



AN APPROACH TO EXPLORE DIFFERENT FORMULATIONS OF *MALATI (JASMINUM OFFICINALE* LINN.) THROUGH AYURVED COMPENDIUM

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ABSTRACT:

Malati (Jasminum officinale Linn.), a robust climber from the Oleaceae family, is renowned in Ayurveda for its multifaceted medicinal properties. Its various parts- *Patra* (Leaves), *Pushpa* (Flowers), *Mula* (Roots), *Twak* (Bark) are utilized in numerous preparations such as *Kvatha* (Decoctions), *Churna* (Powders), *Taila* (Medicated oils) and *Kalka* (Pastes), both for internal and external applications. The plant exhibits pharmacological activities including antioxidant, antimicrobial, insecticidal and dermatological effects, attributed to its rich phytochemical composition. This study compiles 97 formulations from 4 classical texts, highlighting *Malati's* significant role in traditional Ayurvedic pharmacopeia. This review explores the diverse therapeutic formulations of *Malati* as documented across classical Ayurvedic texts and contemporary literature. This comprehensive review of formulations containing *Malati* reveals its longstanding therapeutic use in Ayurvedic medicine, documented in forms such as *Taila* (19), *Kvatha* (15) and *Ghrita & Lepa* (13) are maximum number.

Keywords: *Jati*, Ayurvedic formulations, pharmacological activities.

INTRODUCTION:

Malati (Jasminum officinale Linn.) a member of the Oleaceae family, is a robust climber known for its deciduous nature and sharply pointed pinnate leaves.[1] It is well mentioned by all Samhitas and Nighantu Granthas for its effectiveness in various diseases. It is utilized as a *Shirovirechana* (cleansing nasal therapy), *Chakshushya* (beneficial for eyes) and in the treatment of *Mukhapaka* (Disease of mouth), *Shiraroga* (Disease of head), *Akshiroga* (Disease of eye), *Visharoga* (Morbidity due to poisonous substance), *Kushtha* (Diseases of skin), *Vrana* (Ulcer), *Rakta Vikara* (Bleeding disorder), *Arsha* (Haemorrhoids), *Putikarna* (Disease of eye) and *Stana Shotha* (Breast inflammation).[2] Various parts of *Malati* such as *Patra* or *Dala* (Leave), *Pallava* or *Pravala* (Tender leaves), *Mula* (Root), *Twak* (Bark), *Pushpa* or *Kusuma* (Flower), *Koraka* or *Kalika* or *Mukula* (Flower bud) are employed in various Ayurvedic preparations. These include *Kvatha* (Decoction), *Churna* (Fine powder), *Ghrita* (Ghee), *Taila* (Oil), *Kshara* (Ashes), *Varti* and many more.

Ayurvedic formulations encompass both internal and external applications, utilizing various dosage forms administered through different modes such as *Abhyanga* (Massage), *Lepana* (Ointment), *Anjana* (Collyrium), *Kavala* (Gargles), *Gandusha* (Mouthwash), and *Avasadana* for external use. Internally and externally administered forms include *Vati* (tablets), *Khanda* (sugar-based preparations), *Ghrita* (medicated ghee), *Taila*

(medicated oils), *Churna* (powders), and *Kvatha* (decoctions).

Research indicates that *Jasminum officinale* Linn. plant leaves contain essential oil, alkaloids, coumarins, flavonoids, tannins, terpenoids, glycosides, emodine, leucoanthocyanins, steroids, anthocyanins, phlobatinins, saponin. Flowers contain six triterpenoid saponins, six secoiridoids, jagsgranoside, jaspolyoside, 8-epi-kingside, 10-hydroxy-oleuropein, 10-hydroxy-ligstroside, 11-dimethyl ester.[3]

The plant has various pharmacological activities such as the leaf extract which has strong antioxidant activity.[4] The extract from different parts has antimicrobial activity.[4] Flower aqueous extract has insecticidal activity.[4] The leaves have dermatological activity.[4] Key factors influencing formulation preparation include selecting plant parts containing active principles and employing appropriate extraction processes. The present review aims to explore the usage patterns of *Malati*-containing formulations from Ayurvedic compendiums, focusing on its diverse therapeutic potentials and traditional applications.

MATERIALS AND METHODS:

References regarding *Malati* containing formulations are screened from 4 classical texts (Table No.1)

and the information available on electronic media including google scholar, Pub Med, Ayush research portal

and DHARA, various research papers concerning the plant has been also screened.

Table No. 1. List of classical texts mentioned *Malati* formulations with their abbreviations.

No.	Name of classical texts	Abbreviations
1.	Charaka Samhita Sutrasthana/ Chikitsasthana/ Siddhithana/ Kalpasthana [5]	Cha.Su./ Cha.Chi./ / Cha.Si./ Cha.Ka.
2.	Sushruta Samhita Sutrasthana/ Chikitsasthana/ Kalpasthana/ Uttarantra[6]	Su.Su./ Su.Chi./ Su.Ka./ Su.Ut
3.	Ashtanga Samgraha Sutrasthana/ Chikitsasthana/ Kalpasthana/ Uttarantra [7]	A.S.Su./ A.S.Chi./ A.S.Ka./ A.S.Ut.
4.	Ashtanga Hridaya Chikitsasthana/ Uttarantra[8]	A.H.Chi./ A.H.Ut.

