

CONTROVERSY OF VRADDHADARUK

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ABSTRACT

The Vraddhadaruk is one of the controversial drug. It is also known as Vidhara, Avegi, Chhagalantri, Bastantri, Vrasayagandhika, Ghavpatta etc. in various literature. It has Vrasaya, Sarak and Rasayan properties. The word Vraddhadaruk is not described in Brahatrayi but its morphology is mentioned in commentary of Astanga Sangrah. It is described in Nighantu granth like Bhavprakash Nighantu, Kaiyadev Nighantu, Raj Nighantu, Nighantu Adarsha etc and also in laghutrayi.

KEYWORDS: Vraddhadaruk, Argyreia speciosa, Maryadvalli, Bastantri, Mahishvallari, Ghavpatta, Lettisomia setosa controversy, Ayurveda.

INTRODUCTION

The variation in the language sometime is responsible for confusion in the nomenclature of different plants having similar name. Synonyms in ancient literature have caused controversy in identification of plants and hence the genuine source sometimes is misleading with a invented plant.

Commercialization and trade in the field of herbal drug has multiplied the problem of controversial drug to several folds. Vraddhadaruk is one of the controversial drug which is used for medicine but because of the controversy of this plant, its original identity is doubtful.

Description of Vraddhadaru in Samhitas and Nighantu Nirukti

वृद्ध वृद्धत्वं दारयति इति । भा.प्र.

वृद्ध वृद्धत्वं दारयति इति वृद्धदारकः । वृद्धं कारकी कियते इति वा । नि.आ.

अजाण्डी- अजस्य एव अण्डानि-अस्थीनि अस्या इति । नि.आ.

ऋक्षगन्धा – ऋक्षवत् गन्धयति इति । नि.आ.

अन्तःकोटरपुष्पी- अन्तःकोटेपुष्पाणि अस्याः । नि.आ.

आवेगी- आ समन्तात् वेगो अस्त्यस्याः इति । नि.आ.

Samhita

- In Bruhatrayi, Vraddhadaru word is not mentioned.
- Word Vraddhadarak is not mentioned in Charak and Sushrut Samhita.

- Charak quoted Vriddha ruha in the context of Shukrajanan dasaimani but later Acharya Chakrapani confirmed it as Shatavari.
- Mahashyama of Shyamadi gana in Sushrut Samhita accepted as Vraddhadarak and the same gana which have Chhagalantri is Vraddhadarakbhed said by commentator.
- In Ashtang Sangrah (Induvyakhya teeka), Swaroop of this plant is mentioned in Rasayanvidhi chapter:

त्रिकोणकाण्डा सुबहु प्रताना फलेशु पीता कुसुमेषुरक्ता ।

पत्रैः सदुग्धैः मृदुरोमवन्दिस्ताम्बूलकल्पैर्धनमूलकन्दैः ॥

अ.स.उ.त. 49/341

❖ Ashtang Hraday sutrasthan chapter 19 in Shyamadigana the word Bastantri used for Vidhara.

Nighantu**Dhanvantari nighantu**

वृद्धदारुक आवेगी जुङ्गको दीर्घबालुकः ।

वृद्धः कोटरपुष्पी स्यादजान्त्री छगलान्त्रयपि ।

वृद्धदारुः कटुस्तिक्तथोष्णः कफवातजित् ।

श्वयथुकृमिमेहास्रवातोदरहरः परः ॥ ध.नि. करवीरादिवर्ग

Rajnighantu

According to Rajnighantu, Vraddhadaru is of two types-

वृद्धदारुक आवेगी जुङ्गको दीर्घबालुकः ।

वृद्धः कोटरपुष्पी स्यादजान्त्री छगलान्त्रयपि ॥

जीर्णदारु दितीया स्याज्जीर्णा फज्जी सुपुष्पिका ।

अजरा सूक्ष्मपत्रा च विज्ञेया च षडाहवया ।।
 वृद्धदारुद्वयं गौल्यं पिच्छिलं कफवातहृत्।
 बल्यं कासामदोषघ्नं द्वितीयं स्वल्प वीर्यदम्।।
 रा.नि.गुडुच्यदिवर्ग

Kaiydev Nighantu

mentioned Vraddhadru in "Aushadhivarga".

