



CRITICAL REVIEW: PATTERN OF PRESENTATION OF *BHRINGARAJA* (*ECLIPTA ALBA* LINN.) IN *NIGHANTU* ERA

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ABSTRACT:

Nighantu are essential for understanding of medicinal plants in *Ayurveda* specially in Dravyaguna Vijyana. They are as ancient as other Ayurvedic *Samhita* and used since Vedic periods to understand the meanings of the unknown words. They are very rich in knowledge of synonyms, properties, actions, etc. *Bhringaraja* is renowned and explored plant since Vedic periods. It is used as *Keshya*, *Rasayana*, *Twachya*, etc. In this article, we assembled and classified evidences regarding *Paryaya*, *Rasapanchaka*, *Rogaghnata* of *Bhringaraja* from various *Nighantu* in scientific way. This article offers more opportunity to study *Bhringaraja* in various condition.

Keywords: *Bhringaraja*, *Eclipta alba* Linn., *Nighantu*, *Dravyaguna*, *Paryaya*, *Rasapanchaka*.

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INTRODUCTION:

In the study of Ayurveda, particularly in the area of Dravyaguna, the *Nighantu* literature is one of the crucial components. Since the Vedic era, the word "*Nighantu*" has been widely used. The *Nighantu* literature is as old as the classical Ayurvedic texts, and each *Samhita* is supposed to have its own *Nighantu*. According to Yaska, the *Nighantu* was a collection of rare or difficult words gathered by prior sages for easier understanding of Vedic texts. The ancient *Nighantus* were like *Kosha*, containing the synonyms of the *Dravya*. Later on, the drugs were described with their properties, actions and their uses. The significance of *Nighantu* has been given for the first time by Narahari Pandit in his work *Raja Nighantu*^[1].

All *Samhita* discuss *Dravya*, and a *Vaidhya's* clinical practise depends greatly on their clinical understanding of *Dravya*. So, it is essential to study *Nighantu* for physician for better understanding. Knowing *Nighantu* is essential for correctly identifying the plant based on its synonyms. By synonyms, we can learn about habit, habitat, morphology, characteristics, etc of plants. Also, we can learn about properties, mode of action

and optimal application to diseases from *Nighantu*. The collective and comparative study of a plant drug using various *Nighantu* provides information about that drug based on different era and different places. Therefore, it is important to review the drug given in *Nighantu*.

Bhringaraja is a drug showing various properties and importance to treat different disorders. Botanically, it is identified as *Eclipta alba* Hassk. from the family *Asteraceae*. It is annual, erect or prostrate branched, often rooting at the nodes herb, having sessile leaves with sparsely strigose with appressed hairs on both sides, flowers are white and solitary and axillary, growing in all over India in moisture, especially near the fields and water sources^[2]. This article includes a review of various *Nighantu's* descriptions of *Bhringaraja* for a complete understanding.

OBJECTIVE:

- 1) To understand the pattern of presentation of drug in various *Nighantu*.
- 2) To explore *Bhringaraja* in context of its synonyms, properties, actions, indications in various *Nighantu*.

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METHODOLOGY:

Total twenty-three *Nighantu* books were reviewed for the compilation of the information about the *Bhringaraja*. Also, *e-nighantu* portal was used for review.

OBSERVATION:

