



CRITICAL REVIEW ON *BHARANGI* (*CLERODENDRUM SERRATUM* (LINN) MOON) - A MEMOIR FROM CLASSICAL TEXTS

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ABSTRACT:

Background: *Clerodendrum serratum* (Linn) Moon. is one of the important medicinal plant of the Verbenaceae family. **Material & Method:** All the available Ayurvedic Samhita & Chikitsagrantha were referred for the collection of data regarding *Bharangi*. There is description available on Formulation, Dosage form, Application, Indication etc. **Observation & Result:** It is observed that total 23 different dosage forms of *Bharangi* are described in Samhita & Chikitsagrantha. After reviewing it can be said that the indications of *Bharangi* are mainly in *Kapha* and *Vata adhikya* disease. *Bharangi* is used individually as well as in compound formulations in classical texts. various dosage forms of *Bharangi* are observed in the present review. But major number of formulations are in *Churna* and *Kwatha* dosage forms. **Discussion:** In the present study 23 Samhita & Chikitsagrantha are reviewed. Total 699 number of formulations are observed from Samhita and Chikitsagrantha. Among these formulations most prescribed dosage forms are *Kwatha* and *Churna*. **Conclusion:** The present review work helps in understanding the multidimensional action of *Bharangi* and its specificity.

Keywords: *Bharangi*, *Clerodendrum serratum* (Linn) Moon, Samhita, Chikitsagrantha

INTRODUCTION:

Bharangi (*Clerodendrum serratum* (Linn.) Moon) is a well-known and potent drug of Indian system of Medicine. It belongs to the Verbenaceae family. *Bharangi* is one of the most important herbs used alone or with other herbs in various Ayurvedic formulations. Two species of *Clerodendrum* genus namely *Clerodendrum serratum* (Linn) Moon. & *Clerodendrum indicum* (L.) Kuntze are being used as a source plant of *Bharangi*. *Bharangi* is *Tikta*, *Katu* and *Kashaya Rasa*; *Laghu* and *Ruksha Guna*; *Ushna Virya* and *Katu Vipaka Dravya*. [1]

In Charaka Samhita, *Bharangi* is described under the *Purisha Sangrahaniya Mahakashaya* and *Kashaya Skandha*. In Sushruta Samhita *Bharangi* is placed under *Rodhradi*, *Arkadi* & *Pipplyadi Gana*, *Vatasamshamana Varga*. In Ashtanga Sangraha *Bharangi* is placed under *Vatashamana Dravya*, *Arkadi Gana*, *Vastakadi Gana*. In Ashtanga Hridaya *Bharangi* is placed under *Arkadi* & *Sursadi Gana*. In Ayurvedic medicine, *Bharangi* is used for various diseases such as *Shwasa*, *Kasa*, *Apasmara*, *Unmada*, *Prameha*, *Kandu*, *Arsha*, *Hikka*, *Ajirna*, *Shoola* etc.

Bharangi being the popular drug and controversial about its actual source, in market many species are available in the name of *Bharangi*. In Ayurveda, more emphasis was placed on the pharmacological properties of the crude drug than on its botanical

classification. Reference of its *Pratinidhi Dravya* is found in Bhavaprakasha Samhita where *Kantakari* is mentioned to be used in unavailability of *Bharangi*. [2] Despite being different in taxonomy and morphology, *Kantakari* is described as its *Pratinidhi Dravya*. While comparing their properties *Kantakari* and *Bharangi* possess almost similar *Rasapanchaka*. It is mainly indicated in *Shwasa* and *Kasa Roga*. In Nighantu *Deepana*, *Pachana* and *Rechana Karma* of *Bharangi* is described. [3] Present review work is an attempt to compile compound formulations and individual prescriptions of *Bharangi* in context of its indication, dosage form etc.

MATERIAL AND METHOD:

This review study covered 23 different Ayurvedic texts. Various Ayurvedic texts like Samhita/Chikitsagrantha have been extensively reviewed. Among them, all the specific data noted for *Bharangi* were collected, classified and organized according to the findings and results given below.

OBSERVATION AND RESULTS:

Gana Inclusion:

Based on the origin, morphology, properties, pharmacodynamics and therapeutic values of the drug, ancient texts classified drugs under *Mahakashaya*, *Gana*, *Varga* and *Skandha*.

