



## REVIEW OF PUNARNAVA (BOERHAVIA DIFFUSA) W.S.R.TO SYNONYMS AND RASAPANCHAKA FROM NIGHANTU

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### ABSTRACT:

*Punarnava* (*Boerhavia diffusa* Linn.) is one of the well-known medicinal plants in Ayurveda. *Punarnava* (*Boerhavia diffusa* Linn.) belongs to Nyctaginaceae family. It is also known as spreading hog weed and is extensively utilized in the Ayurvedic medical system to treat conditions such as *Hridya rog* (cardiovascular disorders), *Pandu* (Anemia), *Rasayana* (Rejuvenator), *Shotha* (Inflammation and swelling), *Mutravahashrotogaat vikar* (Urinary tract disorders), *Jwara* (fever), *Yonirog* (vaginal disorders), and *Kustharog* (Diseases of the skin), the term "*Mrida bhakshana janya roga*" (disorders caused by eating clay), enema *Basti karma*, Children's diseases, *Madhumeha* (anti-diabetic), etc. Its synonyms, morphology, and medicinal potential described in Nighantus and Samhitas. In Nighantu various descriptions of *Punarnava* are found.

**Keywords:** *Boerhavia diffusa* Linn. *Punarnava*, *Nighantu*, Ayurveda

## INTRODUCTION:

In *Chikitsa Chatuspada*, *Dravya* (medicine) is considered essential, among the four basic elements of treatment. Acharya Charaka mentioned that effectiveness of any drug depends on its properties, living environment, preservation and management, etc<sup>[1]</sup>. During earlier times the method for identification of plants was through their synonyms. Classical Ayurvedic texts can be classified into two different types of information one related to diseases treatment and other part associated with Information related to Ayurvedic herbs. Samhita and Nighantu are among them. Nighantu are defined as a dictionary containing synonymous groups, the names of drugs, plants, animals, minerals or anything that is administered to the human body either as food or medicine. The word Nighantu is based on the term Nigama.

Nighantu means निगूढं अर्थगमयन्ति ज्ञापयन्ति इति

निगमः ।

The etymology of *Nigama* is which brings out the extremely concealed or secret meaning of words in systemic way<sup>[2]</sup>.

*Punarnava* is nothing but combination of two words i.e. *Punar* and *nava* means to become a new combined meaning of the word *Punarnava* can be the herb that Rejuvenates. Other meaning, the plant dies of in a year and with the same root a new plant arises next

year. Due to its *Rasayana* and *Raktavardhak* property it renews the body system<sup>[3]</sup>. *Punarnava* regulates the digestion system, reduces water retention and is very useful in heart disease management. *Punarnava* also benefited anemia, hernia and respiratory failure. *Punarnava* can also use in liver problems and in the management of lipids and cholesterol within healthy limits.

*Punarnava* is an important drug easily available found all over India. The identity of the drug has been well documented since then *Samhita* period. Mainly *Punarnava* is of two types *Shweta Punarnava* and *Rakta Punarnava* and some authors has also given the another type *Nila Punarnava*. *Punarnava* belong to family Nyctaginaceae, generally known as Spreading Hogweed or Pigweed. Various parts of *Punarnava* (*Boerhaavia diffusa* linn.) are used in Purulia (West Bengal); the tribes eat this plant as a vegetable. Boerhaavia leaves are cooked and eaten in Assam also<sup>[4]</sup>.

### Botanical name:

*Boerhavia diffusa* Linn.

*Boerhavia* - Name of a discoverer.

*Diffusa* - Which spreads on ground

Family -Nyctaginaceae

### Vernacular names

English	Spreading hog weed
Hindi	Beshakapore
Gujrati	Dholia-saturdo, Moto-

	satoda
Bengali	Punurnava
Marathi	Khapra
Kannada	Kommegida
Sanskrita	Punarnava
Tamil	Mukaratee-Kirei
Telugu	Punernava

In this review study, 23 number of Ayurvedic text including the Nighantu, have been reviewed. All data of *Punarnava* has been collected and tabulated in systematic manner and they were interpreted and categorized according to the morphological characters, action etc., by using different books and dictionaries.

