

A CRITICAL ANALYSIS OF FLOWER AS PER ANCIENT LITERATURE IN CONTEXT OF AYURVEDA

¹*Dr. Anurag Mishra and ²Dr. Kavita Tiwari

¹*Assistant Professor, Department of Agadatantra evum Vidhi Vaidyaka, Rohilkhand Ayurvedic Medical College & Hospital, Bareilly, Uttar Pradesh, India.

²Assistant Professor, Department of Dravyguna, Rohilkhand Ayurvedic Medical College & Hospital, Bareilly, Uttar Pradesh, India.

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*Corresponding Author

Dr. Anurag Mishra

Assistant Professor,
Department of Agadatantra
evum Vidhi Vaidyaka,
Rohilkhand Ayurvedic
Medical College & Hospital,
Bareilly, Uttar Pradesh,
India.

ABSTRACT

Flower is the symbol of love and consciousness. In the yogic science each our bodily Chakra (Plexus) resembles the symbol of floret. Since Vedic period the flowers were used in the form of *Pushpabhisheka*, The flowers too have spiritual aspects. For example *Lord Bramha*, *Goddess Laxmi* is sitting on *PadmaPushpa*. *Lord Shiva* likes the *Dhattura*. *Dronapushpi Pushpa* for *Abhisheka*. *Lord Vishnu* likes *Tulasi*. *Lord Ganesha* likes *Japa*, likewise flowers are being used since Vedic period not only for ritual but also for therapeutic purpose. *Ayurveda* considered to be the science of life along with spiritual aspects. In day today life flowers has been used extensively. As, flowers contains active molecules called phyto-chemicals and have potential biological activities when administered in the body, which help to eradicate the diseases and to attain health. In ayurvedic scriptures like

Charak Samhita, *Susruta Samhita*, *Bhavaprakash Nighantu*, etc., have mentioned separate chapters as "*Puhspa Varga*" mentioning about the therapeutic properties of plants. These medicinal flowers are marketed by pharmaceutical companies for making perfumes, colouring agents, and for medicinal purpose. The essential oils are prepared from the dried flowers as the essential oils are more potent. The medicinal flowers possess anti viral, anti-inflammatory, antipyretic, analgesic, mood stabilizing agents. In this article an attempt is made to explore the various types of medicinal flowers, their therapeutic actions which were dealt in *Ayurvedic* classical texts.

KEYWORDS: *Vedic Period, Ayurveda, Pushpa, Charaka Samhita, Sushruta Samhita, Bhavaprakasha Nighantu, etc.*

INTRODUCTION

Flowers are beautiful creation and they just have that magic in them to make a person feel good. But they are not only used for their aesthetic sense but also for nutritive and medicinal properties also. Many times, parts used for medicinal purposes are roots, fruits, stem bark, seeds and then flowers in the decreasing order. The search in the Ayurvedic formulary of India reveals 1477 incidences for roots, 399 of fruit, 481 of stem bark, 373 of seed and 42 instances of flowers. Many of the plants with flowers as medicinally useful part, have still remained underexploited due to lack of awareness of their potential use. Hence the present paper mainly focuses on importance of medicinal flowers in curing disease. In India more than 43 % of the total flowering plants are reported to be medicinal importance. Extensive information about flowers is available in the Ayurvedic literature like Vruksharyurveda.

Flowers are directly eaten as petals or in the form of decoction, juice, syrup, arka, powder etc. Poplar flower includes spices like cloves, saffron etc. Dhataki (*Woodfordia fruticosa* Kurz.) flower mentioned in Ayurveda is used as a fermenting agent in the preparation of Asava Arishta. Bee processed flower nectar also known as honey is often named based on the flowers. The medicinally useful part may be entire or petals as in Shatapatra (*Rosa centifolia* Linn.) or inflorescence as in Kumbhi (*Careya arborea* Roxb.) or Stigmas as in Saffron (*Crocus sativus* Linn.) etc. Flower is the reproductive structure of the plant, which contains the active molecules called phyto-chemicals. These phyto-chemicals have potential biological activities when administered in the body and also help to eradicate the diseases and to attain health. Flower is the symbol of love, beauty and consciousness. It is most attractive part of the plant and also liked by animal beings. Since *Vedic* period flowers were using for various health ailments, various rituals and also for cosmetic purposes.

Acharya Charaka in *Charaka Samhita* explains the group of drugs which mainly contain flowers and which are used for eliminating the abnormal colours of the urine, stool, retaining stools i.e anti-diarrhoeal, flowers eliminating *Daha* (Burning sensation).

Acharya Sushruta in *Sushruta Samhita* also mentioned some group of drugs. In these groups the flowers are being used for various diseases. Viz; *Utpaladi Gana* –This group is similar to the group of *Mutravirajaniya Gana* of *Charaka Samhita*.

The *Bhavaprakasha Nighantu* is one of the *Laghutrayi*. The book is divided into three sections Viz; *Purvakhanda*, *Madhyama Khanda*, *Uttara Khanda*. The text includes total 24 Vargas. 25th one is miscellaneous section. In this the Medicinal flowers section is fourth one. This section contains; 39 medicinal flowers. Viz; Kamala (Lotus), Padmini, Samvartika, Karnika, Keshara, Mrinala, Sthala Kamalini, Kumuda, Kumudini, Varivarni, Shaivala, Shatapatra (Rose), Vasanti (*Ixora paviflora*), Varshiki or Bela, Malati (Chameli), Yuthika, Champaka, Bakula, Brihadkumuda, Kadamba, Kubjaka, Mallika (*Jasminum savebac*), Madhavi (Clustured hiptage), Ketaki (*Pandanus osoratissimus*), Karnikara, Ashoka, Banapushpa, Saireyaka, Kunda, Muchakunda, Tilaka, Bandhujiva, Japa Pushpa, Sindhuri, Agastya, Tulasi, Marubaka (*Ocimum gratissimum*), Damanaka, Barbari.

DISCUSSION

✚ In *Charaka Samhita*^[1] the therapeutic uses of flowers are described in the following groups.

- ❖ *Mutravirajaniya Gana*- The drugs which eliminates the abnormal colour of the urine. This group contains flowers such as *Padma*, *Utpala*, *Nalina*, *Kumuda*, *Saugandhika*, *Pundarika*, *Shatapatra*, *Madhuka*, *Priyangu*, and *Dhataki*.
- ❖ *Purishasangrahaniya Gana*- The drugs which retains the stool called as anti diarrhoeal. This group contains *Dhataki Pushpa* and Stamens of the *Kamala*.
- ❖ *Purishavirajaniya Gana*- The drugs which eliminates the abnormal colour of the stool. The flowers in this group are *Madhuka* and *Utpala*.
- ❖ *Dahaprashamana Gana*- The drugs which pacifies the heat and burning sensation. The flowers are *Madhuka* and *Neelotpala*

✚ In *Sushruta Samhita*^[2] the flowers are included in these groups. viz

- ❖ *Utpaladi Gana*- The drugs are similar to the *Mutravirajananiya* of *Charaka Samhita*. This group subsides *Daha* (Burning sensation), *Rakta-Pitta* diseases, *Thrishna* (Thirst), *Visha* (Poison effects), *Hrit* (Heart diseases), *Chardi* (Vomiting), *Murcha* (Fainting).
- ❖ *Anjanadi Gana*- The flowers of this group are *Nagapushpa*, *Priyangu*, *Neelotpala*, stamens of *Kamala*.
- ❖ *Priyangwadi Gana*- This group includes *Dhataki*, *Punnaga*, *Nagapushpa*, stamens of *Kamala*
- ❖ *Ambasthadi Gana*- This group contains *Dhataki* and stamens of *Kamala*.
- ❖ The *Priyangwadi* and the *Ambasthadi Ganas* are alleviates *Atisara* (diarrhoea), *Sandhanakara* (Heals the fractures.).

