



A DETAILED STUDY OF ARAGWADHA (*CASSIA FISTULA* LINN.) IN CLASSICAL AYURVEDIC TEXTS

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ABSTRACT:

Aragwadha (*Cassia fistula* Linn.) was considered as *Agra dravya* by Acharya Charaka its best known for its *mrudu virechana* karma. It's a *Madhura Tikta rasa*, *Guru Guna*, *shita Virya* and *Madhura Vipaka dravya*. In general it is *tridosha shamaka* in nature and has got great affinity towards *kapha pitta doshas*. It has got broad spectrum of therapeutic indications like *Jwara* (Pyrexia), *Raktapitta* (Bleeding Disorders), *Kusta* (Dermatological Diseases), *Udara Roga* (Gastro Intestinal Diseases), *Grahani* (Irritable Bowel Syndrome), *Pandu* (Anemia), *Kasa* (Cough), *Visarpa* (Erysipelas), *Vrana* (Wounds), *Vatavyadhi* (Neurological Diseases), *Prameha* (Diabetes), *Vidradhi* (Abscess), *Shopha* (Edema), *Chardi* (Vomiting), *Mutraghata* (Obstruction To Urine) *Switra* (Vitiligo), *Yoni Vyapath* (Gynecological Diseases), *Nasa Roga* (Nasal Diseases). It was given great importance in Ayurvedic classics namely *Charaka samhitha*, *Susruta samhitha*, *Astanga hridaya*, *Sarangadhara samhitha*, *Chakradatta*, *yoga Ratnakara*, *Nighantus* etc. This study includes classical and modern description of Aragwadha.

Key words: Aragwadha (*Cassia fistula* Linn.), *Charakasamhitha*, *SusrutaSamhitha*, *Astanga Hridaya*, *Sarangadhara Samhitha*, *Chakradatta*, *Yoga Ratnakara*, *Nighantus*

INTRODUCTION:

Aragwadha (*Cassia fistula* Linn.) was famous drug in Ayurveda .it was considered as best drug for its *mrudu virechana karma*. It's known as *Rajavruksha* which means king among all trees .It is a moderate sized handsome deciduous tree 8-15 mts in height with greenish grey smooth bark when young& rough when old exfoliating in hard scales. Leaves are pinnately compound. Leaflets 4-8pairs ovate, acute, bright green, glabrous above, paler & silvery, pubescent beneath when young, main nerves numerous. Flowers are bright yellow in axillary lax pendulous racemes hence it was known as *suvarnaka*, *karnikara*, *krutamala* etc. Fruits are Pods cylindrical, pendulous, smooth, dark brown

or black 30-60cms long hence it was named with synonyms like *deerghaphala*, *shyamaka* etc. Seeds are Bi concave, broadly ovate, light brown, horizontally immersed in dark coloured sweetish pulp



Figure no 1: Aragwadha plant

Table no 1: Table showing reference of Aragwadha in Ayurvedic classical texts

S.NO	REFERENCE	INDICATIONS/USES
CHARAKA SAMHITHA SUTRA STANA		
1.	1/83(Dirgamjeevitiya Adhyaya)	<i>Aragwadha phala</i> under <i>Phalini dravyas</i> ^[1]
2.	2/10(Apamargatanduliya Adhyaya)	<i>Aragwadha</i> was mentioned under <i>virechana dravyas</i> to remove doshas from <i>Pakvashaya</i> ^[2]
3.	3/17(Aragwadhiya adhyaya)	<i>Aragwadadi lepa</i> in <i>kusta chikitsa</i> ^[3]
4.	4/4(shadvirechanashatasritiyaadhyaya)	12 <i>virechana yoga's</i> of <i>Aragwadha</i> ^[4]
5.	4/13,14	In <i>Kustagna& Kandugna dashaimani</i> ^[4]
6.	23/10-12(Santarpaniya adhyaya)	In <i>Santarpana janya roga chikitsa</i> ^[5]
7.	25/39-40(Yajjapkurushiya adhyaya)	<i>Aragwadha</i> as best <i>Mrudu virechana drug</i> ^[6]
CHARAKA SAMHITHA VIMANA STANA		
1.	8/143(Rogabhishakjitiya adhyaya)	In <i>Tikta skanda</i> ^[7]
CHARAKA SAMHITHA CHIKITSA STANA		
1.	3/204 (Jwara chikitsa)	In <i>Jwara chikitsa</i> in form of <i>shita kashaya</i> ^[8]
2.	3/231 (Jwara chikitsa)	<i>Aragwadha</i> with <i>kshira</i> or <i>mrudvika rasa</i> used for <i>samshodana karma</i> for <i>jwara rogi</i> ^[8]
3.	4/56 (Rakta pitta chikitsa)	<i>Aragwadha phala</i> for <i>virechana</i> in <i>rakta pitta</i> ^[9]

