

PRSNIPARNI (URARIA PICTA DESV.): AYURVEDIC REVIEW

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ABSTRACT

Prsniiparni(Uraria picta Desv.) is one of the most Important ayurvedic herbs. It is one among dashamoola. This includes '5 Brihat Panchamoola' (i.e., Bilva, Agnimantha, Kashmari, Shyonaka, and Patala) which are obtained from large trees and '5 Laghu Panchamoola', (i.e., Brihati, Kantakari, Shalaparni, Prishniparni and Gokhru) which are obtained from smaller shrubs. Uraria picta is commonly found in dry grasslands, waste places and open forests in sub-Himalayan tract from Kashmir to west Bengal and Assam upto an altitude of 1800m, and all over plains of India. The review of literature consists of screening of various available references from different sources like the Vedic literature, classical Ayurvedic literature, Contemporary Ayurvedic literature, modern literature, journals and internet sources to collect sufficient data for the intended. Prsniiparni is the most important Ayurvedic drug since ancient times.

KEYWORDS: Prsniiparni, Dashmool, Uraria picta Desv., Nighantu.

INTRODUCTION

Uraria picta [*syn. Doodia picta Roxb, Hedysarum pictum Jacq.*] is commonly called "wizardry" or "slight of hand" and the Prsniiparni and the Pithvan plant belonging to the family Papilionaceae, sub family Fabaceae. Locally name as "Dabra". Prsniiparni consists of the terms Parsni and Parni, "Parsni" refers to small and "Parni" refers to leaf. In English, the plant is known as "The pointed-leaved uraria plant". Prsniiparni (Uraria picta Desv. of family Fabaceae) to be the authentic botanical entity correlated to Prsniiparni as per API (API PART- I VOL IV p.113, 114,115).

Ethymology

The name Uraria comes from the Greek word 'Ouru' which means inflorescence is tall and picta means painted with different colours in streaks of unequal intensity.

CHEMICAL CONSISTUENTS

The plant is said to contain alkaloids, flavonoids, steroids, terpenoids, phenols, and saponins, all of which are components of plants.

TAXONOMICAL CLASSIFICATION

Table no. 1.1, Taxonomical classification of Uraria picta Desv.

Kingdom	Plantae
Phylum	Tracheophyta
Class	Magnoliopsida
Order	Fabales
Family	Fabaceae
Genus	Uraria
Species	Picta

5.2.3 VERNACULAR NAME OF PRSNIPARNI

Table no. 1.2, Vernacular name of Uraria picta Desv.

Hindi	Pithavan, Dabra,
English	Prshniparni
Marathi	Pithvan, Prushnipamee
Gujarati	Pithavan
Tamil	Oripai, Sittirappaladi
Telugu	Kolakuponna, Muiyakupona
Punjabi	Detedarnee
Kannada	Murelehonne, Ondelehonne, Prushniparni
Bengali	Salpani, chhalani, chakule
Malyalam	Orila

5.2.5 MORPHOLOGICAL CHARCTERS OF URARIA PICTA

Uraria picta is a perennial, pubescent-downy perennial undershrub to, 60-75 cm tall, with several branches and

stems having short, rough hairs, occurs throughout India, ascending to 1500m, on Himalayas and several tropical countries.

- ❖ **Leaves:-** Leaves are generally three to five in number, up to nine-foliolate. Leaflets are imparipinnate, linear-oblong, obtuse, mucronate at apex, white clouded above and pubescent below.
- ❖ **Flowers:-** Flowers are purple, 6-10 mm long on dense, cylindrical racemes with bracts concealing the buds. Flowering and fruiting is seen between the months of August to October.
- ❖ **Racemes:-** Dense cylindrical, 20cm long.
- ❖ **Bracts:-** Caduceus, 1.5cm long, concealing the buds.
- ❖ **Inflorescence:-** Rachis, 8-12 cm.
- ❖ **Calyx:-** 4-6mm long, pubescent : teeth much longer to tube.
- ❖ **Corolla:-** Purplish to bluish, much exerted.
- ❖ **Seeds:-** 1-12, reniform, reddish.

Term “Prithakparni” is derived from the explanation “Prithak parnani yasya” (Shabdakalpadruma) which means herb with striped and distinct leaves.