Table No. 1: *Bhringaraja* in *Nighantu Kala*

No.	<i>Nighantu</i> / Period	Details
1.	<i>Sausruta Nighantu</i> ^[3] (5 th Century)	<i>Bhringaraja</i> is not mentioned.
2.	<i>Ashtanga Nighantu</i> ^[4] (7 th Century AD)	<i>Bhringaraja</i> is described in <i>Viprakirna Prakarana</i> . Total 7 synonyms are mentioned.
3.	<i>Paryayaratnamala</i> ^[5] (9 th century)	Total 5 synonyms are mentioned.
4.	<i>Madanadi Nighantu</i> ^[6] (10 th Century)	<i>Bhringaraja</i> is not mentioned.
5.	<i>Dhanvantari Nighantu</i> ^[7] (10 th -13 th Century AD)	<i>Bhringaraja</i> is described in <i>Karaviradi Varga</i> . Total 9 synonyms with detail description are mentioned.
6.	<i>Dravyaguna Samgraha</i> ^[8] (11 th century AD)	<i>Bhringaraja</i> is not mentioned
7.	<i>Shabdachandrika</i> ^[9] (11 th Century)	Total 3 synonyms are mentioned in <i>Vrikshadi Varga</i> .
8.	<i>Sodhala Nighantu</i> ^[10] (12 th Century AD)	<i>Bhringaraja</i> is described in <i>Karaviradi Varga</i> . 8 synonyms are mentioned with <i>Karma</i> . 2 types of <i>Bhringaraja</i> in <i>Lakshmanadi Varga</i> .
9.	<i>Nighantushesha</i> ^[11] (12 th Century)	<i>Bhringaraja</i> is described in <i>Shakakanda</i> . Total 8 synonyms are mentioned.
10.	<i>Abhidhana Ratnamala</i> ^[12] (12 th -13 th Century AD)	<i>Bhringaraja</i> is placed in <i>Tikta Skandha</i> . Total 7 synonyms are mentioned.
11.	<i>Hridaydipaka Nighantu</i> ^[13] (13 th Century AD)	<i>Bhringaraja</i> is placed in <i>Ekpaada Varga</i> and <i>Nanartha Varga</i> . 3 synonym is mentioned.
12.	<i>Madhav's Dravyaguna</i> ^[14] (13 th Century)	Acharya Madhav has mentioned <i>Guna-Karma</i> of <i>Bhringaraja</i> in <i>Vividha Aushadhi Varga</i> .
13.	<i>Madanapala Nighantu</i> ^[15] (14 th Century AD)	<i>Bhringaraja</i> has been described in <i>Abhayadi Varga</i> . Total 8 synonyms are mentioned with <i>Guna, Karma, Rogaghnata</i> .

14.	<i>Kaiyadeva Nighantu</i> ^[16] (1425 AD)	Detailed description of <i>Bhringaraja</i> is available in <i>Oshadhi Varga</i> . Total 11 synonyms are mentioned with <i>Guna, Karma, Rogaghnata</i> .
15.	<i>Saraswati Nighantu</i> ^[17] (16 th century AD)	Detailed description of <i>Bhringaraja</i> is available in <i>Ulapa Varga</i> . Total 7 synonyms are mentioned.
16.	<i>Bhavaprakasha Nighantu</i> ^[18] (16 th Century AD)	<i>Bhringaraja</i> is described in <i>Guduchyadi Varga</i> . Total 8 synonyms are mentioned with <i>Guna, Karma, Rogaghnata</i> .
17.	<i>Raj nighantu "Abhidhana Chudamani"</i> ^[19] (17 th Century AD)	<i>Bhringaraja</i> is described in <i>Shatavhadi Varga</i> . Total 8 synonyms are mentioned with <i>Guna, Karma, Rogaghnata</i> . 3 types of <i>Bhringaraja</i> are mentioned.
18.	<i>Raj vallabha Nighantu</i> ^[20] (18 th Century)	<i>Guna-Karma</i> of <i>Bhringaraja</i> is mentioned in <i>Aushadhashraya Pariccheda</i> .
19.	<i>Laghu Nighantu</i> ^[21] (18 th Century)	Total 8 synonyms are mentioned.
20.	<i>Shaligram Nighantu</i> ^[22] (19 th Century AD)	<i>Bhringaraja</i> has been described under <i>Guduchyadi Varga</i> . Total 8 synonyms are mentioned. 3 types of <i>Bhringaraja</i> are mentioned
21.	<i>Abhidhana Manjari</i> ^[23] (1952 AD)	<i>Bhringaraja</i> is described in <i>Samkirna Varga</i> . Total 7 synonyms are mentioned.
22.	<i>Nighantu Adarsha</i> ^[24] (20 th century)	<i>Bhringaraja</i> is described in <i>Sahadevyadi Varga</i> in Volume 1
23.	<i>Priya Nighantu</i> ^[25] (20 th Century AD)	<i>Bhringaraja</i> is described in <i>Shatpushpadi Varga</i> . Total 4 synonyms with <i>Guna, Karma, Rogaghnata</i> are mentioned.

Synonyms of *Bhringaraja*

There are numerous synonyms are observed in various *Nighantu*, which are as mentioned in Table No. 2.