- ❖ **Sarivadi Gana**- It includes *Madhuka* flowers. This particular group alleviates *Thrishna* (Thirst), *Rakta-Pitta* (Haemorrhage), *Pittaja Jwara* (Fever due to *Pitta Dosh*) associated with *Daha* (Burning sensation).
- ❖ **Eladi Gana**- This group includes *Keshara* and stamens of *Punnaga*. This group alleviates *Vata-Kapha Dosh*, *Visha* (Poison effects), *Kantiprada* (Improves complexion), *Kusthagna* (Skin diseases), *Kandu* (Itching sensation), *Sheetapitta* (Urticaria).
- ❖ **Pittasamshamana Gana**^[3] - This group includes *Padma*, *Utpala*, *Nalina*, *Kumuda*, *Saugandhika*, *Pundarika*, *Shatapatra*, *Madhuka*, *Priyangu* and *Dhataki*.

Therapeutic uses of Pushpa (Flowers)

- ❖ **AGASTYA PUSHPA** (*Sesbenia grandiflora* Pers)^[4-6] - The *Agastya Pushpa* is *Tuvara* (Astringent), *Tikta* (Bitter), *Sheeta* (Cold) in potency, *Pitta-Kapha-Asr Shantikrit* (Subsides *Pitta*, *Kapha* and *Rakta Dosh*).
- ❖ **AGNIMANTHA PUSHPA** (*Premna mucranata* Roxb)^{[7],[8],[9]} - The *Angimantha Pushpa* is *Hridya* (Good for heart), *Sara* (Laxative), *Tridosha shaman* (Subsides all the three *Dosh*), Alleviates *Adhmana* (Flatulence), *Chardi* (Vomiting), *Shotha* (Edema), *Chakshuroga* (Eye diseases), *Vishapaha* (Poisonous effects).
- ❖ **MADHAVI PUSHPA** (*Hiptage benghalensis* Kurz)^[10,11] - The *Madhavi Pushpa* is *Kashaya* (Astringent) in taste, *Hima* (Cold) in potency, Subsides *Pitta*, *Daha* (Burning sensation), *Jwara* (Fever), *Unmada* (Euphoria), *Hikka* (Hiccough), *Chardi* (Vomiting), *Shrama* (Lethargy).
- ❖ **AMLIKA PUSHPA** (*Tamarindus indica* Linn)^[12] - The *Amlika Pushpa* is *Swadu* (Sweet) in taste, *Kashaya* (Astringent), *Amla* (Sour), *Ruchiprada* (Promotes taste), *Mehagna* (Cures urinary diseases including diabetes), *Agnijanana* (Appetizer), *Laghu* (Light), subsides *Vata* and *Kapha Dosh*.
- ❖ **ARKA PUSHPA** (*Calotropis procera*(Ait) R.Br)^{[13],[14]} - *Arka Pushpa* is *Madhura* (Sweet), *Tikta* (Bitter) in taste, Subsides *Kustha* (Skin diseases), *Krimi* (Worms), *Kapha*, *Akhorvisha* (Rat-Poisoning), *Raktapitta* (Haemorrhage), *Shopha* (Edema), *Gulma* (Visceral organ diseases).
- ❖ **ALARKA PUSHPA** (*Calotropis gigantean* (Linn), R.Br.exAit)^[15] - The *Alarka Pushpa* is *Laghu* (Light), *Vrishya* (Aphrodisiac), *Deepana* (Appetizer), *Pachana* (Digestive), Alleviates *Arochaka* (Loss of appetite), *Praseka* (Excess salivation), *Arsha* (Haemorrhoids), *Kasa* (Cough), *Shwasa* (Dyspnoea).

- ❖ **ASHOKA PUSHPA** (*Saraca asoca* roxb. De Wilde)^[16] - The *Ashoka Pushpa* is *Kashaya* (Astringent), *Hima* (Cold) in potency, *Tikta* (Bitter), *Grahi* (Absorbent), *Varnya* (Improves complexion), It subsides *Trisha* (Thirst), *Daha* (Burning sensation), *Raktapitta* (Haemorrhage).
- ❖ **ASANA PUSHPA** (*Pterocarpus marsupium* Roxb)^[17, 18] - The *Asana Pushpa* is *Tikta* (Bitter) in taste, *Madhura Vipaka* (Sweet) in post digestive effect, *Kapha-Pittahara* (Subsides *Kapha* and *Pitta Doshas*).
- ❖ **AMRA PUSHPA** (*Mangifera indica* Linn)^[19] - The *Amra Pushpa* is *Kashaya* (Astringent), *Grahi* (Absorbent), *Rochana* (Promotes taste), *Kapha-Pittahara* (Subsides *Kapha* and *Pitta Doshas*). It is used in *Prameha* (Urinary diseases including diabetes), *Atisara* (Diarrhea), *Asrag* (Blood diseases).
- ❖ **ARAGWADHA PUSHPA** (*Cassia fistula* Linn)^[20,21] - The *Aragwadha Pushpa* is *Kashaya* (Astringent), *Hima* (Cold in potency), *Swadu* (Tasty), *Sangrahi* (Absorbent), *Tikta* (Bitter) in taste, *Manojnya* (Charming/ Beautiful).
- ❖ **AVARTAKI PUSHPA** (*Cassia auriculata* Linn)^[22] -The *Avartaki Pushpa* is *Kashaya* (Astringent), *Tikta* (Bitter) in taste, possess yellow colour flower, Alleviates *Prameha* (Urinary diseases including diabetes), *Krimi* (Worms), *Kustha* (Skin diseases).
- ❖ **INGUDI PUSHPA** (*Balanites aegyptiaca* (Linn) Delile)^[23] -The *Ingudi Pushpa* is *Ushna* (Hot in potency), *Snigdha* (Demulcent), *Swadu* (Sweet), *Tikta* (Bitter) in taste, Subsides *Vataja* diseases, *Krimi* (Worms), *Shleshma* (*Kapha Doshas*), *Vrina Ropana* (Heals the wounds and ulcers).

- ❖ **UTPALA**
 - **Kumuda** (*Nymphaea nouchali* Burm.f)^[24] - *Kumuda* is *Swadu* (Sweet), *Tikta* (Bitter) in taste, *Sheetala* (Cold in potency), *Swadu Paka* (Sweet in post digestive effect). Subsides *Kapha* and *Pitta* diseases, *Rakta Doshas* (Blood diseases), *Daha* (Burning sensation), and *Shrama* (Exertion).
 - **Neelotpala** (*Nymphaea stellata* Willd)^[25-27] - *Neelotpala Pushpa* is *Swadu* (Sweet), *Tikta* (Bitter) in taste, *Madhura Viapaka* (Sweet in post digestive effect), *Surabhi* (Aromatic), *Sheeta* (Cold in potency), *Vishada* (Non-slimy), *Hridya* (Cardio tonic), alleviates *Raktapitta* (Haemorrhage), *Daha* (Burning sensation).
- ❖ **ERANDA PUSHPA** (*Ricinus communis* Linn)^[28] - The *Eranda Pushpa* is *Ushna* (Hot in potency), *Vatagna* (Subsides *Vata*), *Katu* (Pungent), *Tikta* (Bitter in taste). Alleviates

Vata and *Kapha Doshas*, *Mutragada* (Urinary diseases). Aggravates *Rakta* and *Pitta Dosh*.