RESULTS:

Characteristic and Synonyms

Malati, scientifically known as *Jasminum officinale* Linn. is a vigorous, twining deciduous climber with sharply pointed, pinnate leaves. Its branches are striated and bear terminal few-flowered cymes along with axillary blooms.[16] It has opposite pinnate leaves and terminal inflorescences with five to twelve umbel-shaped flowers. The flowers are tubular, with joined petals and five elongated lobes, typically white in colour.[16] The flowers of the plant are beautiful, that is why it is called '*Malati*'. [17] The plant is *Tikta* (Bitter) and *Kashaya Rasa* (Astringent), *Laghu* (Light), *Snigdha* (Unctuous), *Mridu Guna* (Soft), *Ushna Virya* (Hot potency) and *Katu Vipaka* (Pungent).[18] It possesses therapeutic properties such as *Shirovirechana*, *Chakshushya* and is indicated in *Mukhapaka*, *Shiraroga*, *Akshiroga*, *Visharoga*, *Kushtha*, *Raktavikara*, *Vrana*, *Arsha*, *Putikarna*, *Stana Shotha* and many more diseases.[19] During the review, it is observed that *Malati* is named as '*Jati*' in *Kushthaghna Dashemani*, [20] '*Malati*' in '*Dantapavana*' [21] and '*Sumana*' in *Vamanadravya Kalpasamgraha*[22] in Charaka Samhita. Synonyms like '*Rajputrika*,

'Chetika' and '*Hridayagandha*' have been used across various Ayurvedic scriptures.[23] The plant is recognised by different Indian languages, such as *Chamelee* in Gujarati, Hindi, Marathi, Punjabi and Bengal, *Jasmine* in English, *Jati Maltiga*, *Sanna Jati*, *Mallige* in Kannada, *Pichi* in Malayalam and Tamila, *Jati*, *Sanna Jati* in Telugu, *Yasmeen* in Urdu and Assam.[23]

Different formulations of *Malati*

In the extensive exploration of 4 Ayurvedic distinct compendiums have been reviewed for *Malati* containing formulations. After the screening, total 97 formulations comprise of 19 different dosage forms, catering to both internal and external applications. The range of dosage forms includes *Svarasa* (Fresh juice) (1), *Kalka* (Paste) (1), *Kvatha* (Decoction) (15), *Churna* (Powder) (3), *Taila* (Oil) (19), *Ghrita* (Ghee) (13), *Rasakriya* (1), *Kshara* (Alkaline preparation) (1), *Vati* (Pills) (2), *Anjana* (Collyrium) (8), *Varti* (Suppositories) (6), *Dhavana/Kavala/Gandusha* (Mouthwash) (4), *Lepa* (13), *Agada* (Detoxification preparation) (5), *Charvana* (Chewing formulation) (1), *Avasadana* (1), *Sweda* (Steam) (1), *Siddha Jala* (Medicinal water) (1), *Nasya* (Nasal drops) (1) are identified. Each

dosage form serves a specific therapeutic purpose, utilizing *Malati* and its derivatives to address a variety of health conditions outlined in Ayurvedic texts.

Ayurvedic formulations encompass both internal and external applications, utilizing various dosage forms i.e., *Svarasa* used as *Pana*, *Karnapurana* and *Anjana*, *Kvatha* used as *Pana*, *Prakashalana* and *Kavala/Gandusha*, *Churna* used as *Pana* and *Avachurna*, *Taila* used as *Pana*, *Pichu*, *Nasya*, *Abhyanga* and *Basti*, *Ghrita* used as *Pana*, *Pichu* and

Lepana, *Vati/Gutika* used as *Pana* and *Anjana*, *Arka* used as *Pana*, *Prakshalana* and *Aschyotana*.

Kvatha

Patra and *Pallava* are used in *Kvatha* formulations. Internally, they are applied as *Pana* for conditions such as *Jvara*, *Manovikara*, *Shonitahara* and *Raktapittahara*. Externally, they are utilized for *Prakshalana* in *Upadamsha* and *Vrana* as detailed in Table 2. Additionally, they are used as *Dhavana/Gandusha* for *Dantanadi*, *Masurika* and *Mukhapaka*, as detailed in Table 3.

