

**MEDICINAL USES OF TUVARAKA [HYDNOCARPUS LAURIFOLIA (DENNST.)
SLEUMER]****Dr. Vikram Sidh¹ and Dr. Omprakash Sharma*²**¹PG Scholar Deptt of Dravyaguna, Sriganganagar College of Ayurvedic Science & Hospital, Tanta University, Sriganganagar – 335001, India.²Professor Deptt of Dravyaguna, Sriganganagar College of Ayurvedic Science & Hospital, Tanta University, Sriganganagar – 335001, India.***Corresponding Author: Dr. Omprakash Sharma**

Professor Deptt of Dravyaguna, Sriganganagar College of Ayurvedic Science & Hospital, Tanta University, Sriganganagar – 335001, India.

Article Received on 20/03/2018

Article Revised on 10/04/2018

Article Accepted on 30/04/2018

ABSTRACT

Tuvaraka [Hydnocarpus laurifolia (dennst.) Sleumer] is tree is used in ayurvedic medicine in India for a long time. This is a member of Flacourtiaceae family. It is commonly known as Kushthvairi in Sanskrit and Chalmogra in Hindi. It is a tall tree grow upto 16 m more in height found in western Ghat in Maharashtra to Kerala. The great Acharya Susruta has indicated it “KUSHTAMEHAPAHAM” means this is the best drug of Kushta and Premaha. Its pain relieving quality, it is used in the treating neuropathy, rheumatoid arthritis and gout. Susruta and Vagbhata have classified this herb as UBHYATOBHAGHARA – being useful both in Vaman and Virechana treatment, capable of expelling Doshas from both oral and anal routes.

KEYWORDS: Kushthvairi, Ubhyatobhaghara, Kushthamehapaham, Chalmogra.**INTRODUCTION**

Tuvaraka herbs has the great medicinal importance in ancient ayurveda. This herb is known to be very effective to treat the skin diseases. Use of Tuvaraka is very effective in the treatment of Leprosy. This herb is loaded with antimicrobial antipyretic, wounds healing and curative properties.

Botanical Description – Tuvaraka is an evergreen deciduous tree with can grow upto 16m or more in height. Bark is rough, brown and wood whitish but generally becomes brownish-grey due to fungal sapstain and turns streaked. Leaves are oblong, ovate or elliptic, somewhat serrate and 10-16 cm long. Flowers of this herb are small, solitary fascicles and greenish white. Fruits are globose, mammilate, tomentose and 5.1-10.2 cm diameter. It bears the fruits between the months of august and September seeds are striate, sub avoid, obtusely angular and 2.0-2.5 cm long. Flowering occurs from January to April.

Scientific classification

Kingdom	-	Plantae
Order	-	Malpighiales
Family	-	Flacourtiaceae
Genus	-	Hydnocarpus
Species	-	Laurifolia

Classical Categorization

Susruta and Vagbhata have classified this herb as Ubhyatobhaghara being useful both in Vamana and Virechana treatment, capable of expelling Doshas from both oral and anal routes.

Vernacular names

English	-	Soorty oil tree
Hindi	-	Chalmogra, Chalmoogra, Jangali Badam
Sanskrit	-	Tuvaraka, Turveraka, Kushtavairi
Telugu	-	Adavi Badam
Kannada	-	Garuda phala
Marathi	-	Kadu Kaveet
Tamil	-	Maravattai

Sanskrit synonyms

- Katukapittha – Has pungent testing fruit that looks similar to Kapittha fruit.
- Kushta vairi – Enemy of skin disease.
- Alaskaapaha – Used in indigestion.

Botanical distribution

The plants are found in the maintains of western ghats from Maharashtra to Kerala and is also found in the hilly regions of Assam and Tripura. It is also cultivated in Uganda, Nigeria, Srilanka and few other South East Asian countries.

Ayurvedic properties

Ras – Katu, Tikta, Kashaya	Taste– Astringent pungent, Bitter
Guna – Snigdha, Tikshna	Physical property – Unctuous, Sharp
Virya – Ushna	Potency - Hot
Vipaka – Katu	Metabolic property – Pungent

Indications

It is extensively used for external application to relieve skin disorders, itching, non healing wounds, sinuses and abscess. It is also relieve pain.

Useful part- fruit, rind, seeds, seed oil

Dosage

Powder 1-3 gm in divided doses per day.

Seed oil – 3-30 drops, based on doctor's advice, usually administered along with ghee or butter.

Important preparations

1. Tuvataka taila (Tuvataka oil)
2. Eladi tailam – used in hair treatment for skin disease like allergic dermatitis ring worm infection, urticaria
3. Jatamayadi choornam – helps to relieve burning sensation, pain and edema when applied externally.
4. Nisosiradi Thailam – Heals wound quickly.

Chemical constitutes

Hypnocarpic acid, Chalmooric acid, It also oleic acid and palmitic acid.

REFERENCES

1. Prof. P.V.Sharma Dravya guna Vigyan Vol. 2 Chaukhambha Bharati Academy, Varanasi P. 172.
2. Prof. P.V.Sharma, Dhanwantri Nighantu commentry, Chaukhambha Orientalia, Varanasi. P.P. 76.