- ❖ **KADAMBA PUSHPA** (*Anthocephalus indicus* Miq)^[29] - The *Kadamba Pushpa* is *Swadu* (Sweet), *Kashaya* (Astringent), *Lavana* (Salty) in taste, *Guru* (Heavy), *Sara* (Laxative), *Ruksha* (Dry), *Visthambhakrit* (Produces flatulence), *Kapha-Vatakara* (Aggravates *Kapha* and *Vata Dosh*), *Stanyaprada* (Galactogogue).
- ❖ **KADALI PUSHPA** (*Musa paradisiacal* Linn)^[30] - The *Kadali Pushpa* is *Swadu* (Sweet), *Tikta* (Bitter), *Kashaya* (Heavy), *Guru* (Heavy), *Sheeta* (Cold in potency), *Kapha-Pittahara* (Subsides *Kapha* and *Pitta Dosh*as). Alleviates *Rakatapitta* (Haemorrhage), *Kshaya* (Emaciation).
- ❖ **KAPITTHA PUSHPA** (*Feronia limonia* (Linn) Swingle)^[31] - The *Kapittha Pushpa* is *Kashaya* (Astringent), *Tikta* (Bitter), *Sheeta* (Cold in potency), *Visha Nashana* (Subsides poisonous effects). It is significantly used in Rat Poison.
- ❖ **KAMALA PUSHPA** (*Nelumbo nucifera* Gaertn)^[32, 33] - The *Kamala Pushpa* is *Madhura* (Sweet), *Tikta* (Bitter), *Kashaya* (Astringent) in taste, *Sheeta* (Cold in potency). Alleviates *Raktapitta* (Haemorrhage), *Daha* (Burning sensation), *Thrishna* (Thirst). The flower stalk of *Kamala* is *Madhura* (Sweet) in taste, *Sheeta* (Col in potency), *Ruksha* (Dry), *Durjara* (Difficult to digest). It alleviates *Pitta Dosh*a, *Daha* (Burning sensation, *Asr* (Blood diseases), *Stanyaprada* (Promotes lactation). It increases *Vata* and *Kapha Dosh*as. The Stamens and pollens of *Kamala* are *Kashaya* (Astringent), *Swadu* (Sweet in taste), *Ruksha* (Dry), *Sheeta* (Cold in potency). It subsides *Kapha*, *Pitta Dosh*as, *Thrishna* (Thirst), *Daha* (Burning sensation), *Raktapitta* (Haemorrhage), *Raktarsha* (Bleeding piles), *Visha* (Poisonous effects), *Shohta* (Edema).
- ❖ **KARIRA PUSHPA** (*Capparis deciduas* Edgew)^[34] -The *Karira Pushpa* is *Kashaya* (Astringent), *Bhedi* (Purgative). It aggravates *Vata* and subside *Kapha* and *Pitta Dosh*a.
- ❖ **KANCHANARA-KOVIDARA PUSHPA**- **KANCHANARA PUSHPA** (*Bauhinia variegata* Linn), -**KOVIDARA PUSHPA** (*Bauhinia purpurea* Linn)^{[35],[36]} - The *Kanchanara* and *Kovidara Pushpa* is *Kashaya* (Astringent), *Swadu* (Sweet) in taste, *Madhura Vipaka* (Sweet in post digestive effect), *Guru*(Heavy), *Sheeta*(Cold in potency), *Rochani* (Tasty), *Ruksha* (Dry). It alleviates *Shwasa* (Dyspnoea), *Kasa* (Cough), *Kshaya* (Emaciation), *Raktapitta* (Haemorrhage), *Pradara* (Dysmenorrhoea).
- ❖ **KASAMARDA PUSHPA** (*Cassia occidentalis* Linn)^[37] - The *Kasamarda Pushpa* alleviates *Shwasa* (Dyspnoea), *Kasa* (Cough), *Urdhwa Anila* (Upward movement of the *Vayu*).

- ❖ **KUMKUMA PUSHPA** (*Crocus sativus* Linn)^[38] - The *Kumkuma* is *Katu* (Pungent), *Tikta* (Bitter) in taste, *Ushna* (Hot in potency), *Shleshma Samirajit* (Subsides *Kapha* and *Vata*), *Vrina* (Wound), *Drishthi* (Eye diseases), *Shiro Roga* (Diseases of head), *Visha* (Poison effect), *Kayakanti Krit* (Improves complexion and lustre of the body).
- ❖ **KUTAJA PUSHPA** (*Holarrhena antidysenterica* (Linn) Wall)^[39, 40] - The *Kutaja Pushpa* is *Laghu* (Light), *Kashaya* (Astringent), *Tikta* (Bitter) in taste, *Sheeta* (Cold in potency), *Sangrahi* (Absorbent). It subsides *Pitta*, *Asr* (Blood), *Kapha Doshas*. It cures *Kustha* (Skin diseases), *Hridroga* (Heart diseases), *Atisara* (Diarrhea), *Jwara* (Fever), *Udavarta* (Upward movement of the *Vata*), *Udara* (Abdominal diseases).
- ❖ **KUNDAM PUSHPA** (*Jasminum multiflorum* Andr)^[41] - The *Kunda Pushpa* is *Laghu* (Light), *Sheeta* (Cold in potency). It subsides *Kapha* and *Pitta Doshas*, *Shiroroga* (Diseases of head), *Visha* (Poison effects).
- ❖ **KUBJAKAM PUSHPA** (*Rosa moschata* Herrm)^[42] - The *Kubjaka Pushpa* is *Surabhi* (Aromatic), *Swadu* (Sweet), *Kashaya* (Astringent) in taste, *Laghu* (Light), *Sheeta* (Cold in potency). Subsides *Kapha* and *Pitta Doshas*, *Varnya* (Improves complexion), *Dahaprashaana* (Alleviates burning sensation).
- ❖ **KUMARI PUSHPA** (*Aloe vera* Tourn ex Linn)^[43] - The *Kumari Pushpa* subsides *Vata* and *Pitta Doshas*, *Krimi* (Worms).
- ❖ **KURANTAKA PUSHPA** (*Barleria prionitis* Linn)^[44] -The *Kurantaka Pushpa* subsides *Kapha* and *Pittaja* diseases.
- ❖ **KETAKI PUSHPA** (*Pandanus odoratissimus* Roxb)^[45] -The *Ketaki Pushpa* is *Katu* (Pungent), *Tikta* (Bitter) in taste, *Ushna* (Hot in potency). It subsides *Vata-Kapha*, *Visha* (Poison effect), *Kantijanan* (Improves complexion), *Daha* and *Durgandha Nashana* (Alleviates burning sensation and foul smell).
- ❖ **GAMBHARI PUSHPA** (*Gmelina arborea* Linn)^[46] - The *Gambhari Pushpa* is *Madhura* (Sweet), *Tikta* (Bitter), *Kashaya* (Astringent) in taste, *Sheeta* (Cold in potency), *Sangrahi* (Absorbent), *Vatala* (Aggravates *Vata Dosh*). It subsides *Raktapitta* (Haemorrhage).
- ❖ **CHAMPAKA PUSHPA** (*Michelia champaka* Linn)^[47,48] - The *Champaka Pushpa* is *Laghu* (Light), *Grahi* (Absorbent), *Tikta* (Bitter), *Kashaya* (Astringent), *Madhura* (Sweet) in taste, *Hima* (Cold in potency). Subsides *Kapha* and *Pitta Doshas*, *Visha* (Poison effects), *Kustha* (Skin diseases), *Vrina* (Heals the wound).
- ❖ **JATI PUSHPA** (*Jasminum officinale* Linn)^[49] - The *Jati Pushpa* is *Tikta* (Bitter), *Ushna* (Hot in potency), *Kashaya* (Astringent), *Laghu* (Light). It subsides *Vata*, *Shiro Rogas*

(Diseases of head), *Mukha* (Mouth), *Danta* (Teeth), *Visha* (Poison), *Kustha* (Skin diseases), *Vrina* (Wounds), *Asr* (Blood diseases).