Table No. 2 Malati used in Kvatha formulations

No.	Name of formulations	Part used	Indication	Reference
1.	<i>Jatyadi Kashaya</i>	Not mentioned	<i>Jvara</i>	Cha.Chi.3/207
2.	<i>Jati Kashaya</i>	Not mentioned	<i>Manovikara</i>	Cha.Ka.4/16-17
3.	<i>Shodhana Kashaya</i>	Not mentioned	<i>Vrana</i>	Su.Su.36/12
4.	<i>Asphotadi Kashaya</i>	<i>Patra</i>	<i>Arbuda</i>	Su.Chi.18/39
5.	<i>Karaviradi Kvatha</i>	<i>Patra</i>	<i>Upadamsha</i>	Su.Chi.19/36-39
6.	<i>Jambvadi Yoga</i>	<i>Pallava</i>	<i>Upadamsha Vrana</i>	Su.Chi.19/42-44
7.	<i>Jatyadi Kvatha</i>	Not mentioned	<i>Dantanadi</i>	Su.Chi.22/31-32
8.	<i>Nimbadi Kashaya</i>	Not mentioned	<i>Aushadhigandhajanya</i> <i>Vishama Jvara</i>	Su.Ut.39/269
9.	<i>Jatyadi Kashaya</i>	Not mentioned	<i>Jvara</i>	A.S.Chi.1/99
10.	<i>Sumanadi Kashaya</i>	Not mentioned	<i>Manovikara</i>	A.S.Ka.2/30
11.	<i>Shankhinyadi Kvatha</i>	Not mentioned	<i>Vrana</i>	A.S.Ut.30/34
12.	<i>Jambvyadi Kvatha</i>	Not mentioned	<i>Upadamsha</i>	A.S.Ut.39/5
13.	<i>Patoladi Kvatha</i>	Not mentioned	<i>Raktapittahara</i>	A.H.Chi.1/27-28
14.	<i>Jatyadi Kvatha</i>	Not mentioned	<i>Dantanadi</i>	A.H.Ut.22/41
15.	<i>Triphaladi Kvatha</i>	<i>Pallava</i>	<i>Mukhapaka</i>	A.H.Ut.22/73-74

Table No.3 Malati used in Dhavana/Gandusha/Kavala formulations

No.	Name of formulations	Part used	Indication	Reference
1.	<i>Mukhadhavana Yoga</i>	<i>Pallava</i>	<i>Mukhadhavana</i>	Cha.Chi.26/205
2.	<i>Shamana Gandusha</i>	<i>Pallava</i>	-	A.S.Su.31/4
3.	<i>Kshudryadi Kavala</i>	<i>Pravala</i>	<i>Vaktragata Roga</i>	A.H.Ut.22/97
4.	<i>Khadiradi Gandusha</i>	Not mentioned	<i>Durbaladvija Shanti</i>	A.H.Ut.22/108

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Churna

Patra, *Mukula* and *Pallava* are utilized in *Churna* formulations. Internally, they are administered as

Pana for conditions such as *Grahani*. Externally, they are used as in *Utsanna Vrana*, as detailed in Table 5.

Table No. 4 Malati used in Churna formulations

No.	Name of formulations	Part used	Indication	Reference
1.	<i>Vachadi Churna</i>	<i>Pallava</i>	<i>Grahani</i>	Cha.Chi.15/134-136
2.	<i>Nimbadi Churna</i>	<i>Patra</i>	<i>Kaphanashaka</i>	A.S.Ut.19/41
3.	<i>Saindhavadi Churna</i>	<i>Mukula</i>	<i>Utsanna Vrana</i>	A.S.Ut.30/47

Taila

Pravala, *Twak*, *Mula*, and *Pallava* are used in *Taila* formulations. Internally, they are administered as *Pana* for conditions such as *Kushtha*, *Prameha*, *Krimi*, *Jvara*. Externally, they are applied as *Pichu* for

Yonishula, *Pichchila*, *Vivrita*, *Daruna Yoni* and *Garbhashula*; as *Abhyanga* for *Kustha*, *Nadivrana*, *Dushitavrana*, *Bhagandara*, *Indralupta*, *Arunchika*, *Darunaka*, *Shiroroga* and *Vataroga*; as detailed in Table 6.

Table No. 5 Malati used in Taila formulations

No.	Name of formulations	Part used	Indication	Reference
1.	<i>Kanakakshiri Taila</i>	<i>Pravala</i>	<i>Mandala Kushtha</i>	Cha.Chi.7/114-116
2.	<i>Guduchyadi Taila</i>	Not mentioned	<i>Yonishula</i>	Cha.Chi.30/59-60
3.	<i>Udumbaradi Taila</i>	<i>Pallava</i>	<i>Pichchila</i> , <i>Vivrita</i> , <i>Kaladushta</i> , <i>Daruna Yoni</i>	Cha.Chi.30/73-76
4.	<i>Vidangadi Taila</i>	<i>Pravala</i>	<i>Kushtha</i> , <i>Krimi</i> , <i>Prameha</i> , <i>Arsha</i> , <i>Grahani</i> , <i>Klibata</i> , <i>Vishamagni</i>	Cha.Si.4/18-22
5.	<i>Shodhana Taila</i>	Not mentioned	<i>Vrana</i>	Su.Su.36/16
6.	<i>Vajraka Taila</i>	Not mentioned	<i>Kushtha</i> , <i>Nadivrana</i> , <i>Dushita Vrana</i>	Su.Chi.9/54-56
7.	<i>Mahavajraka Taila</i>	Not mentioned	<i>Kushtha</i> , <i>Gandamala</i> , <i>Bhagandara</i> , <i>Nadivrana</i> , <i>Dushita Vrana</i>	Su.Chi.9/58-63
8.	<i>Jatyadi Taila</i>	Not mentioned	<i>Kaphaja Vriddhi Vrana</i>	Su.Chi.19/12-14
9.	<i>Jatyadi Taila</i>	Not mentioned	<i>Indralupta</i>	Su.Chi.20/24-26
10.	<i>Nimba Taila</i>	Not mentioned	<i>Valmika</i>	Su.Chi.20/54-55
11.	<i>Jatyadi Taila</i>	Not mentioned	<i>Dantanadi</i>	Su.Chi.22/31-32
12.	<i>Vajraka Taila</i>	<i>Mula</i>	<i>Kushtha</i> , <i>Dushta Vrana</i> , <i>Granthi</i> , <i>Gandamala</i> , <i>Bhagandara</i> , <i>Vata-Kaphajanya Roga</i>	A.S.Chi.21/66

