



## Ayurvedic Aspects of Bhallatak w.s.r. Agadtantra

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### Abstract –

Bhallataka is also known as marking nut tree- dhobi's nut, family belong to anacardiaceae, according to various acharyas bhallatak have various synonyms according to their action. In Ayurveda it is described as vanaspatij visha as in modern science, it is irritant organic vegetable poison. All the parts are poisonous mostly seeds are hazardous to human due to its irritant property. By shodhan sanskara, bhallatak has most beneficial effects. In charak samhita various yogs are explained of bhallatak as a rasayana, the ballataka nut contains bhilwanol and semicarpol as toxic ingredient shows some medicinal property. Bhallataka is also used as non- medico purpose to making a ink or hair dye. Detoxified bhallataka shows some dipan, pachan, bhedana jwaragnha, krumighna , medhya, balya ,vrushya , nutrajanan properties. By its hot potency (Ushna virya) it has some local action like spotjanana. Semicarpol and bhilonwol shows antimicrobial, analgesic, anti-oxidant anti-inflammatory, ant-helminthic activities, this article suggest the ayurvedic review of bhallataka w.s.r. to agadtantra

### Introduction –

The marking nut tree belong to anacardiaceae and its fruits called bhilawan , weight about 1.6 to 3.6 g and has a strong hard, black rind within which is a thick pericarp, it is fleshy pulp of the fruits or seeds, a brownish oily acrid juice which turns black when exposed to air or mixed with lime it is used by dhobis as marking ink for cotton and linen clothes<sup>1</sup>. By various acharyas different shodhan methods are described in samhitas by purification it is used in various diseases and shows some good effect. Bhallataka grows throughout India in hot weather bhallataka used by externally and internally in both ways. It mentioned as upvisha. The fruit is edible and sweet when ripe, but the black fruit is toxic and it produces a severe allergic reaction, when consumed or its resin comes in contact with the skin<sup>2</sup>. When proper use of bhallatak it reduces vata and aggravates pitta due to its hot potency, it is very useful in skin disease, loose-motion, piles neuralgia, epilepsy, seeds oil are very effective in rheumatism when apply externally<sup>3</sup>. The extract obtained from the fruits and nuts is very strong anti-inflammatory, antimicrobial, antioxidant, and anti-carcinogenic properties, It stimulant the central nervous system and hair growth promote, the nuts of semecarpus anacardium show some medicinal uses due to its content various ingredient such as phenolic compounds, biflavonoids, bhilawanols, vitamins, minerals, and amino acid<sup>4</sup>.

**Aim –** To study the ayurvedic aspects of bhallatak

**Objective –**

To collect the literature review of *bhallattak*

To study the systemic effect of *bhallatak*

To study the toxicity of *bhallatak*

*Bhallatak* synonyms-

Sanskrit name – *Bhallat, tapan, agni, krumighn, vatari*1.

-*Arushk arushkar, agnik, agnimukhi, bhalli, veervruksha, shophkrut*2

-*Bhallatak, agni, dahan, tapan, aruskar, anal, krimighnha, tailbeej, vatari, spotbijak, pruthakbeej, dhanurbeej, bhallat, veejpadap, vanhi, vartaru* 3.

English name – *Marking nut, bhilawan, dhobis nut* .

Botanical name – *Semecarpus anacardium*

Family – *Anacardiaceae*

Hindi – *Bhilawa* ,

Marathi – *Bibba* ,

Malayalam -- *Senkoottai*,

Kannada – *Bilawa*

Bengali – *Bhela*

Gujrati – *Bhilamo*

Punjabi – *Fidivittulu*

Arabi – *Habbulkalb*4

**Vargikaran –**

Ayurvedic – *sthavarvish – vanspatij vish*

Modern – *irritant, organic, vegetable poison*

Swarup (Phylotaxy) of *bhallatak*5 –

Height – *25-40 feet in height*

Patra (leaves) - *Aaytakar, samuhabadhha, golagra* ,

Pushpa (flowers) - *Eklingi*

Fala (fruits) - *One inch in length, hrudayakruti(heart shape), chamkile(shini)*

Utpatti sthan – *Bharat, himalay, bihar, udisa, aassam*

Rasayanik sanghatan (chemical composition) -- *Bhilawanol  
Semecarpol.*

**Ayurvedic properties-**

Guna – *Snigdha, laghu, tikshna*

Rasa – *Katu, tikt, kashay*6, 7

Vipak – *Madhur* 8, *katu*9.