#### MATERIALS AND METHODS:

#### OBSERVATIONS AND RESULTS:

**Table 1. Details of Punarnava observed in different Nighantus:**

Periods	Nighantu	Punarnava mentioned	Abbreviation
5 <sup>th</sup> Century	<i>Sausruta Nighantu</i> <sup>[5]</sup>	<i>Vidarigandhadi Gana</i>	SN
7 <sup>th</sup> Century	<i>Ashtanga Nighantu</i> <sup>[6]</sup>	<i>Vidaryadi Gana</i>	AN
9 <sup>th</sup> century	<i>Paryayaratnamala</i> <sup>[7]</sup>	-	PR
10 <sup>th</sup> Century	<i>Madanadi Nighantu</i> <sup>[8]</sup>	<i>Ashtama Gana</i>	MdN
10 <sup>th</sup> Century	<i>Chandra Nighantu</i> <sup>[9]</sup>	<i>Vidaryadi Ganas</i>	CN
10 <sup>th</sup> -13 <sup>th</sup> Century AD	<i>Dhanvantari Nighantu</i> <sup>[10]</sup>	<i>Guduchyadi Varga</i>	DN
12 <sup>th</sup> Century AD	<i>Shodhala Nigantu</i> <sup>[11]</sup>	<i>Guduchyadi Varga</i>	SoN
12 <sup>th</sup> Century	<i>Nighantushesha</i> <sup>[12]</sup>	<i>Gulmakanda</i>	NS
12 <sup>th</sup> -13 <sup>th</sup> Century AD	<i>Abhidhana Ratnamala</i> <sup>[13]</sup>	<i>Katusknadha</i>	AR
13 <sup>th</sup> Century AD	<i>Hridaydipaka Nighantu</i> <sup>[14]</sup>	-	HN
13 <sup>th</sup> Century	<i>Madhav's Dravyaguna</i> <sup>[15]</sup>	<i>Vividha Aushadhi Varga</i> in	MD
14 <sup>th</sup> Century AD	<i>Madanapala Nighantu</i> <sup>[16]</sup>	<i>Abhayadi Varga</i>	MN
1425 AD	<i>Kaiyadeva Nighantu</i> <sup>[17]</sup>	<i>Aushadhi Varga</i>	KN
16 <sup>th</sup> century AD	<i>Saraswati Nighant</i> <sup>[18]</sup>	<i>Ulapa Varga</i>	SrN
16 <sup>th</sup> Century AD	<i>Bhavaprakasha Nighantu</i> <sup>[19]</sup>	<i>Guduchyadi varga</i>	BPN

17th Century AD	<i>Rajnighantu</i> "Abhidhana <i>Chudamani</i> " <sup>[20]</sup>	<i>Mulakadi varga</i>	RN
18th Century	<i>Rajvallabha Nighantu</i> <sup>[21]</sup>	<i>Madhyahnika Pariccheda</i> <i>Shakasadharaṅga</i>	RVN
18th Century	<i>Laghu Nighantu</i> <sup>[22]</sup>	-	LN
19th Century AD	<i>Shaligram Nighantu</i> <sup>[23]</sup>	<i>Guduchyadi Varga</i>	ShN
1952 AD	<i>Abhidhana Manjari</i> <sup>[24]</sup>	Not mention	AM
20th Century AD	<i>Priya Nighantu</i> <sup>[25]</sup>	<i>Shatpushpadi Varga</i>	PN
20th century	<i>Nighantu Aadarsha</i> <sup>[26]</sup>	<i>Punarnavadi varga</i>	NA

**Table 2. Synonyms of *Punarnava* observed in different Nighantu:**

N	Synonyms	A	AN	P	SC	N	A	Sr	LN
o		K		R		GS	R	N	
	<i>Shothaghni</i>	+		+	+	+		+	
	<i>Vitunna</i>	+			+				
	<i>Sunishannaka</i>	+			+				
	<i>Varshaketu</i>		+				+	+	+
	<i>Vrishchiva</i>		+			+	+		
	<i>Shwetamula</i>		+				+	+	
	<i>Varshabhu</i>		+	+			+	+	
	<i>Dirghapatra</i>		+			+	+	+	
	<i>Kathillaka</i>		+	+		+	+		+
	<i>Sunadiko</i>		+				+		
	<i>Raktapushpa</i>		+				+		
	<i>Vishakha</i>		+			+			+
	<i>Mandalcchada</i>		+				+		
	<i>Shivatika</i>			+				+	
	<i>Aruna</i>			+					
	<i>Shweta</i>			+					
	<i>Pravrishayani</i>			+		+			+
	<i>Vrishchira</i>			+					+

	<i>Shilataka</i>					+			+	
	<i>Kshudravarsh abhu</i>					+			+	
	<i>Viksa</i>						+			
	<i>Vishalo</i>						+			
	<i>Shwetapatra</i>							+		
N o.	<i>Synonyms</i>	S N	Md N	D N	So N	M N	K N	R N	BP	ShN
<i>Shweta Punarnava</i>										
	<i>Rishabhaketu</i>	+								
	<i>Mahavarshab hu</i>	+								
	<i>Vrishchika</i>	+	+							
	<i>Dirghavarsha bhu</i>	+								
	<i>Shweatamula</i>	+	+		+	+	+		+	+
	<i>Varshaketu</i>		+							
	<i>Sadamulakap atra</i>		+							
	<i>Varshabhu</i>		+			+	+			
	<i>Kshudrapatra</i>		+							
	<i>Vishakha</i>			+				+		
	<i>Kathillaka</i>			+				+		+
	<i>Shivatika</i>			+						+
	<i>Vrushchira</i>			+						
	<i>Kshudravarsh abhu</i>			+						
	<i>Dirghapatra</i>			+		+		+	+	
	<i>Raktapushpa</i>				+					
	<i>Punarnava</i>				+					
	<i>Raktavrinta</i>				+					
	<i>Mandalapatr a</i>				+					