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13.	<i>Kanakakshiri Taila</i>	<i>Pravala</i>	<i>Vata-Kaphaja Kushtha, Mandala, Dadru, Krimi, Pama, Vicharchika</i>	A.S.Chi.21/68
14.	<i>Nimbadi Taila</i>	Not mentioned	<i>Shleshmaja Rohini</i>	A.S.Ut.26/45
15.	<i>Tejovatyadi Taila</i>	Not mentioned	<i>Krimi</i>	A.S.Ut.28/24
16.	<i>Rasnadi Taila</i>	Not mentioned	<i>Anilartihara</i>	A.S.Ut.39/36
17.	<i>Vajraka Taila</i>	<i>Twak</i>	<i>Twak Dosh, Dushta Nadivrana, Kaphaja-vataja Kushtha</i>	A.H.Chi.19/79-80
18.	<i>Malatyadi Taila</i>	Not mentioned	<i>Chacha, Arunshika</i>	A.H.Ut.24/24
19.	<i>Kalanusaryadi Taila</i>	Not mentioned	<i>Vrana Ropana</i>	A.H.Ut.26/26

Ghrita

Kusuma, Mula, Patra and *Mukula* are incorporated into *Ghrita* formulations. Internally, they are used as *Pana* for conditions such as *Apasmara, Jvara,*

Unmada, Gulma, Bhutagraha, Kushtha and *Raktapitta*. Externally, they are applied and as *Lepana* for *Vrana, Sarva Upadamsha, Nadivrana,* and *Dushtavrana*, as detailed in Table 7.

Table No. 6 *Malati* used in *Ghrita* formulations

No.	Name of formulations	Part used	Indication	Reference
1.	<i>Kalyanaka Ghrita</i>	<i>Kusuma</i>	<i>Apasmara, Jvara, Kasa, Shvasa, Agnimandya, Rajayakshama, Vatarakta, Pratishtyaya, Tritiyaka Jvara, Chaturthaka Jvara, Chhardi, Arsha, Mutrakruchchha, Visarpa, Kandu, Unmada, Pandu, Prameha, Visha.</i>	Cha.Chi.9/35-41
2.	<i>Mahakalyanaka Ghrita</i>	<i>Kusuma</i>	<i>Sannipata Unmada</i>	Cha.Chi.9/42-44
3.	<i>Shodhana Ghrita</i>	-	<i>Vrana</i>	Su.Su.36/16
4.	<i>Samshodhana Ghrita</i>	<i>Mula</i>	<i>Vrana</i>	Su.Su.36/17
5.	<i>Prithakaparnyadi Ghrita</i>	Not mentioned	<i>Vrana</i>	Su.Su.36/26
6.	<i>Karanjadi Ghrita</i>	<i>Patra</i>	<i>Dushta Vrana, Asadhya Vrana, Nadivrana, Gmbhira Vrana, Sadhyachhinna Vrana, Agni Vrana, Ksharadagdhya Vrana</i>	Su.Chi.16/16-21
7.	<i>Kalyanaka Sarpi</i>	<i>Pushpa</i>	<i>Sarpa Visha</i>	Su.Ka.6/9-11
8.	<i>Kalyana Ghrita</i>	<i>Kusuma</i>	<i>Grahadosha, Rakshakadosha, Agnimandya, Apasmara, Papanuta</i>	Su.Ut.39/230-234

9.	<i>Mahakalyanaka Ghrita</i>	<i>Kusuma</i>	<i>Sarvarogahara, Vali, Palita</i>	Su.Ut.39/235-239
10.	<i>Kalyanaka Ghrita</i>	<i>Kusuma</i>	<i>Gulma, Kasa, Jvara, Shvasa, Kshaya, Unmada</i>	Su.Ut.62/23-25
11.	<i>Mahakalyanaka Ghrita</i>	<i>Kusuma</i>	<i>Gulma, Kasa, Jvara, Shvasa, Kshaya, Unmada</i>	Su.Ut.62/26-27
12.	<i>Kalyana Ghrita</i>	<i>Mukula</i>	<i>Bhoota Graha, Unmada, Kasa, Apasmara, Pandu, Kandu, Visha, Shosha, Prameha, Mohajvara, Garavisha</i>	A.S.Ut.9/19
13.	<i>Jatyadi Ghrita</i>	<i>Patra</i>	<i>Vrana, Gambhira Vrana, Saruja Vrana, Sagati Vrana</i>	A.H.Ut.25/67

Vati/Gutika

Pallava and *Mukula* are used in *Vati/Gutika* formulations. Internally, they are administered for

conditions such as *Visha*. Externally, they are utilized as *Anjana* for *Shopha* and *Kandu* as detailed in Table 7.