- ❖ **JEEVANTI PUSHPA** (*Leptadenia reticulata* W & A)^[50] - The *Jeevanti Pushpa* is *Kashaya* (Astringent), *Madhura* (Sweet) in taste, *Laghu* (Light), *Pathya* (Cleanses the channels), *Ruchikara* (Appetizer), *Vrushya* (Aphrodisiac), and subsides *Kapha* and *Pitta Doshas*.
- ❖ **TILAKA PUSHPA** (*Wendlandia exerta* DC)^[51] -The *Tilaka Pushpa* is *Katu* (Pungent), *Ushna* (Hot in potency), alleviates *Kapha* and *Vata Doshas*, *Netra Roga* (Eye diseases), *Krimi* (Worms).
- ❖ **TULASI PUSHPA** (*Ocimum sanctum* Linn)^[52] - The *Tulasi Pushpa* is *Katuka* (Pungent), *Tikta* (Bitter), *Ushna* (Hot in potency), *Dipana* (Appetizer), *Hridya* (Cardio tonic), *Pittakara* (Aggravates *Pitta Dosh*). It alleviates *Daha* (Burning sensation), *Kustha* (Skin diseases), *Krachra* (Dysuria), *Asr* (Blood diseases), *Parshwaruk* (Pain in flanks), *Kapha* and *Vata*.
- ❖ **DADIMA PUSHPA** (*Punica granatum* Linn)^[53] - The *Dadima Pushpa* is *Grahi* (Absorbent), *Hima* (Cold in potency), *Bala Atisarajit* (Cures diarrhoea in children), The juice of this flower instilled in case of cures nasal bleeding.
- ❖ **DHATAKI PUSHPA** (*Woodfordia fruticosa* Kurz)^[54,55] - The *Dhataki Pushpa* is *Kashaya* (Astringent), *Sheeta* (Cold in potency), *Madakrit* (Causes drowsiness), *Laghu* (Light). Cures *Trishna* (Thirst), *Krimi* (Worms), *Visha* (Poison effects), *Raktapitta* (Haemorrhage), *Atisara* (Diarrhoea).
- ❖ **NAGA PUSHPA** (*Mesua ferrea* Linn)^[56] - The *Naga Pushpa* is *Kashaya* (Astringent), *Tikta* (Bitter), *Alpa Ushna* (Slightly hot in potency), *Laghu* (Light). Alleviates *Kapha-Pitta Doshas*, *Visha* (Poison effects), *Rakta Rodhaka* (Acts as haemostatic).
- ❖ **NARIKELA PUSHPA** (*Cocos nucifera* Linn)^[57] -It alleviates *Raktatisara* (Diarrhoea with blood), *Raktapitta* (Haemorrhage), *Prameha* (Urinary diseases including diabetes).
- ❖ **NIMBA PUSHPA** (*Azadirachta indica* A. Juss)^[58] -The *Nimba Pushpa* is *Sheeta* (Cold in potency), *Sangrahi* (Absorbent). It is *Chakshushya* (Good for eyes), *Vatala* (Aggravates *Vata Dosh*), *Katu Paka* (Pungent in post digestive effect), *Visha* (Poison effects), *Sarva Arochaka Nashaka* (Cures all types of anorexia).
- ❖ **NIRGUNDI PUSHPA** (*Vitex negundo* Linn)^[59] - The *Nirgundi Pushpa* is *Tikta* (Bitter), *Ushna* (Hot in potency), *Katu* (Pungent). It alleviates *Krimi* (Worms), *Pleeha* (Enlargement of spleen), *Aruchi* (Anorexia), *Kustha* (Skin diseases), *Kandu* (Itching), *Shopha* (Edema).

- ❖ **NEPALIKA PUSHPA** (*Jasminum species*)^[60] - The *Nepalika Pushpa* is *Tikta* (Bitter) in taste, *Ushna* (Hot in potency), subsides *Vata Pitta Doshas*, *Ruja* (Pain), *Netra Rogas* (Eyes diseases).
- ❖ **PANASA PUSHPA** (*Artocarpus heterophyllus* Lam)^[61] - The *Panasa Pushpa* is *Tikta* (Bitter), *Guru* (Heavy), *Vaktra Vishodhanam* (Cleanses mouth).
- ❖ **PALASHA PUSHPA** (*Butea monosperma* (Lam) Kuntze)^[62] - The *Palasha Pushpa* is *Kashaya* (Astringent), *Tikta* (Bitter), *Madhura* (Sweet) in taste, *Sheeta* (Cold in potency), *Grahi* (Absorbent), alleviates *Kustha* (Skin diseases), *Daha* (Burning sensation), *Thrishna* (Thirst).
- ❖ **PATALA PUSHPA** (*Stereospermum suaveolens* DC)^[63] -The *Patala Pushpa* is *Kashaya* (Astringent), *Swadu* (Sweet) in taste, *Hima* (Cold in potency), *Hridya* (Cardio tonic). It subsides *Kapha*, *Rakta* diseases, *Atisara* (Diarrhoea), *Daha* (Burning sensation). These flowers are used for flavouring the water.
- ❖ **PARIBHADRA PUSHPA** (*Erythrina indica* Linn)^[64] -The *Paribhadra Pushpa* is *Kashaya* (Astringent) in taste. It alleviates *Pitta* and *Karna Rogas* (Ear diseases).
- ❖ **PRIYANGU PUSHPA** (*Callicarpa macrophylla* Vahl)^[65] - The *Priyangu Pushpa* is *Tikta* (Bitter), *Sheeta* (Cold in potency). It alleviates aggravated *Rakta* (Blood), *Moha* (Confusion), *Daha* (Burning sensation), *Jwara* (Fever), *Vamana* (Vomitting). It is one of the *Shonita Sthapana* (Haemostatic).
- ❖ **BAKULA PUSHPA** (*Mimusops elengi* Linn)^[66,67] -The *Bakula Pushpa* is *Kashaya* (Astringent), *Swadu* (Sweet), *Surabhi* (Aromatic), *Sheeta* (Cold in potency), *Grahi* (Absorbent), *Ruchya* (Palatable). It subsides *Kapha*, *Pitta*, *Rakta* diseases, *Visha* (Poison), and *Krimi* (Worms).
- ❖ **BADARA PUSHPA** (*Zizyphus jujuba* Lam)^[68] -The *Badara Pushpa* is *Kustagna* (Subsides Skin diseases), *Kapha-Pittahara* (Pacifies *Kapha* and *Pitta Doshas*).
- ❖ **BANDHUKA PUSHPA** (*Pentapetes phoenicea* Linn)^[69] - The *Bandhuka Pushpa* is *Laghu* (Light), *Snigdha* (Demulcent), *Kaphapaha* (Increases *Kapha* and subsides *Vata-Pitta Doshas*), *Grahi* (Absorbent), *Jwaragna* (Cures fever), *Bhuta Nashana* (Alleviates external evil spirits).
- ❖ **BIMBI PUSHPA** (*Coccinia indica* W. & A.)^[70] - The *Bimbi Pushpa* is Red in colour, *Tikta* (Bitter) in taste, cures *Prameha* (Urinary diseases including diabetes), *Pitta Dosh*, *Kamala* (Jaundice).

