

A REVIEW ON AMRAFALADI VARGA OF BHAVPRAKASH NIGHANTU**Dr. Sangeeta Verma^{1*}, Dr. Ritisha Verma² and Dr. Amit Gupta³**¹Assistant Professor, PG Department of Swasthviritta. National Institute of Ayurveda, Jaipur.²Medical Officer, State Ayurvedic Dispensary, Pachahara, Mathura, U.P.³Medical Officer, State Ayurvedic Dispensary, Nari, Mathura, U.P.***Corresponding Author: Dr. Sangeeta Verma**

Assistant Professor, PG Department of Swasthviritta. National Institute of Ayurveda, Jaipur.

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ABSTRACT

Term Nighantu in Ayurveda is used for the group of drugs, synonyms, properties, and their useful part. In Ayurveda herbal, mineral, animal origin drugs are use for the prevention and cure of diseases. Bhav prakash nighantu is one of the oldest text of Ayurvedic literature and included as a important part of Laghutrayi. The author of this text is Acharya Bhav Prakash Mishra. Among all the classical Nighantu the Bhavprakash nighantu is largest and easy to understand. Along with indication of the drug it also discusses contraindications of the drugs. For eg. Consumption of alcohol, indigestion, diet rich in acid content etc. are avoid during the the taking commiphora mukul¹. Bhavprakash Nighantu is divided into 23 sections or Vargas, viz; Haritakyadi Varga, Karpooradi varga, Guduchyad varga, Pushpa varga, Vatadi varga, Aamrafaladi varga, Dhatuup dhaturasouprasratnouprat navishoypavisha varga, Dhanya Varga, Shaka Varga, Mamsa Varga, Kritanna Varga, vari varga, dugdha varga, dadhi varga, takra varga, navneet varga, ghrit varga, mutra varga, tail varga, sandhan varga, madhu varga, ekshu varga and anekarthnam varga. Aamrafaladi varga is an important section or varga of Bhavprakash nighantu which included approx 60 drugs. Here an attempt is made to elaborate on each drug and its therapeutic indication in various diseases.

KEYWORDS: Bhav prakash nighantu, Ayurveda, Aamrafaladi varga, Laghutrayi.**INTRODUCTION**

Bhavprakash Nighantu is one of the oldest texts of Ayurvedic literature and included as a important part of Laghutrayi. The author of this text is Acharya BhavPrakash Mishra. It is an important text of 16th century.^[1] The book is divided into 23 sections or vargas.^[2] Each vargas named on their main drug and other drugs have similar action. Each section is named as Vargas. Viz; Haritakyadi Varga contain 98 drugs, Karpooradi varga contain 56drugs, Guduchyad varga contain 190 drugs, Pushpa varga contain 37 drugs, Vatadi varga vatadi varg contain 43 drugs, Aamrafaladi varga contain 60 drugs, Dhatwadi varga contain discription of various metal and poisonous drug, Dhanya Varga contain 29 drugs, Shaka Varga contain 71 drus,

Mamsa Varga contain description of edible meat and fishes, Kritanna Varga contain various type dietetics formulations, vari varga contain water description, dugdha varga contain description of milk, dadhi varga contain description of yogurt, takra varga is about curd milk, navneet varga contain description of butter , ghrit varga is about clarified butter, mutra varga contain description about urine, tail varga contain description about different type of oil, sandhan varga contain description of sandhan formulation, madhu varga contain description of honey, ekshu varga contain description about sugar cane and its different formulation and anekarthnam varga. Aamrafaladi varga is an important section of Bhav prakash nighantu.^[3] It contains description about edible fruits.

Table No.1: Indicating Drugs And Their Botanical Name.