Table No.7 Malati used in Vati/Gutika formulations

No.	Name of formulations	Part used	Indication	Reference
1.	<i>Manahshiladi Gutika</i>	<i>Pallava</i>	<i>Visha</i>	A.S.Ut.43/61
2.	<i>Talishadi Gutika</i>	<i>Mukula</i>	<i>Gharsha, Ashru, Shopha, Kandu</i>	A.H.Ut.16/40-41

Anjana

Mukula, Pushpa, Koraka, and Mula are used in *Anjana* formulations. Externally, they are applied as

Anjana for conditions such as *Praklinna Vartma, Abhishyanda, Netrakandu* and *Sarvanetra Roga*, as detailed in Table 8.

Table No.8 Malati used in Anjana formulations

No.	Name of formulations	Part used	Indication	Reference
1.	<i>Neelayavadi Anjana</i>	<i>Kusuma</i>	<i>Balasagrathita</i>	Su.Ut.11/11-12
2.	<i>Yoga Anjana</i>	<i>Koraka</i>	<i>Praklinnavartma</i>	Su.Ut.11/16
3.	<i>Shrungaveradi Anjana</i>	<i>Mukula</i>	<i>Netra Kandu, Shopha</i>	Su.Ut.11/18
4.	<i>Rasanjanadhya Anjana</i>	Not mentioned	<i>Pitopahata Drishti</i>	Su.Ut.17/12
5.	<i>Netraprasadana Anjana</i>	<i>Pushpa</i>	<i>Drishti Prasadana</i>	Su.Ut.17/96-97
6.	<i>Pinda Anjana</i>	Not mentioned	<i>Drishtiprasadana, Drishti Balakrita</i>	A.S.Ut.18/31
7.	<i>Gutikanjana</i>	<i>Mula</i>	<i>Abhishyanda</i>	A.S.Ut.19/54
8.	<i>Pindanjana</i>	<i>Pushpa</i>	<i>Prasadajanana, Balakrita</i>	A.H.Ut.14/31

Varti

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Mukula and *Koraka* are used in *Varti* formulations. Externally, they are applied as *Anjana* for conditions

such as *Netraroga*, *Kshata Shukra* and *Timira* as detailed in Table 9.

Table No.9 *Malati* used in *Varti* formulations

No.	Name of formulations	Part used	Indication	Reference
1.	<i>Kasisadi Varti</i>	<i>Mukula</i>	<i>Kaphotklishta Vartma</i>	A.S.Ut.12/10
2.	<i>Dviharidradi Varti</i>	Not mentioned	<i>Netra Roga</i>	A.S.Ut.17/61
3.	<i>Sumanadi Varti</i>	<i>Koraka</i>	<i>Pitta-Raktajanya Netraroga</i>	A.S.Ut.19/67
4.	<i>Jatyadi Varti</i>	<i>Mukula</i>	<i>Shotha, Kandu</i>	A.H.Ut.11/9
5.	<i>Jatyadi Varti</i>	<i>Mukula</i>	<i>Kshata Shukra</i>	A.H.Ut.11/30-31
6.	<i>Sumana Korakadi Varti</i>	<i>Koraka</i>	<i>Pittaja, Raktaja Adhimantha</i>	A.H.Ut.16/23

Lepa

Pravala, *Patra* and *Pallava* are ingredients used in *Lepa* formulations. These are applied externally for

treating conditions such as *Kushtha*, *Dadru*, *Shvitra*, *Daha*, *Bhagandara*, *Apachi* and *Granthi*, as detailed in Table 10.

Table No.10 *Malati* used in *Lepa* formulations

No.	Name of formulations	Part used	Indication	Reference
1.	<i>Granthyadi Pradeha</i>	<i>Pravala</i>	<i>Kushtha, Navam Kilasa, Sureshalupta, Kitibha, Dadru, Bhagandara, Arsha, Apachi, Pama</i>	Cha.Su.3/4
2.	<i>Haridradi Lepa</i>	<i>Pravala</i>	<i>Kushtha</i>	Cha.Su.3/14
3.	<i>Karaviradi Lepa</i>	<i>Pravala</i>	<i>Kushtha</i>	Cha.Chi.7/94
4.	<i>Lodhradi Lepa</i>	Not mentioned	<i>Kushtha</i>	Cha.Chi.7/95
5.	<i>Jyotishkadi Lepa</i>	<i>Patra</i>	<i>Kushtha</i>	Su.Chi.9/10
6.	<i>Putikadi Lepa</i>	<i>Pallava</i>	<i>Svitra, Dadru, Dushita Arsha, Nadivrana</i>	Su.Chi.9/40
7.	<i>Shyamadi Pralepa</i>	Not mentioned	<i>Shira Vedana, Granthi</i>	A.S.Su.8/49
8.	<i>Dantyadi Lepa</i>	<i>Patra</i>	<i>Stabdha, Supta, Asveda, Kandu Kushtha</i>	A.S.Chi.21/56
9.	<i>Phanijjakadi Lepa</i>	<i>Pravala</i>	<i>Kashtasadhya Kushtha, Kilasa, Indralupta, Kitibha, Dadru, Bhagandara, Arsha, Apachi, Pama</i>	A.S.Chi.21/57
10.	<i>Shwetakaraviradi Lepa</i>	<i>Pravala</i>	<i>Kushtha</i>	A.S.Chi.21/79
11.	<i>Putikadi Lepa</i>	<i>Pallava</i>	<i>Svitra, Arsha, Dadru, Pama, Kotha, Dushta Nadivrana</i>	A.S.Chi.21/80
12.	<i>Shwetakaraviradi Lepa</i>	<i>Pravala</i>	<i>Kushtha</i>	A.H.Chi.19/62
13.	<i>Putikaranjadi Lepa</i>	<i>Pallava</i>	<i>Svitra</i>	A.H.Chi.20/9

