

**PALANDU (ALLIUM CEPA) AYURVEDIC MEDICINAL PLANT
CRITICAL REVIEW ACCORDING TO THE BHAVPRAKASH
NIGHANTU**

¹Seema Bhikaji Kande*, ²Ashalata D. Pawar and ³Madhusudan N. Pawar

¹PG Scholar, Department of Dravyaguna, R. A. Podar Medical (Ayu) College, Worli
Mumbai, Maharashtra, India.

²Associate Professor, Department of Dravyaguna, R. A. Podar Medical (Ayu) College, Worli
Mumbai, Maharashtra, India.

³Professor, Department of Dravyaguna, R. A. Podar Medical (Ayu) College, Worli Mumbai,
Maharashtra, India.

Article Received on
15 Dec. 2016,

Revised on 05 Jan. 2016,
Accepted on 26 Jan. 2017

DOI: 10.20959/wjpr20172-7821

***Corresponding Author**

Dr. Seema Bhikaji Kande

PG Scholar, Department of
Dravyaguna, R. A. Podar
Medical (Ayu) College,
Worli Mumbai,
Maharashtra, India.

ABSTRACT

‘Ayurveda’ is ancient science of life in the world. Ayurveda has main three pillars called ‘Sutras’ on which it Stands. These are ‘Hetu, Linga, Aushadha’. Hetu means causative factors of disease, Linga means signs and symptoms of disease and third and most important sutras is Aushadha means medicine. Aushadha are of three types these are plant origin, animal origin and minerals origin. Palandu(Palandu) is commonaly available at home and used in making various curries but it is a very important ayurvedic medicinal plant used to treat various disease. In Ayurveda there are two main types of Palandu Rakta Palandu and Shweta Palandu. Ayurvedic properties of Palandu are Madhur Katu Ras, Madhur Vipak, Ushna Veerya and Guru and

Snigdha gunas. Main chemical constituent is Allyl Propyl Sulphide. The main Karmas of Palandu are Vedanasthapan, Deepan- Pachana, Shothahar Vranaropak, Shukravardhak, Vajikar, Aartavjanan, Nidrajanan, Yakrutojjek, etc. It mainly used in Vatvyadhi, Agnimandya, Aruchi, Shoth, Vranashoth, Shukrakshay, Aartakshay, Anidra disease etc.

KEYWORDS: Palandu, Types, Properties, Karma, disease.

INTRODUCTION

‘Ayurveda’ is one of the ancient science in the world. ‘Ayurveda’ is science of life. The founder of Ayurveda was ‘Brahma’ as mentioned in Vedas and Puranas also in Charak Samhita^[1a]. The purpose of Ayurveda is maintaining health of healthy one and curing the disease of ill one.^[2] For fulfilment of this purpose Ayurveda divided into three main Sutras ‘Hetu, Linga, Aushadha’.^[1b] The first one is Hetu means cause of disease, the second one is Linga means signs and symptoms of disease, and third one very important is Aushadha means medicine by which disease being treated. The Aushadha again divided into three parts, these are plant origin, animal origin, and mineral origin. In Ayurveda plant origin medicine used on large scales. Palandu is herbal medicinal plant. It is commonly available in home and used in making food curries or used in salads. In spite of its use it is very important ayurvedic medicinal plant. It is used in various disease as single drug therapy or combination with other medicinal dravyas. This article gives the ayurvedic literature on Palandu according to Bhavprakash Nighantu.^[3a]

Origin

The meaning of Palandu is dravya that prevent the body from disease and takes care of body (PALANDU- PALAYATI RAKSHATI SHARIRAM ROGEBHYA)^[3b].

Botanical classification^[4]

Kingdom: Plantae

(Unranked): Angiosperms

(Unranked): Monocots

Order: Asparagales

Family: Liliaceae

Genus: Allium

Species: cepa

Synonyms

Palandu, Durgandha, Bahupatra, Mukhadushaka, Rochana. In Hindi called Pyaj, in Marathi called Kanda, in English is called Palandu.^[3c]

Regional Names

Arabic- Vasil, English- Bulb Palandu, Gujarati- Dungri, Kando, Hindi-Pyaj, Piaj, Kannada- Nirrulli, Marathi- Kanda, Malayalam- Bavang, Panjabi- Ganda, Sindhi- Vasar, Tamil-Vengayam^[3d]