SYNONYMS

The nomenclature of the drug is mainly used for its identification purpose. Moreover these denoted even the morphology, action, use and properties of the plant. Thus, many names were attributed to plants out of which one stood as the most approved one called as the Basonym, while others were considered as Synonym of the plant.

Prsniparni is considered as the Basonym while it consists of many synonyms as compiled from various available references shown in the table No.1.3

Namaroopa Vijnana (Nomenclature) Of Prsniparni

DERIVATION

पृथक् पर्णनि यस्या | (शब्दकल्पद्रुम)^[28]

Table No. 1.3, List of Synonyms of Prsniparni as mentioned in various Texts. [8,9,10,11,12,13,14,15,16,17,18,31]

S. N	Synonyms	C S	S S	M P N	R N	S O N	S N	A N	N S	K N	S S N	B N	S W N	R V N	P N	S L N	M A N	D N	A M	P R	C N
1	Ahiparni								+			+									
2	Ahitila			+																	
3	Anghribala					+												+			
4	Anghri Parni					+												+			
5	Anshumati												+								
6	Anubija									+											
7	Chitraparni				+	+	+		+			+	+		+		+				
8	Dhamani				+															+	
9	Dhavani			+		+		+	+			+	+				+	+			
10	Dirgha				+																
12	Dirghaparni				+																
13	Guha			+	+	+		+	+		+	+	+					+	+	+	+
14	Kalashi				+		+	+	+	+	+	+				+	+	+	+	+	+
15	Kalasharuha			+																	
16	Kroshtuka Pucchika			+	+	+	+	+	+	+					+	+	+	+	+	+	+
17	Kroshtuvinna											+	+								
18	Mahaguha				+																
19	Prithakparni			+	+	+	+	+	+			+	+			+	+	+	+	+	+
20	Pristhiparni			+																	
21	Parnika			+	+					+			+								+
22	Shrugalavinna				+		+	+	+	+								+	+		
23	Languli				+	+	+	+	+	+	+								+	+	+
24	Praparni																				
25	Mekhela				+																
26	Kroshtuka mekhala				+															+	
27	Shrugli				+	+															
28	Shvapu chchha				+																
29	Sinhalanguli															+	+				
30	Sinhapu Chchhi				+	+			+	+		+	+								
31	Snigdha parnika									+											
32	Sthira							+													

20	Hridayadipaka	Chatushpada varga
21	Shabdchandrika	Vrikshadivarga
22	Siddhamantr Nighantu	Tridoshaghna varga
23	saushruta Nighantu	Vidarigandhadi gana
24	Madanadi Nighantu	Trutiyagana
25	Parayamuktavali	Tiktashakvarga
26	Sarswati Nighantu	Ulapa varga

BHEDA/ VARIETY OF PRSNIPARNI

In Dhanvantri Nighantu two varieties viz., Prsniiparni and Prsniiparni visesa.^[23]

Thakurji considered Prsniiparni and Prsniiparni as two varieties. The later one may be called as Srgalavinna, a name apparently similar to the siyarapuchiya of the tribals in Bihar. it is identified with *U. lagopoides* Dc.

In *Prayayaratanmala*^[23]- given prisniiparni bheda.

दीर्घा शृगालविन्ना सा त्रिपर्णी सिंहपुच्छिका

दीर्घपत्रा त्वतिगुहा घृतिता चित्रपर्ण्यपि ||३३-३४||

PROPERTIES OF PRSNIPARNI**Rasapanchak of Prsniiparni**

Ayurvedic pharmacology and action of a substance is based on five mechanisms of action or attributes of a substance, namely, Rasa (taste), Guna (property of any substance), Vipaka (post digestive metabolism), Virya (potency) and Prabhav (specific action through specialized receptors). All these mechanisms related to drug action are biophysical in nature. Karma is the final effect of the drug. The properties of Prsniiparni are mentioned in various classical texts is listed in the table no.1.4-

Table No. 1.4, Properties of Prsniiparni as mentioned in various texts.^[10,11,15,21,29]