Agada

Pushpa is used in *Agada* formulations and is administered internally as *Pana* for conditions such as *Visha*, *Bhutagraha* and *Jantughna*, as detailed in Table 11.

Table No.11 *Malati* used in *Agada* formulations

No.	Name of formulations	Part used	Indication	Reference
1.	<i>Mritasanjivana Agada</i>	<i>Pushpa</i>	<i>Bhoota, Visha, Jantu Nasaka</i>	Cha.Chi.23/54-60
2.	<i>Kushthadi Agada</i>	Not mentioned	<i>Mushika Visha</i>	Su.Ka.5/82-83
3.	<i>Yapanakhya Agada</i>	Not mentioned	<i>Visha</i>	A.S.Ut.40/56
4.	<i>Kutajadi Agada</i>	Not mentioned	<i>Visha</i>	A.S.Ut.44/75
5.	<i>Shirishadi Agada</i>	Not mentioned	<i>Visha</i>	A.S.Ut.44/48

Svarasa

Malati Rasa is used for Keshashata and Shirodukha as externally.[24]

Kalka

Pallava are utilized in *Kalka* formulations. Externally, they are used in *Kaphaja Arbuda*. [25]

Rasakriya

Koraka is utilized in *Rasakriya* formulations. Externally, they are applied as *Anjana* for conditions such as *Pakshamana Prarohana*. [26]

Kshara

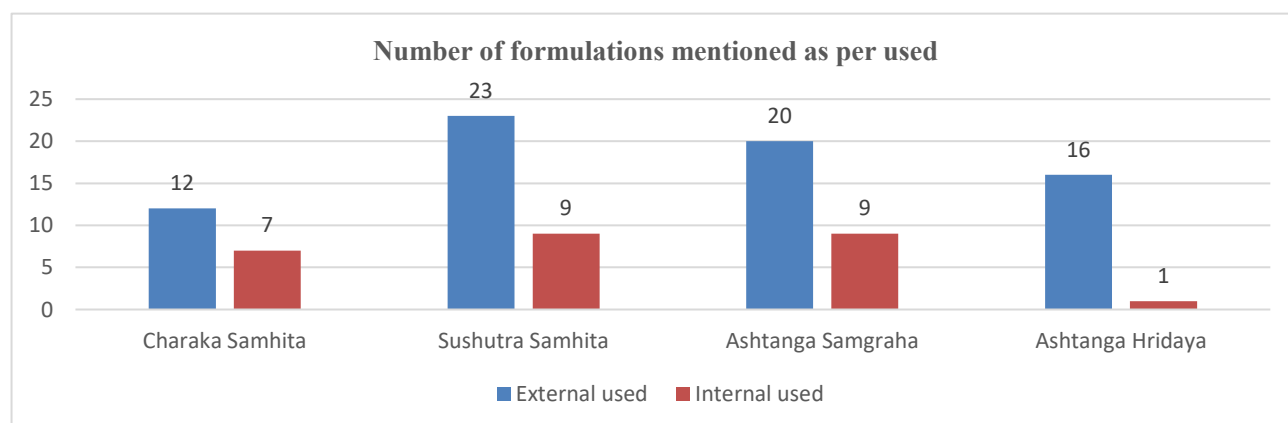
Malati Koraka Kshara is a specific formulation mentioned in the context of *Shveta Kushtha Chikitsa*. [27]

Charvana

Patra is used in *Mridvikadi Charvana* and is applied externally for *Mukhapaka*. [28]

Avasadana

Mukula is used in *Kasisadi Avasadana* formulations and is applied externally for *Avasadana* in *Utsanamamsa* and *Vrana*. [29]



Sveda

Malati Patra as a one ingredient is found in *Nadisveda Dravya*. [30]

Siddha Jala

Only one reference of *Malati Siddha Jala* is found in *Kikkisa Chikitsa*. [31]