3.	7/91,96,97,98,99,160(<i>Kusta chikitsa</i>)	<i>Siddhardhaka snana in kusta</i> ^[10]
4.	13/70 (<i>Udara chikitsa</i>)	<i>For virechana in pittaja Udara</i> ^[11]
5.	15/179 (<i>Grahani chikitsa</i>)	<i>Duralabhadya kshara in Grahani chikitsa</i> ^[12]
6.	16/58 (<i>Pandu chikitsa</i>)	<i>In kamala chikitsa</i> ^[13]
7.	18/111,151 (<i>kasa chikitsa</i>)	<i>In Kasa chikitsa</i> ^[14]
8.	21/88,89 (<i>visarpa chikitsa</i>)	<i>In Kaphaia visarpa Aragwadha and sleshmataka leaves paste should be applied externally</i> ^[15]
9.	26/56,135 (<i>Trimarmiya chikitsa</i>)	<i>In Kaphaia Mutrakriccha, vataja Pratisyaya chikitsa</i> ^[16]
10.	27/27,33-38(<i>Urustamba chikitsa</i>)	<i>Urustamba chikitsa and in sarngestadi yoga</i> ^[17]
CHARAKA SAMHITHA KALPA STANA		
1.	1/6,22 (<i>Madanapala kalpam</i>)	<i>Shodana, Vamana Kalpas</i> ^[18]
2.	2/10 (<i>Jeemutaka kalpam</i>)	<i>Jimutaka Kalpa</i> ^[19]
3.	6/7(<i>krutavedana Kalpa</i>)	Mentioned under <i>Vamana yoga's</i> ^[20]
4.	8/3-5,8-11 (<i>chaturangula kalpam</i>)	<i>Aragwadha synonyms, method of collection ,sita kashaya Kalpas were mentioned.</i> ^[21]
5.	8/12	<i>Aragwadha Avalehya for virechana.</i> ^[21]
6.	8/13,14,15,16	<i>Aragwadha ghrita and arista for virechana</i> ^[21]
7.	9/14-16 (<i>Tilvaka kalpam</i>)	<i>Chaturangula sarpi</i> ^[22]
8.	10/12,15-17 (<i>Sudha Kalpam</i>)	<i>Sudha Kalpa and Aragwadha garlands for virechana.</i> ^[23]
CHARAKA SAMHITHA SIDDHI STANA		
1.	3/38 (<i>Vasthisutriyasiddhi</i>)	<i>Eranda basti in Admana,Anaha etc.</i> ^[24]
2.	3/56-57	<i>Aragwadha was mentioned in kashaya basti</i>
3.	7/23 (<i>vasthi vyapath siddhi</i>)	<i>Varti prepared with syamadi gana in Anaha</i> ^[25]
4.	9/58 (<i>Trimarmiya siddhi</i>)	<i>Varti in vasti vyapath chikitsa</i> ^[26]
5.	11/35(<i>Phalamatra Siddhi</i>)	<i>Kashaya Vasti</i> ^[27]
6.	12/6(<i>Uttara Vasti Siddhi</i>)	<i>Baladya yapana vasti</i> ^[28]
SUSHRUTHA SAMHITHA SUTRA STANA		
1.	11/11(<i>Ksharapakavidhi Adhyaya</i>)	<i>Aragwadha as abhyantara kshara</i> ^[29]
2.	37/11(<i>Misraka Adhyaya</i>)	<i>vrana Shodana kashaya preparation</i> ^[30]