Virya – *Ushna*.

Doshkarma – *Due to ushna virya and tikshna guna it is kaphavatshamak and pittvardhak*

Local action – *Sphotjanana, shitprashaman, vishagnha*10.

Internal action 11 –

No.	System	Karma
1	<i>Pachanvah sansthan (Digestive)</i>	<i>Dipan, pachan, bhedan krumighna</i>
2	<i>Swasansanshtan (circulatory)</i>	<i>Hrudayuttejit, shothnashan</i>
3	<i>Mutravah sansthan (excretory)</i>	<i>Mutrajanan(diuretic)</i>
4	<i>Prajanan sansthan (Reproductive)</i>	<i>Vrushyaa, garbhashauttejak</i>
5	<i>Tapakram (Fever)</i>	<i>Jwaraghn</i>
6	<i>Twaka</i>	<i>Swedjanam, kushtagnha</i>
7	<i>Nadisansthan</i>	<i>Medhya, balya</i>

### Therapeutic uses described in samhita –

1. Sarpdandh , arshroga , garbhsravak , mashtiskadourbalya , nadidourbalya , apsmar, aamwat pakshaghat ,grudhrasi ,gulma ,uder ,grahni hrudaydourbaly ,granthishoth , kas, swas , prameh , shukradourbalya, kusht , vatrakt swhitra jwar<sup>12</sup>.
2. Krumighna , vatjanyrog, udervikar, anaha , prameh, arshrog , kaphvkar, shram shwasrog , vibhandh , shul,<sup>13</sup>.
3. Arsh , vatvikar, firanga, gandmala , krumi, visuchika, gulm, jirn aamvat, kusht, agnimandy, vibandha, rasayan ardit, urusthambha , artavvikar , vajikaran , charmarog<sup>14</sup>.

*Aushadhi matra -- 1-3 ratthi*<sup>15</sup>.

*Tail – 1-2 drop, awleh- 0.25—0.5 tola, kshirpak – 1-2 tola, fal kalk –120-360 mg*

*Ghatak matra (fatal dose) and ghatak kal (fata periods) - 5 to 10 gm and 12 to 24 hour*<sup>16</sup>.

*Vishakt lakshane –*

1. *Dah , vran , mukhshoth , visarp,*<sup>17</sup>.
2. *Kandu, dah, twakvaivarnya, atisar, jwar, raktmeh, unmad,*<sup>18</sup>.
3. *Guda-shishna kandu, swedatipravrutti, trushna, alpamutrapravrutti, twakdah-kandu*<sup>19</sup>.

*Vishakt chikitsa –*

1. *Til tail, nariyal tail, ghee or ral malahar – local application*<sup>20</sup>.
2. *Narriyal dugdha, chinchapatra swaras, nariyal , lead lotion*<sup>21</sup>.

*Post mortem appearance --*

Blisters in the mouth, throat, mucous membrane in the stomach, congested and inflamed , fatty degeneration of liver<sup>22</sup>.

*Medico-legal aspect --*

1. Juice of an bhallataka is used as abortifacient by means of its application to the os uteri by means of an abortion stick, applied to the genitals for the punishment for adultery, juice has been thrown on the face with an evil intentions. Used by malingerers to produce as artificial bruises, internal administration by quacks –due to accidental poisoning<sup>23</sup>.
2. Applied externally produces irritaton and blisters containing acrid serum, administration of juice by hakim and vaid due to accidentally. Homicidal poisoning is rare<sup>24</sup>.

### Conclusion –

Bhallataka is very potent herbal plant used as various purposes. It has different synonym according various acharyas. According to its action it has given a various name viz vanhi, krumighn. It belongs to anacardiaceae family. By purification it has various system wise effect and various therapeutic uses to treat the hazardous disorder. As per modern science it is organic irritant vegetable poison but according to acharya priyvat sharma it is vishagnha (anti-poisonous) activity. It is used as abortifacient in recent time. in that guru snigdha and shit treatment is given, due to it is hot in nature. Its homicidal poisoning is rare. Research and more efforts on Semecarpus anacardium gives us more uses of the plant, mechanism of action and its effectiveness in various disorder.

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