Table no. 1 - References of *Bharangi* observed in in various groups in *Brihatrayi*

No.	Name of Text	Gana
1.	Charaka Samhita	<i>Purisha Sangrahaniya Mahakashaya, Kashaya Skandha</i>
2.	Sushruta Samhita	<i>Rodhradi, Arkadi & Pipplyadi Gana, Vatasamshamana Varga</i>
3.	Ashtanga Sangraha	<i>Vatashamana Dravya, Arkadi Gana, Vatsakadi Gana</i>

4.	Ashtanga Hridaya	Arkadi & Sursadi Gana
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Number of formulations in various Samhita/Chikitsagrantha

Compendiums of Ayurveda include various Samhita and Chikitsagrantha. Samhita and Chikitsagrantha contain treatment protocols for various diseases. Many preparations are mentioned in Samhitas and Chikitsagranthas for this purpose. In the Ayurvedic collection, it is

possible to observe several preparations containing *Bharangi*. The largest number of compositions is found in the Gada Nigraha, while only two references of *Bharangi* was found in the Siddhabhaishajya manimala. In Brihatrayi maximum number of preparations is found in Ashtanga-Sangraha.

Table no. 2 - Number of Formulations of *Bharangi* in Samhita/ Chikitsagrantha

1.	<i>Charaka-Samhita</i>	22	Cha. Sam.
2.	<i>Sushruta Samhita</i> [4]	26	Su. Sam.
3.	<i>Ashtanga Sangraha</i> [5]	38	A.S.
4.	<i>Ashtanga Hridaya</i> [6]	22	A.H.
5.	<i>Kashyapa Samhita</i> [7]	17	K.S.
6.	<i>Bhela Samhita</i> [8]	12	B.S.
7.	<i>Vrinda Madhava</i> [9]	52	V.M
8.	<i>Chikitsakalika</i> [10]	4	Chi.Ka.
9.	<i>Chakradatta</i> [11]	23	C.D.
10.	<i>Raja-martanda</i> [12]	3	R.M.
11.	<i>Harita Samhita</i> [13]	19	H.S.
12.	<i>Gada nigraha</i> [14]	83	G.N.
13.	<i>Vangasena Samhita</i> [15]	58	V.S.
14.	<i>Sharangadhara Samhita</i> [16]	10	Sha.Sam.
15.	<i>Vaidhya Manorama</i> [17]	4	V.M.
16.	<i>Vaidhya Chintamani</i> [18]	60	V.C.
17.	<i>Bhavaprakasha Samhita</i> [19]	30-	Bha. Sam.
18.	<i>Yogaratnakara</i> [20]	42	Y.R.
19.	<i>Basavarajiyam</i> [21]	31	Bs.R.
20.	<i>Bhaishajya ratnavali</i> [22]	67	B.R.
21.	<i>Siddhabhaishajya Manimala</i> [23]	2	S.B.M.

22.	<i>Siddhayoga samgraha</i> [24]	6	S.Y.S.
23.	<i>Sahasrayoga</i> [25]	57	S.Y.

Dosage Forms of formulations of *Bharangi*

The main features of Ayurvedic medicine are various forms of medicine. The dosage form affects the effect of the herb both in the process and

during treatment. Total 23 dosage forms are available in Samhita & Chikitsagrantha. The maximum number of *Bharangi* preparations are observed as *Kwatha Kalpana*.

Table no. 3 – Dosage form of *Bharangi* observed in Samhita/ Chikitsagrantha

Sr. No.	Type of <i>Kalpna</i>	No.	Sr. No.	Type of <i>Kalpna</i>	No.
1.	<i>Ghrita</i>	88	13.	<i>Varti</i>	2
2.	<i>Taila</i>	41	14.	<i>Kwatha</i>	195
3.	<i>Asava</i>	13	15.	<i>Kalka</i>	27
4.	<i>Arista</i>	3	16.	<i>Gutika</i>	7
5.	<i>Churna</i>	124	17.	<i>Sneha</i>	3
6.	<i>Louha</i>	2	18.	<i>Mahasneha</i>	1
7.	<i>Avaleha</i>	96	19.	<i>Hima</i>	1
8.	<i>Dhupana</i>	1	20.	<i>Sura</i>	1
9.	<i>Vati</i>	16	21.	<i>Takra kalpana</i>	1
10.	<i>Dhoomvarti</i>	1	22.	<i>Parpati</i>	1
11.	<i>Bhasma</i>	11	23.	<i>Yavagu</i>	1
12.	<i>Modaka</i>	1			

External/Internal applications of *Bharangi*

Ayurvedic *Dravyabhuta Chikitsa* can be divided into two categories which are *Antahaparimarjana* and *Bahirparimarjana*. [26] Review work revealed that *Bharangi* is also used under both categories.