3.	38/6,23-26 (<i>Dravya sangrahaniya adhyaya</i>)	<i>Aragwadadi gana and in Kaphaia vidradhi chikitsa</i> ^[31]
4.	38/30	<i>Aragwadha in syamadi gana. Indicated in Anaha, Vidbheda and Udavarta.</i> ^[32]
5.	39/4,9(<i>samshodanasamshamaniya adhyaya</i>)	<i>Aragwadha patra for virechana.</i> ^[33]
6.	42/11(<i>rasaviseseshavignaniya</i>)	<i>Tiktavarga.</i> ^[34]
7.	44/73-75(<i>virechanadravayavikalpaiya adhyaya</i>)	<i>Aragwadha phala sangrahana vidhi.</i> ^[35]
SUSHRUTHA SAMHITHA CHIKITSA STANA		
1.	1/89(<i>Dvivraniya chikitsa</i>)	<i>Aragwadadi gana in kaphaja vrana chikitsa.</i> ^[36]
2.	2/86-88(<i>sadyovrana chikitsa</i>)	<i>Aragwadadi and Surasadi group of drugs are used in dustavrana prakshalana.</i> ^[37]
3.	4/30(<i>vataavyadhiadhyaya</i>)	<i>Patralavana in vataavyadhis.</i> ^[38]
4.	5/8,10 (<i>mahavatavyadhiadhyaya</i>)	<i>In pitta and kapha pradhana vatarakta in form of kashaya for oral administration</i> ^[39]
6.	9/5,8,10,14, 16, 27,28,29-40,49&57(<i>kusta chikitsa</i>)	<i>Mahatiktakaghrtta, Nilaghrta & Maha Nilaghrta Mahavajrakataila & in kusta and other indications switra, vrana and arshas</i> ^[40]
7.	10/4,6, 7,8,10(<i>mahakusta chikitsa</i>)	<i>Mantha, Arista, Asava, sura, lehya, churna kriya of Aragwadadi gana in Mahakusta, Kapharogas, Prameha, Stoulya, Pandu</i> ^[41]
8.	11/9 (<i>Prameha chikitsa</i>)	<i>Vrana chikitsa In Haridra meha Aragwadadi kashaya and in Phena meha Triphala, Aragwada and Mrudvika kashaya was indicated</i> ^[42]
9.	12/9(<i>Pramehapidaka chikitsa</i>)	<i>Aragwadadi gana used for utsadana of prameha pidaka</i> ^[43]
9.	16/24,18/6(<i>Vidradhi chikitsa</i>)	<i>In Vidradhi chikitsa for prakshalana</i> ^[44]
10.	17/44(<i>Visarpanadistanaroga</i>)	<i>Stanyashodana</i> ^[45]
11.	18/12,32(<i>Grandhiapachiarbudagalaganda chikitsa</i>)	<i>Grandhi , arbuda</i> ^[46]
12.	19/35,39 (<i>Vridhiupadamshasleepada chikitsa</i>)	<i>Kaphaja Vridhi chikitsa</i> ^[47]
13.	20/39,51(<i>kshudraroga chikitsa</i>)	<i>Utsadana in Padminikantaka, Valmika</i> ^[48]