वृद्धदारुक आवेगी जुङ्गको जीर्णबालकः।

अंतःकोटरपुष्पी स्यात् श्यामा महिष्वल्लरी।

अजान्त्री तु महाश्यामा वल्लरी दीर्घबलाकः।

Shodhal Nighantu

Vraddhadru used in Grahrog, unmaad ,apasmar, aamvatnashak, visuchi , pratituni and as rasayan.

Madanpal Nighantu

According to Madanpal Nighantu, Vidhara is of two types-

वृद्धदारुर्महाश्यामा छगली जीर्णवल्कलः। - vidhara

अन्याकोटरपुष्पी स्यादावेगी छागलान्यपि। - Secondary Vidhara

Bhavprakash Nighantu

वृद्धदारुक आवेगी छागान्त्री वृष्यगन्धिका।

वृद्धदारुः कषायोष्णः कटुतिक्तो रसायनः ॥

वृष्यो वातामवातार्शः शोथामेहकफप्रणुत ।

शुक्रायुर्बलमेधाग्निस्वरकान्तिकरः सरः॥

गुडुच्यदिवर्ग

In Ayurvedic text, Vraddhadaruka or Vidhara is controversial because of its Swaroop and various synonyms in Samhita and Nighantu.

Following drugs shows controversy with Vraddhadaruka -

- **Maryadvalli or Dupatilata**- *Ipomaea pes-capre* syn *I. biloba* (Bhav.P.,Ni.Aa., longman)
- **Shyama** - *Ipomoea petaloidea* Chois (P.V.Sharma)
- **Bastantri or Chhaglantri** -*Argyreia speciosa* Sweet (longman)
- **Ghavpatta or Samudrashokh** *Argyreia speciosa* Sweet (Bhav.P.)
- **Bhainsabel** - *Lettosomia setosa* Roxb. (P.V.Sharma)
- **Mahashyama**

Maryadvalli

Botanical name- *Ipomaea pes-capre* syn *I. biloba*

Family- Convolvulaceae

Sanskrit name- Maryadvalli, sagra, yugmapatra,

Hindi name- Dupatilata

English name- Goats foot creeper, Sand bind weed creeper

Distribution- Throughout India especially Along sandy shores

Morphology- An extensively trailing sand binding perennial herb with long tap root

Leave- Deeply two lobed, alternate, glabrous, parallel veined

Flowers- Large, purple red, usually solitary, corolla tubular-infundibuliform

Fruits- Ovoid, glabrous capsules



Seeds- 4, dark brown tomentose

Useful parts-root, Leaf

Guna- Sheeta veerya

Indication-Tonic, Laxative, Garbhasthapaka, use in visuchika Amvatanashak, shoola nashak, and Patra kalka used in wound healing.

मर्यादा मारवल्ली च सागरा मन्मथापि च।

युग्मपत्रा रक्तपुष्पा तथा सागरमेखला।। शा.नि.

According to Nighantu Aadarsha in Vraddhadarvadivarga Maryadvalli is Dupatilata and its correlate with *Ipomaea pes-capre*.

According to Dr Vaaman Ganesha Deshai root of Maryadvalli is Vraddhadaru. Its root is used in Amavata.

Chhagalantri or Bastantri

बस्तान्त्री विषगंधा वयोजरदारिका छगलान्त्री।

सपत्रिका त्रवस्ता पर्यायेवृद्धदारुकं भवति।। अ.म.

संसिनी गुल्महृद्रोगविषारोचकनाशिनी।

बस्तान्त्री कफरोगघ्नी मूत्रकृच्छविनाशिनी।। म.नि.

Chhagalkhuri of Bengal must be considered as Chhagalantri. Chaglantari is a ascending creeper which looks like the intestine of a goat.

Root-long and thick

Leaf- usually broader than longer, usually 2 lobed, fleshy

Flower-large, bright purple in colour

Fruit-small, ovate smooth which has hairy seeds

This is specially found on the Beaches.

Shyama

Shyama goes for Priyangu and Krishnasaraiya but their, Shyama is different drug which is purgative. According to Dalhana, somewhere Shyama is Shweta Trivrut, somewhere it is Arunatrivrut ,somewhere Krashnamool trivrut and somewhere it is Vraddhadarak.

According to P. V. Sharma, Shyama is *Ipomoea petaloidea* Chois. Family Convolvulaceae. It is a creeper plant, stem is smooth leaves are H shaped, petioles 1.5 inches long

Flowers-yellowish large

Fruits-Ovate

Seeds-soft and shiny

Root- blackish

Habitat- North India

Kala dana (*Ipomoea nill*(Linn)Roth.) is being used as substitute of *Ipomoea petaloidea*. It is purgative.