<i>Rakta</i>					+				
<i>Prithviko</i>						+		+	
<i>Vishada</i>						+			
<i>Punarbhama</i>						+	+		
<i>Mandalaccha da</i>						+			
<i>Sadamandala patra</i>							+		
<i>Vrishchiva</i>							+		
<i>Dadrapatra</i>							+		
<i>Shashivatika</i>								+	
<i>Sitavarshabh u</i>								+	
<i>Shothaghni</i>									+
<i>Rakta Punarnava</i>									
<i>Raktavrunta</i>	+	+					+		
<i>Kathillaka</i>	+	+				+			+
<i>Vaishakha</i>	+	+							
<i>Shinati</i>	+								
<i>Kshudravarsh abhu</i>	+	+				+	+		+
<i>Viksa</i>		+		+					
<i>Raktapushpa</i>		+		+	+	+	+	+	
<i>Shivatika</i>		+		+	+			+	
<i>Varshaketu</i>			+	+	+	+	+	+	+
<i>Varshabhu</i>				+					+
<i>Mahavarsha</i>				+					
<i>Sarini</i>				+				+	
<i>Pravrushayani</i>				+				+	+
<i>Krura</i>			+		+	+	+		
<i>Tikta</i>					+				
<i>Raktakhya</i>								+	
<i>Mandalpatrik</i>			+					+	

	<i>a</i>								
	<i>Raktakanda</i>							+	+
	<i>Lohita</i>							+	
	<i>Raktapatrika</i>							+	+
	<i>Vikaswara</i>							+	
	<i>Vishaghni</i>							+	
	<i>Shophaghni</i>							+	+
	<i>Varshabhava</i>							+	
	<i>Shonapatra</i>							+	
	<i>Shona</i>							+	
	<i>Sammilitadru ma</i>							+	
	<i>Shwetamula</i>			+					
	<i>Maha varshabhu</i>			+					
<i>Nilā Punarnava</i>									
	<i>Nilā</i>							+	+
	<i>Shyama</i>							+	+
	<i>Krishnakhya</i>							+	+
	<i>Nilavarshabh u</i>							+	+
	<i>Nilini</i>							+	+

**Table 3. Rasapanchaka of Punarnava observed in different Nighantu**

No.	Name of Text	Rasa	Guna	Virya	Vipaka	Doshgnata	
1.	DN	<i>Krura</i>	<i>Tikta</i>	<i>Sara</i>	-	-	<i>Doshaghni</i>
		<i>Punarnava</i>	-	<i>Ruksha</i>	<i>Ushna</i>	-	<i>Kaphapaha</i>
2.	MN	<i>Shweta</i>	<i>Kashaya, Tikta, madhura, Katu</i>	<i>Ruksha</i>	<i>Ushna</i>	-	-
		<i>Rakta</i>	-	<i>Laghu</i>	<i>Shita</i>	<i>Katu</i>	<i>Anilahara, Shleshma- marak, pittavinashini</i>
3.	KN	<i>Kathillaka</i>	<i>Tikta</i>	<i>Laghu</i>	<i>Shita</i>	<i>Katu</i>	<i>Vatala, Shleshmaraktapitt avinashini</i>
		<i>Punarnava</i>	<i>Kashaya, Tikta,</i>	<i>Ruksha,</i>	<i>Ushna</i>	-	<i>Anilakaphapaha</i>

			<i>madhura,Katu</i>	<i>Sara,Kshar</i>			
4.	RN	<i>Rakta Punarnava</i>	<i>Madhura, Katu</i>	<i>Sara</i>	-	-	<i>Pittapramardini</i>
		<i>Nila Punarnava</i>	<i>Tikta</i>	-	<i>Ushna</i>	-	<i>Vatakaphapaha</i>
		<i>Shweta Punarnava</i>		-	<i>Ushna</i>	-	<i>Kapha,Anilapaha</i>
5.	BPN	<i>Shweta</i>	<i>Katu Kashaya Anurasa</i>	-	<i>Shita</i>	-	<i>Anilashleshahara</i>
		<i>Rakta</i>	-	<i>Laghu</i>		<i>Katu</i>	<i>Vatala,Shleshmaraktapitt avinashini</i>