14.	23/11(<i>shopha chikitsa</i>)	<i>In Vataja shotha chikitsa</i> ^[49]
15.	25/39 (<i>Misraka chikitsa</i>)	<i>vyanga, Nilika, Spotaka, Kusta, Vaipadika</i> ^[50]
16.	31/5(<i>snehopayogika chikitsa</i>)	<i>Aragwadha Talia</i> for <i>virechana</i> ^[51] .
17.	37/12,15,33, 40,43-46,60,120(<i>Anuvasauttaravasthi chikitsa</i>)	<i>Admana Grahani, Arshas, Vatavyadis, stoulya etc.</i> ^[52]
SUSHRUTHA SAMHITHA KALPA STANA		
1.	5/61&6/14-26(<i>Sarpadastavishachikitsa Kalpa</i>)	<i>Maha agada, Ekasara gana</i> ^[53]
SUSHRUTHA SAMHITHA UTTARA STANA		
1.	21/41(<i>Karnagatarogapratishedam</i>)	<i>Karna srava prakshalana with Rajavrkshadi kashaya</i> ^[54]
2.	38/24-25(<i>Yoni vyapath pratishedam</i>)	<i>Rajvrksha kashaya for yoniprakshalana in yonisravas</i> associated with smell and slimy nature. ^[55]
3.	39/179,192,200,245-249(<i>Jwara pratishedam</i>)	<i>In pittaja jwara</i> associated with <i>daha</i> and <i>trsna</i> internal intake of Aragwadha kashaya was advised. <i>Aragwadadi gana kashaya</i> internal intake in <i>kaphavataja jwara</i> . <i>In vata pittaja jwara Aragwadha, Rasna, Triphala, vrsa kashaya</i> was advised internally. <i>Aragwadha</i> was mentioned as ingredient in <i>Triphaladi ghrita</i> ^[56]
4.	42/37-38(<i>Gulma pratishedam</i>)	<i>Aragwadadi ghrita in kaphaja Gulma</i> ^[57]
5.	49/23(<i>chardi pratishedam</i>)	<i>Aragwadadi kashaya</i> was indicated in <i>kaphajaChardi chikitsa</i> ^[58]
6.	55/47(<i>Udavarta pratishedam</i>)	<i>Mulakadi ghrita.</i> ^[59]
7.	57/9,14 (<i>Arochaka pratishedam</i>)	<i>Arochaka chikitsa</i> ^[60]

ASTANGA HRIDAYA SUTRA STANA		
1.	15/7(shodanadigana sangraha Adhyaya)	Aragwadadi gana ^[61]
2.	19/58(Basti vidhi)	Aragwadadi gana and vatsakadi gana kashaya vasti in Kaphaja ragas ^[62]
ASTANGA HRIDAYA CHIKITSA STANA		
1.	1/64(jwara chikitsa)	Jwara chikitsa ^[63]
2.	5/3,52(rajyakshma chikitsa)	Virechana in Rajyakshma ^[64]
3.	6/17-21(chardi chikitsa)	Kaphaja chardi chikitsa ^[65]
4.	8/58(arsha chikitsa)	Udavartahara yoga ^[66]
5.	11/12(mutraghata chikitsa)	In kaphaja mutrakriccha chikitsa ^[67]
6.	12/40(Prameha chikitsa)	Prameha pidaka ^[68]
7.	13/ (vidradhivrdhi chikitsa)	udvartana in kaphaja vidradhi ^[69]
8.	16/41(Pandu roga chikitsa)	Kamala ^[70]
9.	17/33(swayathu chikitsa)	In kaphaja chardi chikitsa ^[71]
9.	18/15-16(visarpa chikitsa)	Visarpa ^[72]
10.	19/11,18,37,49,63(kusta chikitsa)	Kaphaja Kusta chikitsa and is main ingredient in Mahavajraka ghrita and Siddhardhaka snana churna Aragwadha leaves applied in form of lepa cures kusta ^[73]
11.	20/10 (switra krimi chikitsa)	Sidma ^[74]
ASTANGA HRIDAYA KALPA STANA		
1.	1/25 (Vamana Kalpa)	In Pitta Kaphaja Jwara Aragwadadi gana kashaya must be used. ^[74]
2.	2/30-33,37(virechana Kalpa)	Rajavruksha Kalpa for virechana in sukumara& Aragwadha Sangrahana vidhi. ^[75]
ASTANGA HRIDAYA UTTARA STANA		
1.	20/7(Nasa roga pratishedha)	Dhumapana in nasa ragas ^[76]
2.	25/41,65(vrana pratishedha)	Aragwadha gana in dusta vrana, Prameha etc. When there is more kapha ^[77]
3.	32/4(kshudra roga pratishedha)	In Padma kantaka lepa with nimba and Aragwadha must be applied externally ^[78]
4.	34/5(Guhya roga pratishedha)	kaphaja yoni vyapath Aragwadadi gana kashaya for