Rasa Panchak	KN	BpN	DN	NA	ShN	API
Rasa (Taste)	Madhur	Madhur	Madhur	Madhur, Tikta	Madhur	Madhura, Katu, Amla, Tikta
Guna (Properties)		Sara	Laghu			Laghu, Sara
Virya (Potency)	Ushna	Ushna	Ushna	Ushna	Ushna	Ushna
Vipaka		Madhur		Madhur		Madhur
Doshhar karma		Tridosh shamak		Tridosh shamak		Tridosahara, Vrsya, Dipanya

Table no. 1.5, Therapeutic indications of Prsniiparni.^[10,11,15,25,24,17,26,29]

S.N	Therapeutic Indications	DN	MP	KN	BN	RVN	RN	PN	API
1	Jwara	✓	✓	✓	✓			✓	✓
2	Atisara			✓				✓	✓
3	Shwasa	✓		✓	✓				✓
4	Raktatisara		✓	✓	✓				✓
5	Daha	✓	✓	✓	✓				✓
6	Vami		✓	✓	✓				
7	Grahini					✓			
8	Raktavikara								✓
9	Pilla (Netra roga)								✓
10	Asthibhagna								✓
11	Unmada								✓
12	Vatarakta								✓
13	Vrana								✓
14	Vataroga								✓
15	Raktarsa								✓
16	Trusha	✓	✓	✓	✓				
17	Ekahika jwara								✓
18	Kasa	✓							✓
19	Tridoshnashak	✓							✓
20	Kaphapiitahar					✓			

PRSNIPARNI IN DIFFERENT NIGHANTU'S AND KOSHA**I. AMARKOSHA (5th cent. A.D.)^[1]**

The writer of this book was Amar Singh. In this book Prsniparni is mentioned in dwitya khanda in Vanaushadhi Varga and eight synonyms have been appended for it.

पृश्निपर्णी पृथक्पर्णी चित्रपर्यङ्घवल्लिका ॥
क्रोष्टुविन्ना सिंहपुच्छी कलशी धावनी गुहा ॥ (१२-१३)
(अमरकोश द्वितीयकाण्ड वनौषधिवर्ग)

II. Saushruta Nighantu (5th Century)^[28]

This is probably oldest Nighantu which is written by Saushruta and upon Sushruta Samhita. Prsniparni has been described under the headings of Vidarigandhadigana and six synonyms have been given to it.

पृथक्पर्णी पृश्निपर्णी कलशी चित्रपर्यङ्घपि ।
शृगालविन्ना लाङ्गली सैव क्रोष्टुकपुच्छिका ॥१८॥

III. Ashtanga Nighantu (8th Century)^[4]

The Nighantu was written by Acharya Vahatacharya. Prsniparni has been mentioned under Vidaryadigana and total eight synonyms have been given.

पृश्निपर्णी पृथक्पर्णी धावनी कलशी गुहा ।
शृगालविन्ना लाङ्गली स्थिरा क्रोष्टुकपुच्छिका ॥१७॥

IV. Paryayaratnamala (9th century)^[23]

The Nighantu was written by Acharya Manmadhavkara. He mentioned nine synonyms of Prsniparni and also Given Prsniparni-Bheda

पृश्निपर्णी पृथक्पर्णी लाङ्गली क्रोष्टुकपुच्छिका ॥३१॥
धमनी कलसी तन्वी गुहा क्रोष्टुकमेखला ॥३२॥
दीर्घा शृगालविन्ना सा त्रिपर्णी सिंहपुच्छिका ॥३३॥
दीर्घपत्रा त्वतिगुहा घृतिला चित्रपर्यङ्घपि ॥३४॥

V. Siddhasara Nighantu (9th century)

The Nighantu was written by Acharya Ravigupta. He mentioned four synonyms of Prsniparni like Languli, Kalashi, Prsniparni and Guha.

लाङ्गली कलशी चैव पृष्टपर्णी गुहा स्मृता ॥४॥

VI. Madanadi Nighantu (10th Century)

The Nighantu was written by Acharya Chandranadana. He mentioned Prsniparni in trutyagana and given nine synonyms.