**Table 4. Actions and Indications of *Punarnava* observed in various Nighantu**

No.	<i>Rogaghata</i>	DN		MN	KN	RN			BPN
		<i>Punarnava</i>	<i>Krura</i>	<i>Rakta</i>	<i>Punarnava</i>	<i>Shweta</i>	<i>Rakta</i>	<i>Nil</i>	<i>Shweta</i>
	<i>Shophahara</i>	+	+	+	+	+	+		+
	<i>Pandu</i>	+	+		+	+	+	+	+
	<i>Hridaroga</i>	+			+	+		+	
	<i>Urahkshata</i>	+							
	<i>Shula</i>	+				+			
	<i>Raktapradara</i>						+		
	<i>Arsha</i>				+				
	<i>Vrana</i>				+				+
	<i>Udara</i>				+				+
	<i>Visha</i>					+			
	<i>Kasa</i>					+			
	<i>Shwasa</i>						+		

**Table5. Karma of *Punarnava* observed in different Nighantu**

No	<i>Karma</i>	MN	KN	RN	BPN
		<i>Rakta</i>	<i>Punarnava</i>	<i>Nil</i>	<i>Shweta</i>
1.	<i>Rasayana</i>	+		+	
2.	<i>Grahi</i>	+			+
3.	<i>Ruchya</i>	+	+		
4.	<i>Dipana</i>		+		+

## DISCUSSION:

This review article is designed to collect various information about *Punarnava* from 22 *Nighantu* and compare their variants in terms of synonyms, properties and actions. The critical analysis of the description of *Punarnava* from 22 *Nighantus* revealed that it is mentioned in all the *Nighantus*. Some Acharya described two types of *Punarnava* i.e. *Shweta* and *Rakta* by *Saushruta Nighantu*, *Madanadi Nighantu*, *Dhanvantari Nighantu*, *Shodhal Nighantu*, *Madanpal Nighantu*, *Kaideva Nighant* and *Bhavprakasha Nighantu*. Raj Nighantu and Shaligram Nighantu given three types of *Punarnava* *Shweta*, *Rakta* and *Nil*. 22 synonyms are given as a common of *Punarnava*. 30 synonyms are given of *Shweta punarnava*, 29 synonyms given of *Rakta Punarnava*. 5 synonyms of *Nil Punarnava*. Some Acharya has coined *Varshabhu* as synonyms of *Punarnava*. There are some synonyms are given for morphology description like *Shwetamula*, *Dirghapatra*, *Raktapushpa*, *Mandalacchada* etc. *Dhanvantari Nighantu*, *Madanapala Nighantu*, *Kaiydeva Nighantu*, *Raj Nighantu* mention the rasa of *Punarnava* is Mainly *Tikta*, *Katu* and *Kashaya Rasa*. *Madanapal Nighantu*, *Kaideva Nighantu* and *Raja Nighantu* also given the *Madhura Rasa*. *Bhavprakasha* mention *Tikta Rasa* and *Kashaya* as a *Anurasa*. *Dhanvantari nighantu*

and *Raja Nighantu* mention the *veerya* of *Punarnava* is *ushna*. *Bhavprakasha nighantu* and *Kaiyadeva nighantu* mention the *Shita Veerya*. *Madanapal Nighantu* has described the *Ushnaveerya* of *Shweta Punarnava* and *shita veerya* of *Rakta Punarnava*. Mostly *Vipaka* of *Punarnava* is *katu vipaka* as per review. *Punarnava* possess *Vathara* and *Kaphahara*. *Madanpala Nighantu* has mention that *Rakta Punarnava* is *pittaprashamani*. *Raja Nighantu* mention that *Rakta Punarnava* has *Pittapramardini* effect. *Punarnava* is mainly indicated in *Shopha*, *Pandu*, *Hradaroga*, *shula* etc. And *Punarnava* possess *Karma* like *Rasayan*, *Grahi*, *Ruchya*, and *Deepan*.

## CONCLUSION:

One of the most useful and effective medicines in Ayurveda is *Punarnava*. In twenty-two *Nighantu* *Punarnava* is described along with synonyms and therapeutic implications. *Punarnava* mainly indicated in *Shopha*, *Pandu*, *Hridaroga*, *shula* etc. *Punarnava* has *Ushna Virya*; it leads to *Vilayana* of *Kapha* and generates easy expectoration, as well as it is *Kaphadoshahara*. It has also used for *Rasayana*, *Ruchya* and *Deepana*. This review demonstrates that medicinal plants may be identified and validated using a variety of synonyms, characteristics, and actions reported in several Ayurveda *Nighantu* eras.

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