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		<i>yoni prakshalana</i> ^[79]
5.	36/87(<i>Sarpa visha pratisedha</i>)	<i>Aragwadadi gana kashaya</i> with madhu to control <i>kapha</i> during <i>visha chikitsa</i> ^[80]
CHAKRADATTA		
1	1/115	<i>Triphaladi kwatha</i> ^[81]
2	1/141	<i>Aragwadadi kwatha</i> ^[81]
3.	1/191	<i>Trivritadi kwatha</i> ^[81]
4.	6/30-38	<i>Brihad agnimukha churna</i> ^[81]
5.	8/25	<i>Rasnasaptaka kwatha</i> ^[82]
6.	31/26	<i>Triphala Nimadi kwatha</i> ^[83]
BHAVAPRAKASHA SAMHITHA		
1.	31/43-44	<i>Sushkamulakadi ghrta</i> ^[84]
SARANGADHARA SAMHITHA ^[85]		
1.	Mad.kh.2/23	<i>Aragwadadi kwatha</i>
2.	Mad.kh.2/86	<i>Rasnasaptaka kwatha</i>
3.	Mad.kh.2/98	<i>Triphala kwatha</i>
4.	Mad.kh.2/100	<i>Haritakyadi kwatha</i>
BHAISHAJYA RATNAVALI ^[86]		
1.	Chi.24/98	<i>Mahanaracha rasa</i>
2.	Chi.24/155	<i>Rasna saptaka kwatha</i>
3.	Chi.24/219	<i>Mahanarayana taila</i>
4.	Chi.49/21	<i>Varti prayoga</i>
5.	Chi.49/23	<i>Jatyadi Varti</i>
6.	Chi.51/24	<i>Upadamsha prayoga</i>
SAHASRAYOGAM ^[87]		
1.	64/kashaya prakarana	<i>Malasodhana kashaya</i>
2.	65/ kashaya prakarana	<i>Virechana kashaya</i>
3.	2/ghrita prakarana	<i>Mahatiktaka ghrita</i> <i>Sukumara ghrita</i>
4.	46/churna prakarana	<i>Mahavahni vajra</i>

Table2: showing synonyms of Aragwadha in various Nighantus^[88-95]:

SNO	SYNONYM	SN	PRM	SSN	DN	MDG	SN	HDN	SM	MN	RN	KN	BPN
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1.	ARAGWADHA	+	+		+			+		+	+	+	+
2.	APAGHATA											+	
3.	ARAG												
4.	AROGYASHIMBI									+		+	
5.	AREVATA		+		+			+			+	+	+
6.	ARUJA										+		
7.	CHATURANGULA		+		+						+	+	+
8.	DANDAPANI									+			
9.	DEVAHVA							+					
10.	DIRGHAPHALA									+	+		+
11.	GIRIMALAKA												
12.	HEMAPUSHPA									+	+		
13.	HIMAPUSHPA												
14.	KALIKHYATA												
15.	KANDUGHNA										+		
16.	KARNIKARA									+	+		+
17.	KALPADRU											+	
18.	KARNA											+	
19.	KARNABHARANA										+		
20.	KRTAMALA		+									+	+
21.	KUSTASUDANA										+		
22.	KUNDALI												
23.	MAHADRI										+		
24.	MAHARAJADHRU MA										+		
25.	NARADHIPA												
26.	NRPADRUMA												
27.	PRAGRAHA		+										
28.	PITAPUSHPA												
29.	PITTALA												
30.	RAJAVRKSHA		+		+		+		+				+
31.	RAJAPADAPA		+										