पृश्निपर्णी पृथक्पर्णी क्लीतनकी कलशीगुहा ।
शृगालविन्ना लाङ्गली पर्णिनी क्रोष्टुकपुच्छिका ॥२१॥
(पृश्निपर्णी रसे स्वादुर्लघुरुष्णा त्रिदोषजित् ।
दीपनी ज्वरतृडाहश्वासकासविनाशिनी ।
रक्तपित्तहरा रूक्षाहिककाकासज्वरापहा ।
अतिसारहरा स्वादुकासघ्नी पृष्टपर्णीका ॥२२॥

VII. Dhanvantari Nighantu (10th- 13th Century)^[11]

Composed by Mahendra Bhougika. In this Nighantu, Prsniparni is classified in Guduchyadivarga with nine synonyms. He also mentioned Prsniparni-vishesha.

गुडुच्यादिवर्ग

पृश्निपर्णी पृथक्पर्णी कलशी धावनी गुहा ॥
शृगालविन्नाऽङ्घ्रिबलापर्णीकृष्टुकपुच्छिका ॥ (९०)
पृश्निपर्णी रसे स्वादुलघूष्णाऽस्त्रिदोषजित् ।
कासप्रशमनी ज्वरतृडाहनाशिनी ॥ (९१)
सर्पानुकारिणी तन्वी दीघपर्णी च पर्णिक ।
कुमुदाऽतिगुहा चैव विषघ्नी सैव कीर्तिता ॥ (९२)

VIII. Nighantu shesha (12th Century)^[22]

Acharya Hemachandrah has classified Prsniparni in Gulmakanda according to the morphology of the plant पृष्णिपर्णी पृथक्पर्णी लाङ्गली क्रोष्टुकपुच्छिका ।
शृगालविन्ना कलशिर्धृतिला धावनी गुहा ॥१९८॥
सिंहपुच्छी चित्रपर्यङ्घिपर्णी तिलपर्यङ्घपि ॥१९९॥

IX. Shodhala Nighantu (12th Century)

This Nighantu was written by Shodhala. This nighantu was composed in two parts named as Namasangraha dealing with synonyms and Gunasangraha dealing with properties and actions. Prsniparni is mentioned in the "Guduchyadivarga" and seventeen synonyms of Prsniparni were described in this text.

गुडुच्यादिवर्ग

पृष्टपर्ण्या पृथक्पर्णी कलशी धावनी गुहा ।
शृगालपर्णिका पर्यङ्घ्रिबला कृष्टुकपुच्छिका ॥ (१५७)
विष्णुपर्ण्याघृपर्णी च लाङ्गली चित्रपर्णीका ।
उपचित्रोदनाहा च शृगाली सिंहपुच्छिका ॥ (१५८)
पृष्णिपर्णी स्थिरा चैव पित्तश्लेष्मातिसारिनाम् ॥ (१५९)

X. Hridayadipaka Nighantu (13th century)^[14]

This Nighantu was written by Acharya Bopadeva. In this text Prsniparni is classified in **Chatushpada Varga**.

विदारिगन्धांशुमती च शालिपर्णी स्थिरा चातिगुहापरागुहा ।
शृगालविन्ना कलशी सिंहपुच्छी पृथक्पर्ण्यपि पृश्निपर्णी ॥१०॥

XI. Abhidhanaratnamala (12th-13th Century)

The subject matter of this Nighantu is arranged in six 'Skandha' according to six Rasa, therefore it is commonly known as "Shadarasa Nighantu". Prsniparni has been placed in "Swadu-skandha" with nine synonyms.

पृश्निपर्णी पृथक्पर्णी कलशी क्लीतनी गुहा ॥३९॥
शृगालविन्ना लङ्गली क्रोष्टुकपुच्छी महागुहा ॥४०॥

XII. Siddhamantra Nighantu (13th century)

This is the only Nighantu where dravyas have been classified based on its Dosha-karmas. Acharya Keshava mentioned Prishniparni in Tridoshaghna varga.

शालिपर्णी पृष्ठिपर्णी गोक्षुरो वृषसारकः |

फलं धात्र्यभयाक्षीरीशताक्षकविकङ्कतात् || १३६ ||

XIII. Madanapala Nighantu (14 century)^[17]

It is also known as Madanvinoda written by Madanpal. Prishniparni has been described in Abhayadi Varga along with eight synonyms.