- ❖ **BILVA PUSHPA** (*Aegle marmelos* Corr)^[71] - The *Bilva Pushpa* is *Kashaya* (Astringent), *Tikta* (Bitter) in taste, *Sangrahi* (Absorbent), *Dipana* (Appetizer). It subsides three *Doshas* (*Vata-Pitta-Kapha*), *Atisara* (Diarrhea), *Trhisha* (Thirst), *Vami* (Vomiting).
- ❖ **MADHUKA PUSHPA** (*Madhuka indica* J.F.Gmel)^[72]- The *Madhuka Pushpa* is *Madhura* (Sweet) in taste, *Sheeta* (Cold in potency), *Balya* (Tonic), *Shukrakara* (Increases semen), *Vata-Pitta Nashana* (Subsides *Vata* and *Pitta Doshas*).
- ❖ **MALLIKA PUSHPA** (*Jasminum sambac* Ait)^[73] - The *Mallika Pushpa* is *Laghu* (Light), *Vrushya* (Aphrodisiac), *Tikta* (Bitter), *Katu* (Pungent) in taste, *Kapha-Vatahara* (Subsides *Kapha* and *Vata Doshas*), cures *Mukha* diseases, *Aruchi* (Anorexia), *Visha* (Poison), *Vrina* (Wounds).
- ❖ **MATULUNGA PUSHPA** (*Citrus medica* Linn)^[74] - The *Matulunga Puspa* is *Rochana* (Tasty), *Grahi* (Absorbent), *Sheetala* (Cold in potency), *Laghu* (Light). It subsides *Vata* and *Raktapitta* (Haemorrhage).
- ❖ **MUCHAKUNDA PUSHPA** (*Pterospermum acerifolium* Willd)^[75] -The *Muchakunda Pushpa* is yellow in colour. It cures *Shirashoola* (Headache), *Pittasr* (Haemorrhage), *Visha* (Poison effect).
- ❖ **MUSHKAKA PUSHPA** (*Schrebera swietenoides* Roxb)^[76, 77]- The *Mushkaka Pushpa* is *Kapha* and *Pitta Shamaka* (Pacifies *Kapha* and *Pitta Doshas*), *Kustha* (Skin diseases).
- ❖ **MOOLAKA PUSHPA** (*Raphanus sativus* Linn)^[78] - The *Moolaka Pushpa* is *Kapha-Pitta Nashaka* (Subsides *Kapha* and *Pittaja* diseases).
- ❖ **YUTHIKA PUSHPA** (*Jasminum auriculatum* Vahl)^[79, 80] - The *Yuthika Pushpa* is *Tikta* (Bitter), *Madhura* (Sweet), *Kashaya* (Astringent) in taste, *Katu Vipaka* (Pungent in post digestive effect), *Sheeta* (Cold in potency), *Hridya* (Good for heart), *Pittagna* (Subsides *Pitta Doshas*), *Kapha-Vatala* (Aggravates *Kapha* and *Vata Doshas*). It cures *Vrina* (Wound), *Mukha* (Mouth), *Danta* (Teeth), *Akshi* (Eye), *Shira* (Head) diseases, *Visha* (Poison effect), *Thrishna* (Thirst), *Kustha* (Skin diseases).
- ❖ **LAVANGA PUSHPA** (*Syzygium aromaticum* (Linn) Merr and Per)^[81] - The *Lavanga Pushpa* is *Hridya* (Cardio tonic), *Sheetala* (Cold in potency), pacifies *Pitta Doshas*, *Chakshushya* (Good for eye diseases), *Vishahrit* (Subsides Poison effects), *Vrishya* (Aphrodisiac), *Mangalya* (It is auspicious), *Moordharogahrit* (Cures diseases of head).
- ❖ **LODHRA PUSHPA** (*Symplocos racemosa* Roxb)^[82] -The *Lodhra Pushpa* is *Kashaya* (Astringent), *Madhura* (Sweet), *Tikta* (Bitter) in taste, *Hima* (Cold in potency), *Katu Vipaka* (Pungent at post digestive effect), *Sangrahi* (Absorbent), *Kapha-Pittahara* (Subsides *Kapha* and *Pitta Doshas*).

- ❖ **VARUNA PUSHPA** (*Crataeva nurvala* Buch-Ham)^[83]- The *Varuna Pushpa* is *Kashaya* (Astringent), *Tikta* (Bitter), *Laghu* (Light), *Grahi* (Absorbent). It alleviates *Kapha-Pitta-Rakta Doshas* and helps to digest the *Ama* (Immature or uncooked or immature food).
 - ❖ **VASA PUSHPA** (*Adhatoda vasica* Nees)^{[84],[85]} - The *Vasa Pushpa* is *Tikta* (Bitter), *Katu Vipaka* (Pungent at post digestive effect). It subsides *Kapha* and *Pitta Doshas*, and cures *Kasa* (Cough), *Shwasa* (Dyspnoea), *Kshaya* (Tuberculosis).
 - ❖ **SHANA PUSHPA** (*Crotalaria juncea* Linn)^[86] -The *Shana Pushpa* is *Sheeta Virya* (Cold in potency), *Ruchya* (Tasty), *Swadu* (Sweet) in taste, *Sara* (Laxative). It alleviates *Pitta, Rakta Doshas*, and *Raktapitta* (Haemorrhage).
 - ❖ **SHATAPATRI PUSHPA** (*Rosa centifolia* Linn)^{[87],[88]} - The *Shatapatri Pushpa* is *Hima* (Cold in potency), *Tikta* (Bitter), *Madhura* (Sweet) in taste, *Sara* (Laxative), *Hridya* (Cardio tonic). It alleviates *Kustha* (Skin diseases), *Daha* (Burning sensation), *Pitta, Rakta Dosha, Varnya* (Improves complexion).
 - ❖ **SHALLAKI PUSHPA** (*Boswellia serrata* Roxb)^[89] - The *Shallaki Pushpa* is a gum-resin (*Kunduru*), It alleviates *Kapha-Vata Doshas, Rakta Dosha* (Blood diseases), *Kustha* (Skin diseases), *Aruchi* (Anorexia).
 - ❖ **SHAKA PUSHPA** (*Tectona grandis* Linn. f)^[90,91]- The *Shaka Pushpa* is *Kashaya* (Astringent), *Tikta* (Bitter), *Ruksha* (Dry), subsides *Prameha* (Urinary diseases including diabetes), *Kapha* and *Pitta Doshas* and aggravate *Vata Dosha*.
 - ❖ **SHALMALI PUSHPA** (*Salmalia malabarica* Schott. & Endl)^[92] - The *Shalmali Pushpa* is *Tikta* (Bitter), *Kashaya* (Astringent), *Swadu* (Sweet at the post digestive effect), *Grahi* (Absorbent), *Hima* (Cold in potency), *Kapha-Pitta-Asrjit* (Subsides *Kapha- Pitta* and *Rakta Doshas*). The Vegetables of *Shalmali* flowers prepared in ghee and *Saindhava Lavana* (Rock salt) and given in *Pradara Roga* (Leucorrhoea).
 - ❖ **SHIGRU PUSHPA** (*Moringa oleifera* Lam)^[93,94] - The *Shighru Pushpa* is *Teekshna* (Penetrating), *Ushna* (Hot in potency), *Katu* (Pungent) in taste, subsides *Kapha* and *Vata Doshas*. It alleviates *Snayu Shotha* (Neuritis), *Krimi* (Worms), *Shotha* (Edema), *Pleeha* (Splenomegaly), *Gulma* (Visceral organ diseases).
 - ❖ **MADHU SHIGRU** (*Moringa concanensis* Nimmo)^[95]- The *Madhu Shigru* subsides *Kapha* and *Pitta Doshas, Chakshushya* (Good for eyes), *Raktapittahara* (Haemorrhage).
- ✚ In **Bhavapraksha Nighantu** the drugs were dealt systematically and the therapeutic uses of flowers are described in the following groups.