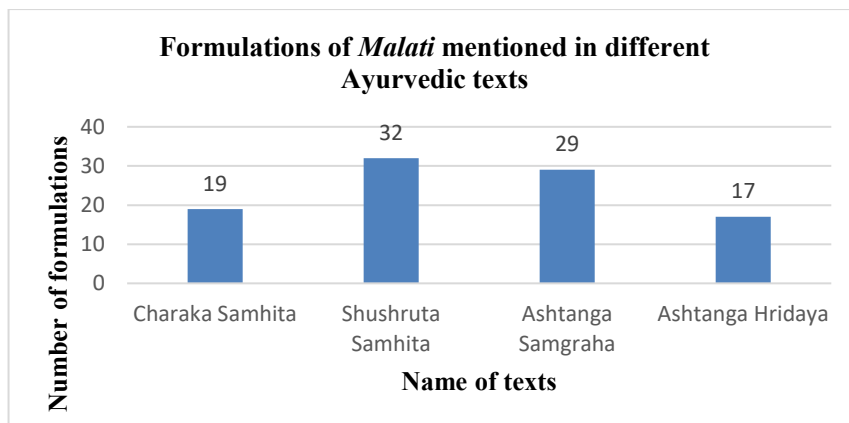
Nasya

Only one reference of *Twagadi Taila* or *Pradhamana Nasya* is found in *Shiroroga Chikitsa*. [32]

DISCUSSION:

Malati (Jasminum officinale Linn.) is a valuable medicinal plant extensively utilized in traditional Ayurvedic medicine for treating various ailments. Through this review an attempt has been made to evaluate *Malati* used as an ingredient in various

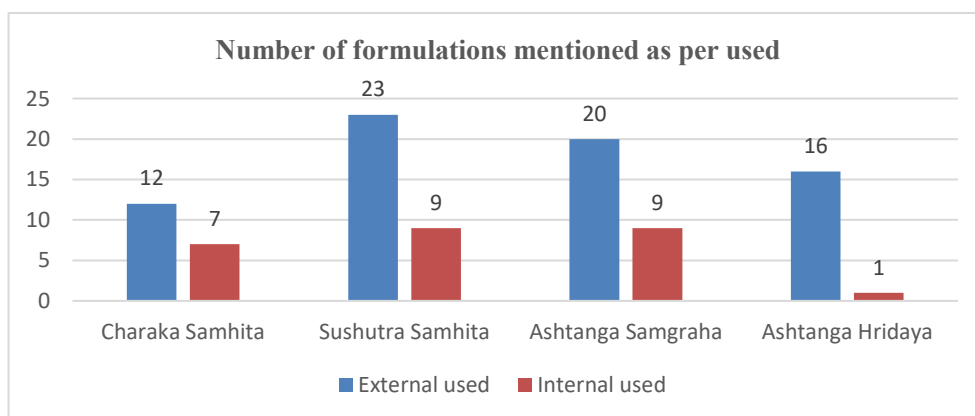
formulations. A total of 97 formulations of *Malati* are identified. Among 97 formulations 26 formulations are used for internal administration and 71 formulations are used for external administration. Among these various dosage form *Ghrita* was maximum times used as external application and *Kashaya* & *Churna* were maximum times used as internal administration. The distribution of *Malati* formulations across various classical texts, with Sushruta Samhita mentioning the highest number at 32 formulations are mentioned in graph no 1.1.



Graph 1.1 Number of formulations mentioned in various texts.

Among these formulations are used as externally as well as internally. Number of formulations

mentioned as per external and internal used in various texts are mentioned in graph no. 1.2.

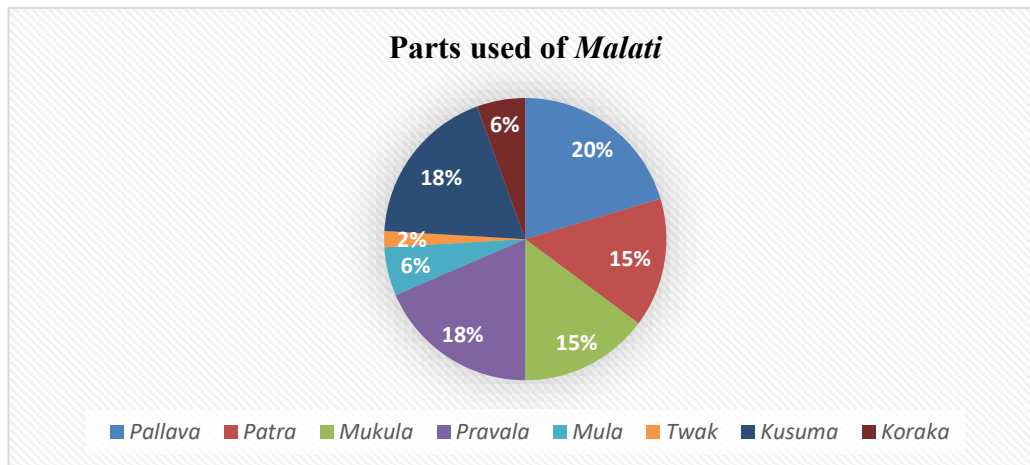


Graph 1.2. Number of formulations mentioned as per external and internal used in various texts.