Mahashyama

It is recited only ones in Shyamadi Gana in Sushrut Samhita but According to Dalhana it is Vraddhadark.

In Moolini dravya of Charak sutra sthan 1, 'Adhoguda' is mentioned along with Shyama and Trivrat. There also Chakrapani has given its meaning as Vraddhadarak.

It appears from this, that Dalhana considered **Mahashyama and Adhoguda** to be the same.

Shyama tivrat is mentioned in Sanshodhan sanshamaneeya Adhyaay of Sushrut Samhita, but Mahashyama is not mentioned. Its explanation can be of two type that Susrut himself called a distinction of Shyama as the name of Mahashyama and secondary that their Mahavriksha is Mahashyama in Sanshodhan Sanshamaneeya Adhyaay because there is no Mahavriksha in Dravyasangrahaneya Adhyaay.

In the first case, it would be *Ipomoea* and in second case it would be some species of *Euphorbia*.

Mahishvallari

Botanical name-*Lettosomia setosa* Roxb.

Family- Convolvulaceae

Species-*Argyreia setosa*

Vernacular name- Unnayangodi(Tam.)

Habit- Climber

Geographical distribution- Pakistan, Nepal, India-Nallamalai hills in Kerala, west Godavari district in Andhra Pradesh, and in Odisha state, North eastern ghat.

This is cultivated in Calcutta botanical garden.

Flowering and fruiting-July –December

Flower colour- Pink, Violet



Leaves alternate, to 15 cm across, broadly ovate to orbicular, acute or acuminate, base cordate, sparsely hirsute; lateral nerves 10-14 pairs, oblique; petiole to 5 cm long.

Flowers in axillary corymbiform panicles; bracts densely strigose. Sepals ovate or orbicular, thick, strigose. Corolla tubular, inflated at mouth, pink. 3-4 cm long, Lobes rounded, reflexed. Stamens 5, included. Berry red, fruiting calyx brown

Ghavpatta or Vraddhadarak

Vraddhadarak-वृद्धं वृद्धत्वं दारयति इति

Latin name- *Argyreia speciosa* Sweet

Family- Convolvulaceae

Hindi- Samudrashokha, Ghavpatta, Vidhara

English- Elephant creeper

A very large climber, stem stout, white tomentose, **Leaves**- ovate, acute glabrous above, persistently white tomentose.

Flowers-Cordate shaped, hairy, dark purple or pink in colour

Fruits- unripe: Green

Ripe: Yellowish brown

Its stem parts and roots use as name of Vidhara.



Argyreia Speciosa

Botanical name- *Argyreia speciosa*(Linn.f.) sweet

Family- Convolvulaceae

English name- Elephant creeper

Hindi name- Vidhara, Ghavpatta, Samudrashosh

Sanskrita- Vraddhadaruka

Morphology

It is a very large climber

Stem- stout, white tomentose

leaves- 7.5-30.0 cm in diameter simple, large, ovate, acute, base cordate, glabrous above, white tomentose beneath,

Flowers- in Subcapitate cymes

Peduncles 7.5-15 cm., long stout, white tomentose. ovate lanceolate with long, silky pubescent outside, glabrous inside, calyx-whit tomentose outside, corolla-5-6.3 cm

long, tubular, infundibuliform, white pubescent outside, rose purple and glabrous inside

Fruits- dry, glabrous, 2.0 cm in diameter, apiculate.

Species – *Argyria fulgens* Choisy and *Argyria malabarica* Choisy

Distribution – throughout India in areas upto 3000meter elevation.

Major chemical constituent-

Seed- Ergaine, isoergaine, penniclavine, epfriedelinol

Seed oil- Oleic acid,

Leave – Quercetin, Kaempferol

Properties of Vraddhadaru

Rasa- Kasaya, katu, tikt

Guna- Laghu, snigdha, sara

Veerya- Ushna

Vipaka- Madhura

Karma- Vata kaphahar, Rasayana, Vrasya Balya, Medhya, Svarya, Ruchya, Kanthya

Therapeutic Uses- Amavata, Arsha, Shotha, Prameh Shukradaurbalya, shosha

Useful Parts- Roots, leaves, seed, flower

Traditional Uses

Leaf- Dorsal Hairy part of its leaves used for Vranapachana and daarana.

Ventral smooth part use for vranashodhana and Ropana.

External use for skin disease, Eczema, ringworm etc, also external use in gonorrhoea and chronic ulcers.