Sr. no.	Drug	Botanical ame	Family
1.	Aamra	Magnifera indica	Anacardiaceae
2.	Ambada	Spondias magnifera	Anacardiaceae
3.	Koshamra	Schlichera trijuga	Sapindaceae
4.	Panas	Artocarpus intrigifolia	Moraceae
5.	Lakuch	Artocarpus lakoocha	Moaceae
6.	Kadali	Musa sapintum	Musaceae

7.	Chirbhit	Cucumis momordica	Cucurbitaceae
8.	Narikel	Cocos nucifera	Arecaceae
9.	Kalind	Citullus vulgaris	Cucurbitaceae
10.	Kharbuj	Cucumis melo	Cucurbitaceae
11.	Trapus	Cucumis sativus	Cucurbitaceae
12.	Guwak / supari	Areca catechu	Palmae
13.	Tal	Borassus flabillifer	Palmae
14.	Bilwa	Alage marmolos	Rutaceae
15.	Kapitha	Feronia elephantum	Rutaceae
16.	Narang	Citrus reticulata	Rutaceae
17.	Tinduk	Diospyros embryopteris	Ebenaceae
18.	Kupilu	Strychnos nuxvomica	Strychnaceae
19.	Raj Jambu	Eugenia jambolina	Myrtaceae
20.	Jaljambuka	Eugenia heyneana	Myrtaceae
21.	Unnav / rajbadar	Zizyphus sativa	Rhamnaceae
22.	Badar	Zizyphus jujeba	Rhamnaceae
23.	Kshudrabadar	Zizyphus numeleria	Rhamnaceae
24.	Prachinamlak	Flacourtia catafracta	Flacourtiaceae
25.	Lavali	Phyllanthus distichus	Euphorbiaceae
26.	Karmard	Carissa carandas	Apocynaceae
27.	Priyal	Buchanania latifolia	Anacardiaceae
28.	Rajadan	Mimusops hexandra	Sapotaceae
29.	Vivankat	Flacourtia ramontchi	Flacourtiaceae
30.	Makhann	Euryale ferox	Nymphaeaceae
31.	Shringatak	Trapa bispinosa	Trapaceae
32.	Madhook	Madhuca indica	Sapotaceae
33.	Jalmahua	Bassia longifolia	Sapotaceae
34.	Parooshak	Grewia asiatica	Tiliaceae
35.	Toot	Morus indica	Moraceae
36.	Dadim	Punica granatum	Punicaceae
37.	Lisoda/bahuwar	Cordial myxa	Boraginaceae
38.	Katak	Strychnos potatorum	Loganiaceae
39.	Draksha	Vitis vinifera	Vitaceae
40.	Khajoor	Phoenix sylvestris	Palmae
41.	Vatad	Prunus amygdalus	Rosaceae
42.	Sevam	Pyrus malus	Rosaceae
43.	Amritfalam	Pyrus communis	Rosaceae
44.	Peelu	Salvadora Persia	Salvadoraceae
45.	Akshot	Juglans regia	Juglandaceae
46.	Beejpur	Citrus medica	Rutaceae
47.	Chakotara	Citrus maxima	Rutaceae
48.	Jambeer	Citrus limon	Rutaceae
49.	Nimbook	Citrus aurantifolia	Rutaceae
50.	Mishtnimbook	Citrus lamittioides	Rutaceae
51.	Mosambi	Citrus sinensis	Rutaceae
52.	Karmrang	Averrhoa carambola	Oxilidaceae
53.	Amlika	Tamarandus indica	Caesalpiniaceae
54.	Amlavetus	Rheum emodi	Polygonaceae
55.	Kokam	Garcinia indica	Guttiferae

CONCLUSION

Bhavprakash Nighantu include herbal, mineral (like as gold, silver iron etc.), & animal origin (like as kasturi etc.) drugs but in detail it mainly describe herbal drugs.

Aamrafaladi varga contain different type of fruit and its indication in various disorders for eg. flower of *Magnifera indica* is indicated in Atisar (*Diarrhoea*)^[4],

ripped fruit of Lakoocha (*Artocarpus lakoocha* Roxb.) is aphrodisiac^[5], coconut water is a good urinary agent.

Description of poog and kupilu in Aamrafladi varga show its comprehensiveness because kupilu is a poisonous drug even after that it is indicated in Aamrafaladi varga.^[6]

Indication and contraindication of the drug/ fruit is described like as ripped fruit of panas (*Artocarpus integrifolia* Linn.) is indicated as shukraprad, balya while its seed is contraindicated in Agnimandya (indigestion).

Further scope of the study is to critically analyze the Aamrafaladi varga with the help of modern parameters.

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