❖ **KAMALA**^[96]

- **Botanical Name-** Nelubium speciosum willd, **Family-** Nymphaeaceae
- **Synonyms-** Padmam, Nalinam, Aravindam, Mahotpalam, Sahasra Patram, Kamalam, Shatapatram, Kusheshayam, Pankeruham, Tamarasam, Sarasam, Sarasiruham, Bisaprasuna, Rajiva, Pushkara, Amboruha

Pharmacological Actions

- Kamala is Sheetala (Cold in potency), Varnya (Improves complexion), Madhura (Sweet), subsides Kapha and Pitta.
- It cures Trishna (Thirst), Daha (Burning sensation), Rakta diseases, Visphota (Skin eruptions), Visha (Poisonous effects), Visarpa (Herpes).
- The well blossomed Kamala flower along with its root, stem, leaf and fruit collectively known as **PADMINI**.^[97]
- The fresh and tender leaves of **PADMINI** is called as **SAMVARTIKA**.^[98] It cures Daha (Heat), Thrishna (Excess thirst), Mutrakrichra (Dyuria), Gudaroga (Diseases of anus).
- It is Sheetala (Cooling), Guru (Heavy), Ruksha (Drying), Vishtambhakarini (Constipative), Lavana (Salty) in taste. Subsides Pitta-Rakta and Kapha.
- The Lotus flower decoction is used as Medhya (Brain tonic) which improves memory. The flower with honey is given in Raktarsha (Bleeding piles), Heart diseases.
- The fresh leaves of Kamala is known as **SAMVARTIKA**, and is Sheetala (Cold in potency), Tikta (Bitter), Kashaya (Astringent) in taste. Cures Daha (Burning sensation), Trishna (Thirst), Mutrakrichra (Dysuria), Arsha (Haemorrhoids), Raktapitta (Haemorrhage).
- The fruit capsule is known as **KARNIKA**^[99] It is Tikta (Bitter), Kashaya (Astringent), Madhura (Sweet in taste), Hima (Cold in potency), Mukhavaishadyakrit (Cleanses oral cavity), Laghu (Light), cures Trishna (Thirst) and diseases of Rakta-Kapha-Pitta.
- The stamens are known as **KINJALKA** or **KESHARA** and are Sheetala (Cold in potency), Vrishya (Aphrodisiac), Kashaya (Astringent), Grahi (Absorbent), Cures Trishna (Thirst), Kapha-Pitta disorders, Daha (Burning sensation), Raktarsha (Bleeding piles), Visha (Poison effects), Shotha (Edema).
- The stem is known as **MRINALA**^[100] and Bisa. It is Sheetala (Cold in potency), Vrushya (Aphrodisiac), Pitta-Daha-Asrajit (Cures Pitta - Burning sensation-Bleeding diseases), Guru (Heavy), Durjara (Difficult to digest), Swadu Paka (Sweet in post digestive effect),

Stanya (Promotes breast milk), Vata and Kapha. It is Grahi (Absorbent), Madhura (Sweet), Ruksha (Drying).

❖ **STHALA KAMALINI**^[101]

- **Botanical Name-** *Ionidium suffruticosum*, **Family-** Nymphaeaceae
- **Synonyms-** Padmucharini, Atichara, Avyatha, Padma, Sharada.

Pharmacological Actions

- It is Sheetala (Cold in potency), Anushna (Neither heat nor cold), Katu (Pungent), Tikta (Bitter), Kashaya (Astringent) in tastes. It is Kapha Vata Shamaka. It cures Mutrakrichra (Dyuria), Amashoolaghna (Subsides pain abdomen), Shwasa (Asthma), Kasa (Cough), Visha (Poison effect).

❖ **KUMUDA**^[102]

- **Botanical Name-** *Nymphaea nouchaki* Burm.f, **Family-** Nymphaeaceae.
- **Synonyms-** Kuvalaya, Kumuda, Kaireya, Sheta Kumuda.

Pharmacological Actions

- It is Picchila (Slimy), Snigdha (Emulcent), Madhura (Sweet in taste), Sheetala (Cold in potency), Hridya (Good for heart).

❖ **KUMUDINI**^[103]

- The roots etc entire plant is known as Kumudini.
- **Botanical Name-** *Nymphaea nouchaki* Burm.f, **Family-** Nymphaeaceae.

Pharmacological Actions

- It cures Daha (Heat), Thrishna (Excess thirst), Mutrakrichra (Dyuria), Gudaroga (Diseases of anus).
- It is Sheetala (Cooling), Guru (Heavy), Ruksha (Drying), Vishtambhakarini (Constipative), Lavana (Salty) in taste. Subsides Pitta-Rakta and Kapha.

❖ **VARIPARNI**^[104] and **SHAIVALA**^[105]

- **Botanical Name-** *Serrato phylleum*, *Submersum*, **Family-** Nymphaeaceae
- **Synonyms-** Varaparni, Kumbhika, Varimuli, Khamulika, Jalakumbhi, Shaivala, Jananili, Jalaja, Sevara

Pharmacological Action

- It is Sheetal (Cold in potency), Tikta (Bitter), Laghu (Light), Swadu (Sweet), Sara, Katu (Pungent). It subsides Vata, Pitta, Kapha Doshas.
- It is Ruksha (Dry), cures Jwara Raktavikara, and Shosha Rogas.
- Shaivara is Tuvara (Astringent), Tikta (Bitter), Madhura (Sweet), Sheetal (Cold in potency), Snigdha (Demulcent).
- It cures Daha (Burning sensation), Trishna (Thirst), Pitta Dosh, Rakta (Blood diseases), Jwara (Fever).

❖ **SHATAPATRI**^[106]

- **Botanical Name-** Rosa centifolia Linn **Family-** Rosaceae
- **Synonyms-** Taruni, Karnika, Charukeshara, Maha Kumari, Gandhadhya, Lakshapushpa, Atimanjula.

Pharmacological Actions

- Shatapatri is Hima (Cold in potency), Hridya (Good for heart), Grahi (Absorbent), Vrishya (Aphrodisiac), Laghu (Light), Subsides Tridoshas, Varya (Improves complexion), Katu (Pungent), Tikta (Bitter), in taste, Pacahani (Digestants).

❖ **VASANTI**^[107]

- **Botanical Name-** Ixora parvoflora,
- **Synonyms-** Nepali, Saptala, Navamalika, Vasanti, Nevari

Pharmacological Actions

- It is Sheetal (Cold in potency), Laghu (Light), Tikta (Bitter), Tridosahara (Subsides Vata, Pitta and Kapha Doshas), Raktavikara Nashaka (Alleviates blood disorders).

❖ **VARSHIKI**^[108]

- It is a variety of jasmine flower.
- **Synonyms-** Shripadi, Shatpadananda, Varshiki, Muktabandhana, Belaa.

Pharmacological Actions

- It is Sheetal (Cold in potency), Laghu (Light), Tikta (Bitter), Tridosahara (Subsides Vata, Pitta and Kapha Doshas).
- It alleviates eye, ear and Mukha diseases.

❖ **MALATI**^[109]

- **Botanical Name-** Jasminum officinale Linn **Family-** Oleaceae
- **Synonyms-** Jati, Sumana, Malati, Rajaputrika, Chetaki, Hridyagandha

Pharmacological Actions

- It is Tikta (Bitter), Ushna (Hot in potency), Kashaya (Astringent), Laghu (Light). It subsides Vata, Shiro Rogas (Diseases of head), Mukha (Mouth), Danta (Teeth), Visha (Poison), Kustha (Skin diseases), Vrina (Wounds), Asr (Blood diseases)

❖ **YUTHIKA**^[110]

- **Botanical Name-** Jasminum auriculatum **Family-** Oleaceae
- **Synonyms-** Yuthika, Ganika, Ambastha

Pharmacological Actions

- The Yuthika Pushpa is Tikta (Bitter), Madhura (Sweet), Kashaya (Astringent) in taste, Katu Vipaka (Pungent in post digestive effect), Sheeta (Cold in potency), Hridya (Good for heart), Pittagna (Subsides PittaDosha), Kapha-Vatala (Aggravates Kapha and Vata Doshas).
- It alleviates Vrina (Wound), Mukha (Mouth), Danta (Teeth), Akshi (Eye), Shira (Head) diseases, Visha (Poison effect), Thrishna (Thirst), Kustha (Skin diseases).