Bharangi is prescribed more internally in comparison to external applications.

As applications of *Bharangi* are found maximum for Internal applications. Maximum number of External applications are found as *Lepa* followed by *Abhayanga* and *Pralepa*.

Table no. 4 - Number of Internal and External application of *Bharangi*

Internal	External
649	50

Table no. 5 - Various external Applications of *Bharangi*

Sr. No.	Application	No.	Sr. No.	Application	No.
1.	<i>Lepa</i>	23	9	<i>Avagaha</i>	2
2.	<i>Pralepa</i>	6	10	<i>Pariseka</i>	2
3.	<i>Pana</i>	7	11	<i>Niruha</i>	6
4.	<i>Nasya</i>	8	12	<i>Anuvasana</i>	8
5.	<i>Nasya</i> (<i>Pradhmana</i>)	1	13	<i>Snana</i>	1
6.	<i>Abhayanga</i>	15	14	<i>Dhoopana</i>	1
7.	<i>Unmardana</i>	1	15	<i>Gandusha</i>	1
8.	<i>Udvaartana</i>	1	16	<i>Anjana</i>	3

Different indications of *Bharangi*:

Bharangi is a versatile herb with various indications in the field of medicine. Its therapeutic properties extend across respiratory disorders, fever,

microbial infections, digestive disorders, inflammatory etc. diseased conditions. *Bharangi* is beneficial in treating a wide range of diseases which is mention in the table below.

Table no. 6 – Different indications of *Bharangi* observed in Samhita & Chikitsa Grantha

<i>Kaphaja Prameha</i>	<i>Valita</i>	<i>Prameha</i>	<i>Sadhya Vrana</i>
<i>Vata vikara</i>	<i>Tarpana</i>	<i>Brihmana</i>	<i>Pandu</i>
<i>Sannipata Jwara</i>	<i>Dahayukta Jwara</i>	<i>Kapha vata Jwara</i>	<i>Kapha Pita Jwara</i>
<i>Visha janita Shwasa, Jwara</i>	<i>Jirna Jwara</i>	<i>Panchakasa</i>	<i>Balya</i>
<i>Apasmara</i>	<i>Gulma</i>	<i>Dhatri payasha sodhanartha</i>	<i>Sarva kaphakrutan gadan</i>
<i>Unmada</i>	<i>Nasta sukra</i>	<i>Vataja Granthi</i>	<i>Shotha</i>
<i>Hrida roga</i>	<i>Kaphaja swara bheda</i>	<i>Palita</i>	<i>Kshaya</i>
<i>Kshata Kshina</i>	<i>Pratisyaya</i>	<i>Arbuda</i>	<i>Braghna</i>
<i>Arochaka</i>	<i>Kaphaja roga</i>	<i>Kandu</i>	<i>Kaphaja swarasad</i>
<i>Hikka</i>	<i>Arsha</i>	<i>Pliha roga</i>	<i>Udavarta</i>
<i>Shwasa</i>	<i>Sarva Vata vikara</i>	<i>Sarva visha</i>	<i>Pakwa Atisara</i>
<i>Kaphajanya Kasa</i>	<i>Parshwa shoola</i>	<i>Chhardi</i>	<i>Shirah Shoola</i>
<i>Shwitra</i>	<i>Gulma Ruja</i>	<i>Kaphaja granthi</i>	<i>Sannipata Udara</i>
<i>Vata stanya dusti</i>	<i>kumar sroto shodhana</i>	<i>Gandamala</i>	<i>Trishna</i>
<i>Dusta Vrana</i>	<i>Visha vikara</i>	<i>Kamala</i>	<i>Daha</i>