Table No. 2: Synonyms of *Bhringaraja* observed in different *Nighantu*

No.	Synonym	A.Ni	P.R.	Dha.Ni.	S.C.	Sho.Ni.	Ni.S.	A.R.	H.Ni.	M.D.	M.Ni.	K.Ni.	Sr.Ni.	Bha.Ni.	R.Ni	R.V.Ni	L.Ni.	Sha.Ni.	A.M	P. Ni
1.	अङ्गारक <i>Angaraka</i>	-	-	-	-	-	+	+	-	-	+	-	-	+	-	-	-	-	-	-
2.	अष्टाङ्ग <i>Ashtanga</i>	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	+	-	-	-
3.	भेकराज <i>Bhekaraja</i>	-	-	-	-	-	+	-	-	-	+	+	+	-	-	-	+	-	-	-
4.	भेकरुज <i>Bhekaruja</i>	-	-	-	-	+	-	-	-	-	-	-	-	-	-	-	-	-	-	-
5.	भ्रमर <i>Bhramara</i>	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	+	-
6.	भृङ्ग <i>Bhringa</i>	-	+	+	+	+	+	-	+	-	-	-	+	+	-	-	-	-	-	-
7.	भृङ्गार <i>Bhringara</i>	+	-	+	-	+	+	-	-	-	-	-	-	+	-	-	+	-	-	+
8.	भृङ्गरज <i>Bhringaraja</i>	-	-	+	-	+	+	-	-	-	-	-	-	+	-	-	+	-	-	-
9.	भृङ्गाख्य <i>Bhringarakhya</i>	-	-	-	-	-	-	+	-	-	-	-	-	-	-	-	-	-	-	-
10.	भृङ्गराग <i>Bhringaraga</i>	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	+	-
11.	भृङ्गराज <i>Bhringaraaja</i>	-	+	+	+	+	+	+	+	-	+	+	+	+	+	+	+	+	+	+

12.	भृङ्गाह्व <i>Bhringahva</i>	+	-	-	-	-	-	-	-	-	-	+	+	-	-	+	-	-	+	-	-
13.	भृङ्गारक <i>Bhringaraka</i>	-	-	+	-	+	-	-	-	-	-	-	+	-	-	-	-	+	-	-	-
14.	भृङ्गरेणु <i>Bhringarenu</i>	+	-	+	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
15.	भृङ्गिराज <i>Bhringiraja</i>	-	-	-	-	-	-	-	-	-	-	+	-	-	-	-	-	-	-	-	-
16.	कालिक <i>Kalika</i>	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	+	-
17.	केशरञ्जक <i>Kesharanjaka</i>	+	-	-	-	+	-	-	-	-	-	-	-	-	-	-	-	+	-	-	-
18.	केशराज <i>Kesaraja</i>	-	+	-	-	-	-	-	-	-	-	+	-	+	-	-	-	-	-	-	-
19.	केश्य <i>Keshya</i>	-	-	-	-	-	-	-	-	-	-	-	-	-	+	-	-	+	-	-	-
20.	केशरञ्जन <i>Kesharanjana</i>	-	-	+	-	-	+	+	-	-	+	+	+	+	+	-	-	+	+	+	+
21.	कुन्तलवर्धन <i>Kuntalavardhana</i>	-	-	-	-	-	-	-	-	-	-	-	-	-	+	-	-	+	-	-	-
22.	मछालीलो <i>Machhalilo</i>	-	-	-	-	-	-	-	-	-	-	-	+	-	-	-	-	-	-	-	-
23.	महानील <i>Mahanila</i>	+	-	-	-	-	-	+	-	-	-	+	-	-	-	-	-	-	-	-	-
24.	महावृक्ष <i>Mahavruksha</i>	+	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-

	<i>Mahavruksha</i>																			
25.	मार्कव <i>Markava</i>	+	+	+	+	+	+	+	+	+	+	+	+	+	-	+	+	+	+	
26.	मेषाक्ष <i>Meshaksha</i>	-	-	-	-	-	-	-	-	-	-	-	+	-	-	-	-	-	-	
27.	पङ्कजात <i>Pankajata</i>	-	-	-	-	-	-	-	-	-	-	+	-	-	-	-	-	-	-	
28.	पतङ्ग <i>Patanga</i>	-	+	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	
29.	पितृप्रिय <i>Pitru priya</i>	-	-	-	-	-	-	-	-	-	-	-	-	+	-	-	+	-	-	
30.	राजमेषविलोचन <i>Rajameshavilol achana</i>	-	-	-	-	-	-	+	-	-	-	-	-	-	-	-	-	-	-	
31.	रङ्गक <i>Rangaka</i>	-	-	-	-	-	-	-	-	-	-	-	-	+	-	-	+	-	-	
32.	रविप्रिय <i>Ravi priya</i>	-	-	-	-	-	-	-	-	-	-	+	-	-	-	-	-	-	-	
33.	सूर्यवल्लभ <i>Surya vallabha</i>	-	-	-	-	-	-	-	-	-	+	-	-	-	-	-	-	-	-	
34.	सूर्यावर्त <i>Suryavarta</i>	-	-	-	-	-	-	-	-	-	-	+	-	-	-	-	-	-	-	
35.	तेकराज <i>Tekaraja</i>	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	+	-	

Rasapanchaka & Doshaghnata

There is difference of opinion observed in *Rasapanchaka* in various *Nighantu*, which are as mentioned in Table No.3.