Botanical Description

Palandu is Bulbous herb possessing a strong pungent aromatic odour. Leaves are subdistichous, fistular, head bearing flowers in cluster. Flowers are in cluster and of white green colour. Bulb is pinkish white and lies beneath soil. Fruits are tricellular, Seeds are small and black in colour.^[3e]

Distribution

Palandu is cultivated throughout the India, Farming on wide scale for dietary purpose.^[3f]

Varieties of Palandu

There are mainly two varieties of Palandu- Rakta Palandu and Shweta Palandu. The bulb is of white colour is known as 'Shweta Palandu' is also called as 'Ksheerpalandu'. The bulb is red colour is known as 'Rakta Palandu' also called as 'Rajpalandu'. For medicinal purpose Rakta Palandu is used. There is another variety of Palandu called 'Vanpalandu' which is only used for medicinal purpose not for dietary purpose.^[3g]

Ayurvedic Properties

Ras – Madhur

Vipaka – Madhur

Veerya – Anushna

Guna – Guru, Snigdha

Doshkarma – Vatahar, Alpa pittakar.^[3h]

Chemical Composition

The bulb and leaves contains pungent, unpleasant volatile oil, also contain molecule of sulphur- Allyl Propyl Sulphide, protein, carbohydrates, calcium. Outer layer contains yellowish colouring molecule called Quercetin. The chemical constituent of Garlic is Allyl Propyl disulphide because of this Bhavapraksha told the properties of Palandu and Rason are almost same.^[3i]

Important Karma

Kaphanissark, Vrushya(Vajikar),Uttejak, Balya, Mutrajanan, Aartavajanan, Agnivardhak, Deepak-Pachak, Anulomak, Uttam Vatahar i.e. Shoolahar and Shothahar,^[3j]

Rogagnata

Kaphavikara, Shukrakshay, Klaibya, Mutakashtata, Anartava(Oligomenorrhia), Agnimandya, Aruchi, Adhamana, Sndhivata, Aamavata, Shoth., Aghataja Shotha.^[3k]

Therapeutic uses

In children and old person if there is increase in kapha(productive cough) Palandu is use to remove excess kapha by emesis. In small children mixture of juice of Palandu and and Mishree(suger) is given. For olders one steamed Palandu is given.^[a]

For Vajikaran purpose give mixture of Palandu juice and honey or Palandu juice and Ghee.^[b]

In piles give mixture of juice of Palandu 10-20 ml with Mishree(suger) or boil Palandu and give with Mishree , ghee, and powder of cumin seed. For local application steamed Palandu put on piles.

In gingivitis take Palandu with salt.

Soup of Palandu is useful in Piles, Jaundice.

In epistaxis put juice of Palandu in nostils it helps to stop bleeding, in unconscious condition smell of Palandu given.

In earache put warm juice of Palandu in ear it also helps to healing wound in ear.

In dimness of vision apply mixture of Palandu juice and Madhu, in night blindness put Palandu Ras,

In Sandhigat vata and Aamvata hot Onion put in cloths and tied on the painful area, it relives the pain and reduces inflammation. In inflammation due external injury applied by same as above method.

The seeds of onion are Vajikar. the paste of Palandu and honey is applied externally on vyanga , Nacchhya, khalitya.

In Dadru(Ring worm infection) applied paste of Palandu and Kanji.^[3l]

REFERENCES

1. ^{a,b}Charak Samhita of Agnivesha, Editor Bramhanand Tripathi, Charak Chandrika Commentary, Sutrastana 1/4, 1st Edition, Reprint 2004, Chaukhanba Surbharati Prakashan, Varanasi, 2013, P.4,9
2. Charak Samhita of Agnivesha, Editor Bramhanand Tripathi, Charak Chandrika Commentary, Sutrastana 30/26, 1st Edition, Reprint 2004, Chaukhanba Surbharati Prakashan, Varanasi, 2013, P.565
3. ^[a,b,c,d,e,f,g,h,i,j,k,l]. Bhavaprakasha Nighantu, Editor Dr. Gangasahay G.Pandey, Commentary by K.C. Chunekar, Haritakyadi Varga, 1st Edition, Reprint- 2013, Chaukhamba Bharati Acadami Publication, Varanasi, 2013, P.130,131,132.
4. Linnaeus 1753, Allium pp. 294–301.