32.	RAJATARU										+		
33.	SHAMPAKA		+										+
34.	SHYAVA												
35.	SURAHVAYA		+					+					
36.	SUVARNAKA												+
37.	SWARHYAHA												
38.	SUPARNAKA												
39.	SWARNA SHOPHALIKA												
40.	SWARNAPUSHPA										+		

ETHYMOLOGY OF SYNONYMS:

Aragwadha: it eliminates the diseases without leaving any remnants in the body.

Arevata: it represents goddess of diseases i.e. it protects body from diseases

Karnabharana: its flowers are used as ear ornaments.

Krutamala: flowers are arranged on inflorescence like a garland.

Chaturangula: Inside the fruit the marrow is demarcated at every four fingers distance.

Mukuta: it attacks diseases from all angles and provide complete cure.

Rajavruksha: this tree is considered as king among all trees because of its beautiful flowers.

Karnikara: it bears many flowers on inflorescence

Table 3:RASAPANCHAKA OF ARAGWADHA ACCORDING TO VARIOUS NIGHANTUS:

S.NO	RASA PANCHAKA	D.N	MPN	RN	KN	BP
1.	Rasa	Tikta		Madhura	Tikta	Madhura
2.	Guna	Guru	Guru		Guru	Guru
3.	Virya	Ushna	Shita	Shita	Shita	Shita
4.	Vipaka	Madhura	Madhura		Madhura	
5.	Karma	Tridosahara a	Pittahara	Kapha Hara	Tridosahara hara	Pittavata Hara

DOSE: fruit pulp 5 to 10 grams (purgation dose 10 to 20 gms)

Root bark decoction 50 to 100 ml

Flowers 5 to 10 Gms

DISCUSSION

Aragwadha was considered as *Agra dravya* by Acharya charaka its best known for its *mrudu virechana karma*. It's a *Madhura Tikta rasa, Guru*

Guna, shita Virya and *Madhura Vipaka dravya*. In general it is *tridosha shamaka* in nature and has got great affinity towards *kapha pitta doshas*. it has got broad spectrum of therapeutic indications like *Jwara*(Pyrexia),*Raktapitta*(Bleeding Disorders),*Kusta*(Dermatological Diseases),*Udara Roga*(Gastro Intestinal Diseases),*Grahani*(Irritable Bowel Syndrome),*Pandu*(Anemia),*Kasa*(Cough),*Visa rpa*(Erysipelas),*Vrana*(Wounds),*Vatavyadhi*(Neurological Diseases),*Prameha*(Diabetes),*Vidradhi*(Abscess),*Shopha*(Edema),*Chardi*(Vomiting),*Mutraghata*(Obstruction To Urine)*Switra*(Vitiligo),*Yoni Vyapath*(Gynecological Diseases),*Nasa Roga*(Nasal Diseases)

It was mentioned in many preparations like *Siddhardhaka Snana Churna*, *Pancha Nimba Churna* *Mahatiktaka Ghrita*, *Mahanila Ghrita*, *Triphaladi Ghrita*, *Amrutadhya Ghrita*, *Sukumara Ghrita*, *Mulakadi Ghrita*, *Aragwadha Mahatiktaka Ghrita*, *Mahavajraka Taila*; *Caturanguladi Pralepa*,*Aragwada Patra Lepa*; *Aragwadadi Kashaya*, *Rasna Saptaka Kashaya*, *Triphala Nimbadi Kashaya*, *Maha Rasnadi Kashaya*, *Triphaladi Kashaya* etc.

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