अभयादि वर्ग

पृष्ठपर्णी क्रोष्टपुच्छा धावनी कलशारुहा |

शृगालवृताऽहितिला पृथक्पर्णी च पर्णिका || (६३)

पृष्ठपर्णी लघुवृष्या मधुरोष्णा विनाशयेत् |

रक्तातिसारतृड्दाहदोषत्रयवमिज्वरान् || (६४)

XIV. Kaiyadeva Nighantu (15th century)^[15]

The Nighantu is otherwise known as Pathyapathya-vibodhaka written by Acharya Kaiyadeva. It consists of 8 vargas. The author has described Aushadhadravya in 1st and 2nd varga; Anna dravya in 3rd to 6th varga and Vihara dravya in 7th varga. In Mishrakavarga contains remaining drugs. Some other drugs having different action are grouped in Nanarthavarga. In this Nighantu, Prishniparni is described in Aushadha Varga with eight synonyms

औषधिवर्ग

पृश्निपर्णी पृथक्पर्णी कलशी धावनी गुहा |

सिंहपुच्छी क्रोष्टपुच्छी कलशी स्निग्धपर्णिका || (४७)

शृगालविन्ना वृत्तिला लांगूली पर्णिका मता |

पृश्निपर्णी त्रिदोषघ्नी वृष्योष्णा मधुरा सरा |

हन्ति दाहज्वरश्वासरक्तातिसारतृड्वमीः || (४८)

XV. Sarasvati Nighantu (16th century)

Prishniparni has been placed in **Ulapavarga**. The author has described nine synonyms.

पृश्निपर्णी पृथक्पर्णी चित्रपर्णी च पर्णिका |

क्रोष्टविन्ना सिंहपुच्छी धावन्त्यंशुमती गुहा || ४९ ||

XVI. Bhavaprakasha Nighantu (16th century)^[10]

This Nighantu is a part of Bhavaprakasha Samhita and written by Acharya Bhavamishra. There are 23 vargas of drugs mentioned in this book. Prishniparni has been described in Guduchyadivarga with nine synonyms and properties like Madhura in rasa, Laghu and Sara in guna, Ushna in virya, Vrushya and Tridoshaghna in Karma.

गुडूच्यादिवर्ग

पृश्निपर्णी पृथक्पर्णी चित्रपर्ण्यहिपर्ण्यपि |

क्रोष्टविन्ना सिंहपुच्छी कलशी धावनिर्गुहा || (३४)

पृश्निपर्णी त्रिदोषघ्नी वृष्योष्णा मधुराऽसरा |

हन्ति दाहज्वरश्वासरक्तातिसारतृड्वमीः || (३५)

XVII. Raja Nighantu (17th century A.D.)^[25]

This Nighantu is also known as Abhidana Chudamani or Nighanturaja, is written by Narhari Pandita; son of Ishvarasuri. The grouping of drugs has been done either on the basis of Karma (action) or Gunasadharmya (similar properties). Prishniparni is included in Shatahvahadivarga and eighteen synonyms were described in this text

शताहवादि वर्ग

स्यात्पृश्निपर्णी कलशी महागुहा शृगालविन्ना धमनी च मेखला |

लाङ्गूलिका क्रोष्टकपुच्छिका गुहा शृगालिका सैव च सिंहपुच्छिका || (३७)

प्रथक्पर्णी दीर्घपर्णी दीर्घा क्रोष्टकमेखला |

चित्रपुण्युपचित्रा च श्रवपुच्छाऽष्टादशाहया || (३८)

पृश्निपर्णी कटूष्णाम्ला तिक्तातिसारकसजित् |

वातरोगज्वरोन्मादवृणदाहविनाशिनी || (३९)

XVIII. Laghu Nighantu (18th Century)^[16]

Acharya Vyasa Keshavaram has mentioned properties and synonyms of Prishniparni in this text.

पृष्ठिपर्ण्या पृथक्पर्णी कलशी धावनी गुहा |

विष्णुपर्णी हरिपर्णी क्रोष्टकपुच्छिका || १४५ ||

पर्णीद्वयं लघु स्वादु भेदि पित्तसमीरजित् || १४६ ||

XIX. Rajavallabha Nighantu (18th Century)^[26]

This Nighantu is written by Shree Rajavallabha. The reference of Prishniparni mentioned in the **Aushadhashrayapariccheda** and given qualities like Grahini and Kaphapittajit.