❖ **CHAMPAKA**^[111]

- **Botanical Name-** Michelia champaka Linn, **Family-** Magnoliaceae
- **Synonyms-** Champeya, Hemapushpa, Champa, Gandhaphali

Pharmacological Actions

- Champaka is Katu (Pungent), Tikta (Bitter), Kashaya (Astringent), Madhura(Sweet) in taste. Sheeta (Cold in potency)
- It cures Visha (Poison effects), Krimi (Worms), Mutrakrichra (Dysuria). Subsides Kapha-Vata-Rakta-Pitta.

❖ **BAKULA OR MAULASHRI**^[112]

- **Botanical Name-** Mimosa elengi Linn **Family-** Sapotaceae
- **Synonyms-** Madhugandha, Simha Kesaraka

Pharmacological Actions

- Bakula is Kashaya (Astringent), Katu Vipaka (Pungent in post digestive effect), Anushna (Slightly hot in potency), Guru (Heavy), Subsides Kapha, Pitta, Visha (Poisons), Shwitra (Vitiligo), Krimi (Worms), Dantagada (Dental problems).
- The powder of the flower of the Bakula is given as Nasya (Nasal administration) cures headache, fatigue, and cardiac complications.

❖ **KADAMBA**^[113]

- **Botanical Name-** Anthocephalus cadamba Miq., **Family-** Rubiaceae
- **Synonyms-** Priyaka, Neepa, Vritta Pushpa, Hali Priya

Pharmacological Actions

- Kadamba is Madhura (Sweet), Sheeta (Cold in potency), Kashaya (Astringent), Lavana (Salty), Guru (Heavy), Sara (Laxative), Ruksha (Drying), Promotes Kapha-Vata and Sthanya (Breast milk).

❖ **KUBJAKA**^[114]

- **Botanical Name-** Rosa moschata Herrm **Family-** Rosaceae
- **Synonyms-** Kubjaka, Bhadratarani, Brihatpushpa, Atikeshara, Mahasaha, Kantakanda, Neela, Alikulasankula

Pharmacological Actions

- The Kubjaka Pushpa is Surabhi (Aromatic), Swadu (Sweet), Kashaya (Astringent) in taste, Laghu (Light), Sheeta (Cold in potency). Subsides Kapha and Pitta Doshas, Varnya (Improves complexion), Dahaprashaana (Alleviates burning sensation).

❖ **MALLIKA**^[115]

- **Botanical Name-** Jasminum sambac Ait, **Family-** Oleaceae
- **Synonyms-** Madayanti, Sheetabheeru, Bhupadi

Pharmacological Actions

- The Mallika Pushpa is Laghu (Light), Vrushya (Aphrodisiac), Tikta (Bitter), Katu (Pungent) in taste, Kapha-Vatahara (Subsides Kapha and Vata Dosha), cures Mukha Roga (Diseases of mouth), Netra (Eye), Kushta (Skin diseases), Aruchi (Anorexia), Visha (Poison), Vrina (Wounds).

❖ **MADHAVI**^[116]

- **Botanical Name-** Hiptage benghalensis Kurz, **Family-** Oleaceae
- **Synonyms-** Vasanti, Pundika, Mandaka, Atimukta, Vimukta, Kamuka, Bhramarotsava

Pharmacological Actions

- The Madhavi Pushpa is Kashaya (Astringent) in taste, Hima (Cold) in potency, Subsides Vata,
- Pitta, Kapha Doshas, Laghu (Light), Daha (Burning sensation), Jwara (Fever), Unmada (Euphoria), Hikka (Hiccough), Chardi (Vomiting), Shrama (Lethargy).

❖ **KETAKI**^[117]

- **Botanical Name-** Pandanus odoratissimus (L) f. **Family-** Pandanaceae
- **Synonyms-** Soochikapushpa, Jambuka, Krikachchada, Sugandhini, Laghupushpa, Suvarnaketaki

Pharmacological Actions

- Ketaki is Katu (Pungent), Swadu (Sweet), Tikta (Bitter), in taste. Ushna (Hot in potency), Chakshushya (Good for eye diseases). It is Laghu (Light) and subsides Kapha.

❖ **KINKIRATA**^[118]

- **Botanical Name-** Acacia arabica willd, **Family-** Mimosaceae
- **Synonyms-** Kinkirata, Hemagaura, Peetaka, Peetabhadra

Pharmacological Actions

- It is Sheetala (Cold in potency), Kashaya (Astringent), Tikta (Bitter), subsides Kapha and Pitta Doshas,
- It is Grahi (Absorbent), and alleviates Daha (Thirst), Kustha (Skin diseases), Krimi (Worms), Visha (Poison effects).

❖ **KARNIKARA**^[119]

- The small variety of Amalatas (Aragwadha) is called as Kantikara.
- **Botanical Name-** Cassia fistula Linn, **Family-** Caesalpinoideae
- **Synonyms-** Raja Vriksha, Shampaka, Chaturangula, Aarevata, Vyadhighata, Krita Mala, Suvarnaka, Karnikaara, Deerghaphala, Swarnanga, Swarnabhushana, Parivyadha, Padotpala.

Pharmacological Actions

- Aragwadha is Guru (Heavy), Madhura (Sweet in taste), Sheeta (Cooling), Sansranottama (Best among laxatives). It alleviates Jwara (Fever), Hridroga (Heat diseases), Pittasra (Pittaja Blood diseases), Udavarta (Irregular bowel movements), Shoola (Colic),
- Its fruit is Sansrana (Laxative), Swadu (Promotes taste), Kusthagna (Cures skin diseases), subsides Pitta and Kapha. It is a very good medicine for bowel cleanser.
- Aragwadha Fruit mixed with honey and given with water cures Constipation. Aragwadha fruit grind with cow milk recommended in colic pain.

❖ **ASHOKA**^[120]

- **Botanical Name-** Saraca asoka (Roxb) De wilde, **Family-** Caesalpinaceae
- **Synonyms-** Hemapushpa, Vanjula, Tamra Pallava, Kankeli, Pinda Pushpa, Gandha Pushpa, Nata.

Pharmacological Actions

- Ashoka is Tikta (Bitter), Kashaya (Astringent) in taste, Sheetala (Cold in potency), Grahi (Absorbent), Varnya (Promotes complexion).
- It subsides all the Tridoshas, Apachi (Lymphadenitis), Trishna (Thirst), Daha (Burning sensation), Krimi (Worms), Sosha (Emaciation), Visha (Poison effects), Rakta Vikaras (Diseases of Blood).
- The flowers are advised in bleeding defaecation, Madhumeha (Urinary disorders including Diabetes), difficulty in micturation and Ashmari (Urinary calculi).

❖ **BANA**^[121]

- **Synonyms-** Amlata, Amlatana, Amlataka, Kurantaka, Varnapushpa, Mahasaha

Pharmacological Actions

- It is Kashaya (Astringent), Ushna (Hot in potency), Snigdha (Demulcent), Madhura (Sweet), Tikta (Bitter in taste).

❖ **SAIREYAKA**^[122]

- **Botanical Name- White flower-** Barleria cristata Linn, **Family-** Acanthaceae
- **Botanical Name Yellow flower-** Barleria prionitis Linn, **Family-** Acanthaceae
- **Botanical Name-Red flower-** Barleria cristata Linn, **Family-** Acanthaceae
- **Botanical Name- Blue flower-** Barleria strigosa Linn, **Family-** Acanthaceae

- **Synonyms**
- **White flower-** Shweta Pushpa, Saireyaka, Katasaarika, Sahachara, Sahaachara, Bhindi
- **Yellow flower-** Kurantaka
- **Red flower-** Kuravaka
- **Blue flower-** Baana, Baan, Daasi, Aartagala

Pharmacological Actions

- Saireyaka is Tikta (Bitter), Madhura (Sweet), and Anamla (Slightly sour) in taste. Ushna Virya (Hot in potency), Susnigdha (Demulscent), Kesharajani (Colours the hair), Kusthagna (Cures skin diseases), Vata, Rakta, and Kapha diseases, Kandugna (Itching sensation), Vishapaha (Cures poisonous effects).

