuruha and madhugandhiprasunaka, of arjuna. And mention under the oushadishverga for the treatment of Medoroga and Prameha. (K.Ni.-1/819-821).

**BHAVA PRAKASHA NIGHANTU (16<sup>th</sup> CENT. A.D.). [17]**

According to Acharya Bhavmishraarjuna has been said to be shitala, hridya, katuksaya and medomehavranahanti. In addition it is said to be kasaya in rasa and kaphapittaghna. (B.P. Ni. Vatadivarga; 26-27).

**SHALIGRAMA NIGHANTU (19<sup>th</sup> CENT. A.D.).[18]**

Pandava is the new synonym given to arjuna under Vatadivarga. (Sa.Ni. Vatadivarga p.503).

**NIGHANTU ADARSHA (20<sup>th</sup> CENT. A.D.).[19]**

Tvaka and patra of arjuna are belongs to Haritakyadiverga, and bark to be use for prameharoga.(p.570).

**PRIYA NIGHANTU (20<sup>th</sup> CENT. A.D.)[20]**

AcharyaP.V. Sharma has told that arjunakanda-tvaka is kasay in rasa, shita in virya and superior as hridrogahari. But it have also properties of Pramehghana. (P.Ni.-Haritakyadivarga; 125-126)

**DISCUSSION**

As outlined above, results from various samhitas and nighatus studies indicate arjuna possesses many qualities, including Kustha, Vata roga, Dipan, Pachan, Jwara, Osteoporosis, Pregnancy to infertile women, strength, anti-inflammatory, antitumor, hypoglycemic and immunomodulatory properties, as well as exerting an influence on the endocrine, nervous, and cardiopulmonary systems. According to the samhitas and nighantus arjuna used in the various form or medium. The review indicates that arjuna may be useful in many ailments. Including arthritis and other musculoskeletal disorders, and hypertension. There are a few preliminary studies available on the effects of arjuna on the immune system, central nervous system, hemopoetic system, and general growth promotion to form a basis for further studies but not enough evidence to provide a firm scientific basis for definitive therapeutic uses.

**CONCLUSION**

Samhita and nighantus are the basic literature for understand and identification of different medicinal plants. On review of Arjuna in different samhita and nighantus we find the different synonyms and properties along with useful formulations and their medicinal uses as hypoglycemic effect, strength, immunomodulatory etc.

1. Chopra RN and Ghosh S. *Indian Medical Gazette* 1929;64: 70-73.
2. Emran A.A, Ahmed F, Kabir M.S., Rahaman M.M. and Shahed S.M., *J. Appl. Environ. Biol. Sci.* 2011; 1(5): 90-95

3. Muthu C, Ayyanar Raja N, Ignacimuthu S. *J of ethnobilology and Ethnomedicine* 2006; 2:43.
4. Anonymous, The Ayurvedic Pharmacopoeia of India, Ministry of Health and Family Welfare, Government of India, Part I, Volume VII, 1st Edition, 2008, New Delhi
5. Caraka Samhita, of Agnivesa, elaborated by Caraka and Dridhabala, Edited with,,Caraka-Candrika“ Hindi commentary along with special deliberation by Dr. Brahmanand Tripathi, Chaukambha Surbharati Prakashan, Varanasi, 3rd Edition 1994.
6. Susruta. SusurtaSamhita, Sutra Sthana. Susrutvimarshni Hindi commentary by Anantaram Sharma SubharatiPrakashana, Varanasi 2004.
7. Astanga Hridaya, of Vagbhatta, Edited with the Vidyotini Hindi commentary, by Kaviraja Atrideva Gupta, Chaukambha Sanskrit Sansthan, Varanasi, 13th Edition, 2000.
8. Harita Samhita Editor Commentator Rama valamba Shastri Prachya Prakashan, Varanasi Ed. 1985.
9. Cakradatta with the 'Vaidayaprabha' Hindi commentry, by Indradeva Tripathi, Chaukambha Sanskrit Sansthan, Varanasi, 2nd Edition, 1994.
10. Gada nighra of Sri Vaidya Sodhala, with Vidyotini Hindi Commentary part II kayachikitsa khanda by Sri Indradeva Tripathi Edited by Sri Ganga Sahaya Pandeya Chaukambha Sanskrit Sansthan, Varanasi,2011
11. AcharyaSharangdhar, SharangdharSamhita Edited by ShriRadha Krishna Parashar, 3<sup>rd</sup>Edn. Baidhyanath Ayurveda Bhawan, Patna.
12. Bhava prakash of Sri Bhavamisra Edited Vidyotini Hindi Commentary,part II Chaukambha Publications, Edition 2011.
13. Yogaratnakara, with Vidyotini Hindi Commentary, by Vaidya Laksmipati Shastri, Edited by Bhisagratna Brahmashankar Shastri; Chaukambha Sanskrit Sansthan, Varanasi, 7<sup>th</sup> edition, 1999.
14. Bhaisajya Ratnavali (by Govindadas), with Vidyotini Hindi Commentary (11<sup>th</sup> ed.) by Shastri A.D. by Shastri R.D; Chaukhambha Sanskrti Sansthan, Varanasi, 1993
15. Vahata.Astanga Nighantu, Edited by P.V.Sharma, 1st Edition, Kuppuswamy Shastri Research Institute, Madras, 1973; 12-13.
16. Kaiyadeva, Kaiyadeva Nighantu, Edited by P.V.Sharma and Guruprasad Sharma, Aushadhi varga, Chaukambha Orientatia, Varanasi, 1st Edition, 1979; 180-181.
17. Bhavaprakasa Nighantu of Bhavamishra, Commentary by Krishnachandra Chuneekar, Edited by Gangasahaya Pandey, Chaukambha Bharati Academy, Varanasi, Reprint, 1999.
18. Shaligrama NighaÆÔ by Lala Saligram Ji Vaisya Printers and Publishers Khemraj Srikrishnadas Prop: Shri Venkateshwar Press Khemraj Sri Krishnadas Marg, 7<sup>th</sup> Khetwadi, Mumbai – 400004.
19. Nighantu Adarsha by Bapalala Vaidya; Chaukhambha Vaidya Bhavan, Varanasi 1<sup>st</sup> Ed. 1968.
20. Sharma PV, Priya Nighantu, Haritakyadi varga, Chaukambha Surabharati Prakashana, Varanasi, 2004; 27-28