शालिपर्णी पृश्निपर्णी ग्राहिणी कफपित्तजित् || ९ ||

XX. Shaligrama Nighantu (19th century)

Acharya Shaligrama Vaishya has followed the information from Bhavaprakasha Nighantu, Raja Nighantu and Shodhala Nighantu and has mentioned Prishniparni under Guduchyadivarga.

पृश्निपर्णी पृथक्पर्णी तन्वी क्रोष्टकपुच्छिका |

त्रिपर्णी पूर्णपर्णी च कलसी सिंहलांगुली ||

XXI. Nighantu Adarsha (20th Century)^[21]

This book was published in Gujarat, its author, is Vaidya Bapalalaji who is the authoritative person of 20th century for identification of Ayurvedic plants. Vaidya Bapalala has mentioned Prishniparni under Palashadi Varga with properties and synonyms and gave same name as Dhanwantari nighantu, Raja Nighantu and BhavaPrakashanighantu.

XXII. Priya Nighantu (1983 Century)^[23]

Priya Nighantu is written by Acharya Priyavrata Sharma. He classified Prishniparni in **Haritakyadi varga**.

पृश्निपर्णी चित्रपर्णी क्रोष्टपुच्छी च कथ्यते |

पुष्पव्यूहस्तदाकारः कोष्ठपुच्छी ततःस्मृता ॥३४॥
 पृश्निपर्णी त्रिदोषघ्नी सोष्वीर्या बलप्रदा ।
 वृष्या ज्वरेऽतिसारे च शस्यतेमुनिभिः परम् ॥३५॥
 (हरितकयादि वर्ग)

XXIII. Mahaushdha Nighantu

This Nighantu is written by Aaryadasa Kumara Singh. Eight synonyms and also Guna-karma like Madhura in Rasa, Ushna in Virya, Sara in Guna, Vrushya and Tridoshghnain Karma of Prsniparni were found in this text.

XXIV. Haritakyadi Nighantu^[14]

This Nighantu is written by Shiv Sharma. Nine synonyms and also Guna-karma of Prsniparni were found in this text.

XXV. Madhava Dravyaguna^[19]

Acharya Madhava has mentioned Prsniparni in Vividhaushadhivarga

पाचनी ग्राहिणी सोष्णा वातघ्नी बृहती तथा ।
 पृश्निपर्णी स्थिरा चैव पित्तश्लेष्मातिसारिणाम् ॥७२॥

PRAYOGYAANGA (USABLE PART)

The official usable part of the drug Prsniparni is the Root/ whole plant.

MATRA (POSOLOGY)

As per the API the dose of the drug is 20-50 gm powder for decoction.

ADULTERANTS AND SUBSTITUTES

Prsniparni is one of the most widely used herbs in Ayurvedic pharmaceutical industry where roots are mentioned in various formulations which results in destructive form of harvesting, so in order to meet the high demand the drug is overexploited and also adulterated and substituted with other drugs. Prsniparni moola is one among the Dashmoola, *Urtica picta* is the original Prsniparni source while in trade or use *Urtica lagopodioides* (L.) DC, *Desmodium gangeticum* (L) DC, *Pseudarthria viscida* (L) Wight & Arn are observed.

Important Formulations

- 1) Amrtarista
- 2) Angamardaprasamana Kashaya
- 3) Dashmoolataila
- 4) Madhyam Narayan taila
- 5) Sirahasuladi vajra rasa
- 6) Dasamularista

CONCLUSION

Urtica picta is found in dry grasslands, waste places and open forests upto an altitude of 1800m, and all over plains of India. Prsniparni is one among the Dashmoola. Prsniparni has outstanding therapeutic action to improve health. Various therapeutic effects of Prsniparni

mentioned in various Ayurvedic texts are Dipaniya, sangrahi, vrsya, sothahara, Angmardaparsmana, Sandhaniya, jivanunasaka, balavardhak, grahi.

The various classical Therapeutic indications mentioned in different texts are Angamarda, jwara, Daaha, Atisara, Kasa, Shwasa, Asthibaghna, Raktatisara, Trusha, Grahini, Pilla, Unmada, Vatarakta, Raktaarsa, Ekahikajwara etc. Effect of the Prsniparni on dosha as mentioned in different texts, are Tridoshahara, Kaphapittahara etc.

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