In this review, different parts like *Patra, Pallava, Mula, Pushpa, Koraka, Twak, Pravala* and *Kalika* are

found to be used in different preparations. In which maximum preparations contain *Pallava* followed by

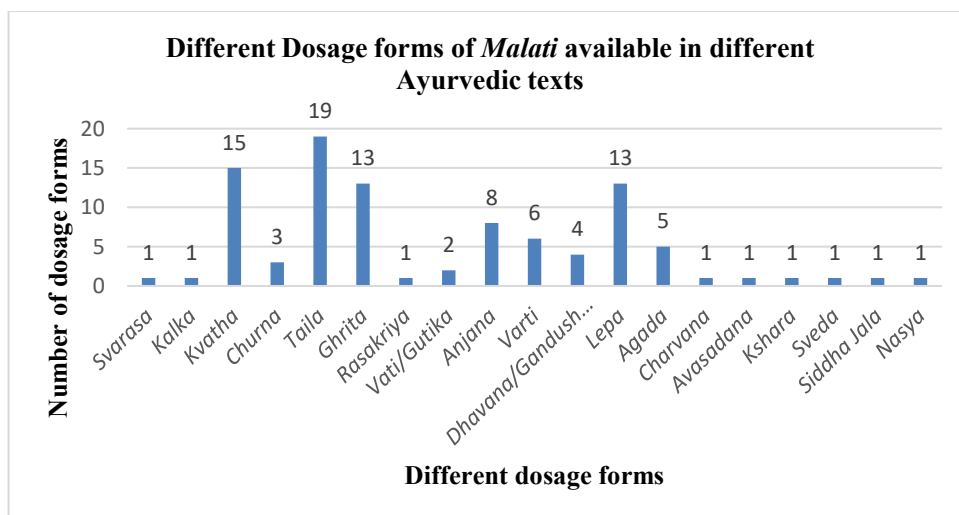
Kusuma, Patra, Pravala, Mukula, Koraka, Mula, Twak and *Pushpa* are mentioned in graph 1.3.



Graph 1.3. Part used of *Malati* in different preparations.

Patra are commonly used in treatments for *Mukhapaka* and *Bhagandara*. *Pushpa* is commonly used in preparations for *Netra Roga*, *Bhoota*, *Grahabadha*. *Pallava* are found in preparations used for *Vrana* and *Svitra*. *Pravala* is commonly found in preparations used for *Kushtha*.

Malati used as an ingredient in different preparations like *Svarasa*, *Kalka*, *Kvatha*, *Churna*, *Taila*, *Ghrita*, *Avaleha*, *Rasakriya*, *Vati*, *Anjana*, *Varti*, *Dhavana/Kavala/Gandusha*, *Lepa*, *Agada*, *Arka*, *Charvana*, *Sveda*, *Siddha Jala*, *Nasya* and *Pottali* are mentioned in graph 1.4.



Graph 1.4. Different dosage forms of *Malati* available in different Ayurvedic texts

The *in vitro* anti-bacterial activity of ethanolic extracts of different parts of this drug was evaluated against bacteria and showed considerable activity against all the tested bacteria.[33] *Pushpa* is commonly used in preparations for *Netra Roga*,

Bhoota, *Grahabadha*. The flower aqueous extract has an insecticidal activity.[34] *Pallava* is commonly found in formulations used for *Vrana* and *Shvitra*. Also found same actions of leaves have dermatological activity.[35] The anti-inflammatory,

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analgesic and anti-pyretic activities of the ethanolic extract from the roots.[36] The Ethanolic extract of flowers has anxiolytic and antidepressant activity.[37] The flower extract has antidiabetic activity.[38] The ethanolic extract from leaves has

gastroprotective activity.[39] The details of the activity as per Ayurveda and the reported scientific studies confirming its long-term use are given in table no. 12.

Table no. 12 Activity as per Ayurveda and its reported activity

Sr. No.	Activity as per Ayurveda	Reported Activity
1.	<i>Bhoota, Pitruagraha, Pishacha</i> [40]	Insecticidal activity [44]
2.	<i>Vrana, Granthi, Gandamala, Nadivrana, Bhagandara Abhishyanda</i> [41]	Anti-inflammatory, Analgesic, Anti-pyretic [45]
3.	<i>Manovikara, Apasmara, Unmada</i> [42]	Anxiolytic, Antidepressant [46]
4.	<i>Prameha</i> [43]	Antidiabetic [47]

CONCLUSION:

This comprehensive review of formulations containing *Malati* reveals its longstanding therapeutic use in Ayurvedic medicine, documented in forms such as *Taila* (79), *Ghrita* (48) and *Kvatha* (42) are maximum number. It finds a wide range of therapeutic importance in 97 formulations including number 69 for internal administration and number 254 for external administration. It exhibits 10 significant pharmacological actions and is indicated for treating various clinical conditions. The wide usage of *Patra* and *Pallava* in the pharmaceutical landscape indicates that it can be a source of varied phytoconstituents through which the plant stimulates its therapeutic activity. Moreover, clinical trials are essential to determine the most effective dosage forms tailored to specific disease conditions.

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