Root- Anaemia, Aphrodisiac, anti inflammatory, brain tonic, cardiotonic, cerebral disorder, diabetes, expectorant, obesity, tuberculosis ulcers.

Doses- 3-6 gm

Formulation- Vraddhadaraksam churna, Mishrak Sneha, Nagaradimodak, Vraddhadarukalp etc.

Pharmacological Activity

According to International journal of Pharmaceutical Science Review and Research (Ashish J. Modi)

Chemical analysis- Triterpenoides, flavonoids, steroids and lipids

Activity

- ✓ Aphrodisiac activity- roots, flower leaf
- ✓ Immunomodulatory activity- root
- ✓ Hepatoprotective activity- root
- ✓ Central nervous system activity-root
- ✓ Anti inflammatory activity- root
- ✓ Anti bacterial activity- leaf
- ✓ Anti fungal activity- root

DISCUSSION

Vraddhadaru is a controversial drug. The word vraddhadaruk is not described in Brahattrayi but its morphology is mentioned in Induvyakhya teeka of Ashtang Sangrah as:

त्रिकोणकाण्डा सुबहु प्रताना फलेशु पीता कुसुमेषुरक्ता ।

पत्रैः सदुग्धैः मृदुरोमवन्दिस्ताम्बूलकल्पैर्घनमूलकन्दैः ॥

(अ.स.इंदुव्याख्या)

Stem should be triangular

- Fruits yellow
- Flowers should be red or crimson
- It must be gigantic creeper
- Leave should be betal shaped with milky juice.
- The whole plant should be pubescent.
- Acc to this morphology, this is Mahishvallari or Vraddhadarak.

According to P.V. Sharma it is also called Bhainshbel.

- All these characters did not match with *Argyria speciosa* because *A. speciosa* does not have triangular stem and red flowers etc. All these characters resemble with *Lettosomia setosa*.
- Dalhan considered Mahashyama, as vraddhadarak and chhagalantari, as Vraddhadarak Bheda mentioned in shyamadi gana of Sushruta Samhita,
- According to Thakur Balvant Singh, *Ipomoea petaloidea* is Vraddhadaru and acc. to Vaaman Ganesh Desayi, *Ipomoea pes-caprae* (*Ipomoea biloba*) is Vraddhadaru.
- In Kanpur, the roots of *A. speciosa* are being sold as black Trivrut (*Operculina turpethum*). (International journal of Ayurveda and pharma research)
- In south India, Bhariyad bel –*Ipomoea biloba* Forsk. Is taken as Vidhara. (Ni.Adarsh)
- In market, the seed name Samundarsokh or Kammarkas are being sold as Vidhara which is *Salvia plebeya* R.Br. (Lamiaceae family). (Ni. Adarsh)
- The seeds of *Thespesia populnea*- Malvaceae (Parasapipala) are also being sold as the seeds of Vraddhadaru which are considered aphrodisiac. (International journal of Ayurveda and pharma research)
- In the Forest of Chitrakoot and Prayagraj, root of a lata are being sold in the name of Vidhara which is *Ipomea petaloidea* which belongs to the Trivrut family (Convolvulaceae). (Ni.Adarsh)

CONCLUSION

1. In Ashtang hridaya, word Bastantri is mentioned for Vraddhadaruk.
2. PV. sharma concluded that Shastriya vraddhadaruk is Bhaisabel (*Lettosomia setosa*) because of the presence of characters like Trikona kanda etc and Ghavpatta (*Argyria speciosa*) is substitute for Vraddhadaruk.

3. In Ayurvedic pharmacopeia of India (API)- Bastantri (root) is considered as Sanskrit name vraddhadaru which is *Argyreia speciosa* Sweet. Syn *A.nervosa* (Burm.f.) Boj.
4. In Ayurvedic Formulary of India (AFI)-
5. Bastantri is *Argyreia speciosa* Sweet.
6. Vraddhadaru is *Ipomoea petaloidea*
7. In Indian medicinal plant by Orient Longman-
8. Bastantri is *Argyreia speciosa* Sweet. And Maryadvalli or Dupatilata is *Ipomoea pes-caprae* (Linn.)
9. So we can finally conclude that *Argyreia speciosa* and *Lettosomia setosa* both are being taken as vraddhadaruk.
10. Now a days, *Argyreia speciosa* which has Rasayan and vrishya property is being sold as Vraddhadaruk in different markets of India.
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