<i>Vishaghnavati</i>	<i>Bala Shosha</i>	<i>Karna Shoola</i>	<i>Dadru</i>
<i>Mano roga</i>	<i>Sutika updrava</i>	<i>Udar roga</i>	<i>Slipada</i>
<i>Bala Graha</i>	<i>Anaha</i>	<i>Kantha roga</i>	<i>Visarpa</i>
<i>Shoola</i>	<i>Adhmana</i>	<i>Hanustambha</i>	<i>Yoni Shoola</i>
<i>Grabhini hikka</i>	<i>ekanga vata</i>	<i>Twaka dosha</i>	<i>Mukha roga</i>
<i>Pakshaghata</i>	<i>Mandagini</i>	<i>Vidradhi</i>	<i>Galaganda</i>
<i>Galagraha</i>	<i>Rohini</i>	<i>Amavata</i>	<i>Astadasha Kustha</i>
<i>Hrida- Guda- Kati shoola</i>	<i>Karna Moola shotha</i>	<i>Upasargajanya vyadhi</i>	<i>Dhatri stanya vardhana</i>
<i>Asrugdara</i>	<i>Shastra khata</i>	<i>Viswachi</i>	<i>Ajrna</i>
<i>Kusum prodha</i>	<i>Gridhrashi</i>	<i>Vina sama swara</i>	<i>Dipana</i>
<i>Mutrakrichha</i>	<i>Bhutanuta</i>	<i>Sarva Krimihara</i>	<i>Arti</i>
<i>Visuchika</i>	<i>Vrishya</i>	<i>Bhagandara</i>	<i>Medoroga</i>
<i>Dhatukshaya</i>	<i>Hridaparshwa shoola</i>	<i>Kuranda</i>	<i>Halimaka</i>
<i>Mudhagarbha</i>	<i>Bala Shwasa Kasa</i>	<i>Rajyakshama</i>	<i>Rasayana</i>
<i>Shirovirechana</i>	<i>Aayurvedhana</i>	<i>Pinasa</i>	<i>Aptanaka</i>
<i>Parinama Shoola</i>	<i>Snayuka roga</i>	<i>Kshira Alasaka</i>	<i>Bhrashapitaa</i>
<i>Bala roga</i>	<i>Putanagraha</i>	<i>Pradara</i>	<i>Kuranta</i>
<i>Pani Pada Udar Mukha Shotha</i>	<i>Mritika</i> <i>Bhakshna Pandu</i>	<i>Dhatri Ksheera visudhi</i>	<i>Garbha Shoola</i>
<i>Nindra sukha</i>	<i>Buddhi bhramsa</i>	<i>Tandra</i>	<i>Pratyasthila</i>
<i>Sira Snayu Asthi sandhi vata</i>	<i>Sarva vrudhi nasha</i>		

Amayika Prayoga of Bharangi:

Bharangi is a medicinal plant, plays a significant role in various treatment protocols mentioned in classical texts. These protocols include *Shamana*, *Shodhana*, *Viparita-arthakari*, and *Viparitakari*, which can be achieved through different medicinal

drugs in various dosage forms. The usage of *Bharangi* extends not only as an ingredient in compound formulations but also as a single drug administration. *Amayika Prayoga* of *Bharangi* obtained from various Samhita and Chikitsagrantha are tabulated below.

Table no. 7 - Various single administration of *Bharangi* with their indications

Sr.no	Dosage form	Indication	Reference
1.	<i>Lepa (Moola)</i>	<i>Galaganda, Gandamala</i>	Rajamartanda,17/1
2.	<i>Lepa</i>	<i>Shastra Kshata</i>	Rajamartanda,26/4
3.	<i>Lepa (Moola)</i>	<i>Kuranda</i>	Gadanigraha,35/55

4.	<i>Lepa (Moola)</i>	<i>Kuranda, Gandamala</i>	Vangasena 45/42
5.	<i>Lepa (Moola)</i>	<i>Gandamala, Kuranta</i>	Vaidhya Chintamani 29/38
6.	<i>Kalka (Moola)</i>	<i>Upadamsha</i>	Bhavaprakasha 51/33
7.	<i>Pralepa (Moola)</i>	<i>Galaganda, Gandamala</i>	Yogaratanakara, Kuranda Chi./4
8.	<i>Lepa (Moola)</i>	<i>Gandamala</i>	Yogaratanakara, Gandamala Chi./1
9.	<i>Pralepa (Moola)</i>	<i>Galaganda, Gandamala</i>	Bhaishajya ratnavali, 44/25

Different dosage forms:

Over the years, different dosage forms of *Bharangi* have been introduced in various eras to enhance its efficacy and increase its ease of administration.

