

MEDICINAL USES OF NAHUSH (*VALERIANA WALLICHII* DC.): A REVIEW ARTICLEDr. Amandeep Kaur*¹, Dr. Anurag Nagrath², Dr. Naresh Kumar Garg³ and Dr. Sagrika Jaggi⁴¹PG Scholar Deptt. of Dravyaguna.²PG Scholar Department of Rachana Sharir.³Associate Professor Deptt. of Dravyagun.⁴Assistant Professor, Deptt. of Samhita, Sanskrit and Siddhant. Sriganganagar College of Ayurvedic Science & Hospital, Tanta University, Sriganganagar – 335001, India.

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ABSTRACT

Nahush or *Valeriana wallichii* is a variety of Valerian, known as Indian Valerian. It belongs to Valerianaceae and Valeriana L. genus. The roots of *Valeriana wallichii* are used in ayurveda for medicinal purposes. Tagara (*Valeriana Wallichii*) benefits its use in neurological, psychological, and digestive disorders. In low dosage, it calms the mind, strengthens nerves and prevents convulsions. Therefore, it is used in the treatment of disturbed sleep (insomnia), epilepsy, and paralysis. It has analgesic and anti-inflammatory actions. So, it is used to treat osteoarthritis and rheumatoid arthritis. It acts as an appetizer, carminative and antispasmodic. So, it helps to treat abdominal pain, flatulence, gas, bloating, abdominal heaviness and loss of appetite. It also improves the strength of the heart muscles and reduces blood pressure. Therefore, it is also included in ayurvedic antihypertensive medicines.

KEYWORDS: Tagara, appetizer, natphala, Nahush.

INTRODUCTION

Common Name – Tagara
English Name – Indian Valerian
Botanical Name – *Valeriana Wallichii*
Botanical Synonyms and Variety – *Valeriana Hardwickii*, *Valeriana Himalayana*
Family – Valerianaceae

Name in another languages

Gujarati – Tagar Ganthoda**Kannada** – Mushkabala**Marathi** – Tagaramool**Punjabi** – Sugandha Bala**Tamil** – Tagarai

Medicinal Uses

According to ayurvedic classical indications, Tagara Powder or its formulations are beneficial in the following diseases:

Internal Uses

1. Vata and Kapha Diseases
2. Facial Paralysis
3. Paralysis
4. Insanity
5. Epilepsy
6. Osteoarthritis

7. Rheumatoid Arthritis
8. Gout
9. Hypertension (High Blood Pressure)
10. Whooping Cough
11. Asthma
12. Loss of Appetite
13. Abdominal pain
14. Constipation
15. Hepatitis
16. Jaundice
17. Splenomegaly
18. Dysuria
19. Impotence and Erectile Dysfunction
20. Dysmenorrhea (painful periods)
21. Skin Diseases
22. Erysipelas
23. Chronic fever (for breaking the fever and treating debility and chronic fatigue)
24. Malaria (for reducing fever and treating debility)

External Uses

The local application of a paste prepared from its powder (churana) is useful for alleviating pain and preventing infections in the following conditions:

1. Bone fracture (its application alleviates pain)
2. Joints affected with Rheumatoid Arthritis
3. Wounds (it promotes healing of wounds. Its hot infusion is used to wash wounds)

4. Vulvodynia (Vaginal Pain) – douching with its Natadi Tail is helpful.

Benefits and Uses

Tagara has beneficial effects on brain, mind, heart, stomach, liver and spleen. Let's discuss its medicinal uses and health benefits in details:

1. It improve the quality of sleep and induces sound sleep. Therefore, it is an effective remedy for insomnia.
2. It brings calmness to the mind, reduces stress and elevates mood it helps patients with stress and mood disorders.
3. It lowers local inflammation, so its paste gives relief in joint pains.
4. It prevents gas formation and relaxes muscles, so it alleviates abdominal pain and cramps.
5. It alleviates pain that occurs during menstrual periods.

Medicinal Parts

- Roots.

Powder Dosage

The ground roots (fine powder) of *Valeriana wallichii* plant are called tagara powder or churana. Its dosage is as follows:

- Children – 10 mg per kg body weight
- Adults – 250 to 1000mg;
- Maximum Possible Dosage – 2000 mg per day

Main Components

- Valrianic acid

Ayurvedic Properties

Rasa – Tikta, Katu, Kashaya

Guna – Laghu, Snigdha or Sneha

Virya – Ushna

Vipaka – Katu

Dosha karma – Pacifies Vata dosha and Kapha Dosha

Ayurvedic Formulations of Tagara

1. Dashang Lepa
2. Natadi Tail
3. Natadi Lehyam
4. Tagaradi Kashayam

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