❖ **KUNDA**^[123]

- **Botanical Name-** Jasminum multiflorum Andr, **Family-** Oleaceae
- **Synonyms-** Kunda, Madhya, Sadapushpa.

Pharmacological Actions

- The Kunda Pushpa is Laghu (Light), Sheeta (Cold in potency). It subsides Kapha and Pitta Doshas, Shiroroga (Diseases of head), Visha (Poison effects).

❖ **MUCHAKUNDA**^[124]

- **Botanical Name-** Pterospermum acerifolium Willd) -
- **Synonyms-** Muchakunda, Kshatravriksha, Chitraka, Prativishnu, Muchukunda.

Pharmacological Actions

- The Muchakunda Pushpa is yellow in colour. It cures Shirashoola (Headache), Pittasr (Haemorrhage), Visha (Poison effect).

❖ **TILAKA**^[125]

- **Botanical Name-** Wendlandia exerta DC
- **Synonyms-** Tilaka, Kshuraka, Shriman, Purusha, Chinnapushpaka

Pharmacological Actions

- The Tilaka Pushpa is Katu (Pungent), Ushna (Hot in potency), alleviates Kapha and Vata Doshas, Netra Roga (Eye diseases), Krimi (Worms).

❖ **BANDHUJEEVA**^[126]

- **Botanical Name-** Pentapetes phoenicea Linn
- **Synonyms-** Bandhuka, Bandhujeeva, Rakta, Madhyanhika

Pharmacological Actions

- The Bandhuka Pushpa is Laghu (Light), Snigdha (Demulcent), Kaphapaha (Increases Kapha and subsides Vata-Pitta Doshas), Grahi (Absorbent), Jwaragna (Cures fever), Bhuta Nashana (Alleviates external evil spirits).

❖ **JAPA PUSHPA**^[127]

- **Botanical Name-** Hibiscus rosa sinensis Linn, **Family-** Malvaceae
- **Synonyms-** Odhra Pushpa, Japa, Trisandhya

Pharmacological Actions

- Japa is Grahi (Absorbent), Keshya (Hair tonic), Vrishya (Aphrodisiac), Kapaha-Vatajit (Subsides Kapha and Vata),
- It cures Amatisara (Dysentery), lethargy, Rakta Pradara, Jwara (Fever)

❖ **SINDHURI**^[128]

- **Botanical Name-** Bixa orellana Linn, **Family-** Bixaceae
- **Synonyms-** Rakta Beeja, Rakta Pushpa, Sukomala

Pharmacological Actions

- Sindhuri is Ushna (Hot in potency), Vantihara (Anti-emetic), Trishnahara (Reduces thirst), Cures Visha (Poison effects), Subsides diseases of Pitta and Rakta.

❖ **MUNIVRIKSHA**^[129]

- **Botanical Name-** Sesbania grandiflora Linn,
- **Family-** Fabaceae
- **Synonyms-** Agastya, Vangasena, Munipushpa

Pharmacological Actions

- Agastya subsides Pitta and Kapha diseases, Chaturthika Jwara (Malarial fever), Pratishyaya (Common cold). It is Tikta (Bitter), Sheeta (Cold in potency), Ruksha (Drying), Increases Vata.

- The fruits of Maricha are taken and immersed in the juice of Agasta leaves and dried in sun rays. Repeat the procedure for seven days, after seven days the fine powder of soaked Maricha is mixed in the Agastya leaves and applied to eyes, which cures night blindness.
- The juice of Agastya plant relieves Ajirna (Indigestion), when taken with Hingu and Saindhava Lavana (Rock salt) cures colic pain.
- The juice of Agastya flower cures Peenasa (Chronic rhinitis), Yoni Shoola.

❖ TULASI^[130]

- **Botanical Name-** Ocimum sanctum Linn, **Family-** Lamiaceae
- **Synonyms-** Surasa, Gramya, Sulabha, Bahu Manjari, Apeta, Rakshasi, Gowri, Bhutagni, Deva Dundubhi.

Pharmacological Actions

- Tulasi is Katu (Pungent), Tikta (Bitter), in taste, Hridya (Good for heart), Ushna (Hot in potency), Deepani (Appetizer).
- It alleviates Kushta (Skin diseases), Mutrakrichra (Dysuria), Rakta Vikaaras (Diseases of Rakta), Parshwaruk (Pain in flanks region), Vata and Kapha diseases.

❖ MARUBAKA^[131]

- **Botanical Name-** Ocimum gratissimum
- **Synonyms-** Maruta, Marubaka, Maruta, Maru, Phani, Phanijjaka,

Pharmacological Actions

- Marubaka is Agniprada (Stimulates appetite), Hridya (Good for heart), Teekshna (Penetrating), Ushna (Hot in potency), Pittakaraka, Laghu (Light), Ruchikaraka (Stimulates taste), Katu Vipaka (Pungent in post digestive effect), Katu(Pungent in taste), Ruksha(Dry), Sugandhita(Has good odour).
- It cures Vrischika Visha (Scorpion bite), Shleshma, Vata Doshas, Kustha (Skin diseases), Krimi (Worms).

❖ DAMANAKA^[132]

- **Botanical Name-** Artemesia vulgaris Linn, **Family-** Asteraceae
- **Synonyms-** Danta, Muniputra, Tapodhana, Gandhotkata, Bramhajata, Vinita, Kalapatraka.

Pharmacological Actions

- Damanaka is Kashaya (Astringent), Tikta (Bitter), Hridya (Good for heart), Vrushya (Aphrodisiac), Sugandhika (Fragrant smell),
- It cures Visha (Poison effects), Kustha (Skin diseases), Asra Kleda (Diseases of Blood and secretions), Kandu (Itching), and all the Tridoshas (Vata, Pitta, Kapha Doshas).

❖ BARBARI^[133]

- **Botanical Name-** Ocimum gratissimum or Ocimum pillosum Roxb, **Family-** Oleaceae,
- **Synonyms-** Barbari, Tuvani, Tungi, Kharapushpa, Ajagandhika, Parnaasha, Vanatulasi

Pharmacological Actions

- It is Ruksha (Dry), Sheetala (Cold in potency), Katu (Pungent), Vidahi (Causes burning sensation), Teekshna (Penetrating), Hridya (Good for heart), Agnipradipaka (Stimulates appetite), Laghu (Light), Pittakaraka, Kapaha-Vatahara.
- It cures Rakta Vikara (Blood diseases), Kandu (Itching), Krimi (Worms), Visha (Poison effects).

CONCLUSION

By the above discussion it is clear that for several centuries ayurvedic practitioners have acknowledged the therapeutic properties of certain flowers dealt as the integral part of *Dravyaguna Vijnana* (Indian Pharmacology) and highlighted the medicinal values which helps in the alleviating the diseases and maintains the health of the person. The clinical application is well explained in the *Ayurvedic* classical texts. The essential oils are prepared from the dried flowers as the essential oils are more potent. The medicinal flowers possess anti viral, anti-inflammatory, antipyretic, analgesic, mood stabilizing agents. Here an attempt is made to screen out the Charaka Samhita, Sushruta Samhita and Bhavaprakasha Nighantu related only medicinal flowers and their therapeutic effects.

This could be the new research area where one should concentrate on the potent medicinal flowers. Further scope of study is to cultivate such medicinal flowers and evaluate their pharmacological actions by experimentally as well as clinical trials.

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