In this review, we will explore some of the historical dosage forms of *Bharangi* that were developed during specific era

Table No. 8 - Various formulations of *Bharangi* with their indications

No.	Dosage form	Formulation	Indication	Reference
1.	<i>Asava</i>	<i>Lodhra/Madhva Asava</i>	<i>Kaphaja Prameha, Pandu</i>	Cha.Chi.6/42
2.	<i>Avaleha</i>	<i>Agastya Haritaki</i>	<i>Valita, Palita, Panchakasa</i>	Cha.Chi.18/58
3.	<i>Dhoomvarti</i>	<i>Bhangaryadi Dhoomvarti</i>	<i>Kaphajanya Kasa</i>	Cha.Chi.23/95
4.	<i>Sura</i>	<i>Bhargyadi Sura</i>	<i>Apasmara</i>	Su.Ut.62/40
5.	<i>Varti</i>	<i>Vrischikalyadi Varti</i>	<i>Apasmara</i>	A.S.Ut.10/22
6.	<i>Lauha Kalpana</i>	<i>Khandakadhya Lauha</i>	<i>Raktapitta, Kshaya</i>	V.M.9/70
7.	<i>Gutika</i>	<i>Bhargyadi Gutika</i>	<i>Shwasa, Kasa</i>	G.N.4/157
8.	<i>Guggulu</i>	<i>Yogaraja Guggulu</i>	<i>Kustha, Shwasa</i>	S. Ma. Kha 7/58
9.	<i>Arishta</i>	<i>Dahmoola Arishta</i>	<i>Grahani, Aruchi</i>	S.Ma.Kha 10/81

10.	<i>Modaka</i>	<i>Shrimada nanda Modaka</i>	<i>Shukra, Bala, Teja vardhaka, Vajikarana</i>	B.R.74/345
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DISCUSSION

In this present study 23 Samhita & Chikitsagrantha are reviewed. The part used of *Bharangi* is mainly *Moola Twaka* so most of the formulations were containing this part of plant. Formulations of *Bharangi* in different dosage forms were also introduced during different periods. Total 699 number of formulations are observed from Samhita and Chikitsagrantha. Among these formulations most prescribed dosage forms are *Kwatha* and *Churna*. Acharya Charaka first time introduced the dosage form of *Bharangi*, known as *Asava Kalpna*. According to Samhitas and Chikitsagrantha, *Bharangi* is used in different dosage form like *Kwatha, Hima, Churna* etc. *Kwatha Kalpana* is prescribed maximally followed by *Churna, Asava, Arishtha kalpana* in Samhita/Chikitsagrantha. These observations suggest that *Bharangi* possess more water-soluble compositions.[27] A total 23 different dosage forms of *Bharangi* have been found described in Samhitas/Chikitsagranthas. Review work reveals that *Bharangi* is mainly indicated in diseases of *Kapha* and *Vata Adhikya*. Different Samhitas and Chikitsagrantha show that *Bharangi* has numerous indications including *Kasa, Shwasa, Jwara, kapha roga, Hikka, Pandu, Galaganda* and respiratory tract. individual uses of *Bharangi* are observed in *Galaganda, Gandamala, Kuranta, Updamsha & Shastra kshata* in various texts like *Rajamartanda, Gadanigraha, Vangasena, Vaidhyachintamani,*

Yogaratanakara & Bhaishajya ratnavali. Only one formulation of each procedure like *Snana, Dhoopana, Gandusha, Nasya (Pradhmana), Udavrtana* and *Unmardana* are observed in *Samhita and Chikitsagrantha*.

CONCLUSION

Bharangi is an important Ayurvedic plant which have been mentioned in many texts with various therapeutically uses. In *Samhita* and *Chikitsagrantha* maximum number of *Kwatha* preparation are found. It is having wide applicability as internal as compared to external administration. Along with compound formulations individual uses of *Bharangi* is also found in many complex disease conditions which reflects its potency. To validate its potency and efficacy clinical trials can be conducted. Present work will help as an armamentarium to Ayurvedic physicians.

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