Table No. 3: Rasapanchaka and Doshaghnata of *Bhringaraja* in various *Nighantu*

<i>Nighantu</i>	Rasa	Guna	Virya	Vipaka	Doshaghnata
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Dha.Ni.	<i>Tikta</i>	<i>Ruksha</i>	<i>Ushna</i>	-	<i>Kaphanashana</i>
Sho.Ni.	-	-	-	-	<i>Khaphaghna</i>
M.D.	-	-	-	-	<i>Kaphapaha</i>
M.Ni.	<i>Katu, Tikta</i>	<i>Ruksha</i>	<i>Ushna</i>	-	<i>Kaphavatakrita</i>
K.Ni	<i>Katu, Tikta</i>	<i>Ruksha</i>	<i>Ushna</i>	-	<i>Kaphavatahara</i>
Bha.Ni.	<i>Katu</i>	<i>Tikshna, Ruksha</i>	<i>Ushna</i>	-	<i>Kaphavatanut</i>
R.Ni	<i>Tikta</i>	-	<i>Ushna</i>	-	<i>Kaphaghna</i>
R.V.Ni.	-	-	-	-	<i>Kaphapaha</i>
P.Ni.	<i>Katu, Tikta</i>	-	<i>Ushna</i>	-	<i>Kaphavatanut</i>
Ni.Aa.	<i>Tikta, Kashaya</i>	-	<i>Ushna</i>	<i>Katu</i>	<i>Kaphavatahara</i>

Rogagnata:

There are different indications observed in various *Nighantu*, which are as mentioned in Table No. 4.

Table No. 4: Rogagnata of *Bhringaraja* observed in various *Nighantu*

<i>Roga-ghnata</i>	Dha.Ni.	Sho.Ni.	M.D.	M.Ni.	K.Ni.	Bha.Ni.	R.Ni.	R.V.Ni.	P.Ni.
<i>Shopha</i>	+	-	-	-	+	+	+	-	+
<i>Ama</i>	+	-	-	-	+	+	-	-	+
<i>Pandu</i>	+	+	+	-	+	+	-	+	-
<i>Twak Roga</i>	+	-	-	-	-	-	-	-	-
<i>Hrida Roga</i>	+	-	-	-	-	-	-	-	-
<i>Visha</i>	+	-	-	-	-	-	+	-	-
<i>Shwitra</i>	-	+	-	-	-	-	-	-	-
<i>Akshi Roga</i>	-	+	-	+	+	+	-	-	-
<i>Kushtha</i>	-	-	-	+	+	+	-	-	-
<i>Siro Arti</i>	-	-	-	+	+	+	-	-	-
<i>Kasa</i>	-	-	-	-	+	+	-	-	-
<i>Krimi</i>	-	-	-	-	+	+	-	-	-
<i>Shwasa</i>	-	-	-	-	+	+	-	-	-

Karma:

Various actions of *Bhringaraja* are observed in various *Nighantu*, which are as mentioned in Table No. 5.

Table No. 5: Karma of *Bhringaraja* observed in different *Nighantu*

<i>Karma</i>	Dha.Ni.	Sho.Ni.	M.D.	M.Ni.	Ka.Ni.	Bha.Ni.	R.Ni.	R.V.Ni.	P.Ni.
<i>Keshya</i>	-	+	+		+	+	-	+	+
<i>Dantya</i>	-	-	-	+	+	+	-	-	-
<i>Rasayana</i>	-	-	-	+	+	+	+	-	+
							<i>Nila variety</i>		
<i>Twachya</i>	-	-	-	+	+	+	-	-	+
<i>Balya</i>	-	-	-	-	-	+	-	-	+
<i>Chakshushya</i>	-	-	+	-	-	-	+	+	-
<i>Kesha Ranjana</i>	-	-	-	-	-	-	+	-	-

Types of *Bhringaraja* in *Nighantu*

Various types are observed in few *Nighantu*, which are described as in Table No. 6.

Table No. 6: Types of *Bhringaraja*

<i>Nighantu</i>	Type	Synonyms
<i>Raja Nighantu</i> ^[26]	<i>Shweta</i>	<i>Markava, Bhringaraja, Bhringahva, Kesharanjana, Pitrupriya, Rangaka, Keshya, Kuntalavardhana</i>
	<i>Pita</i>	<i>Swarnabhingar, Harivasa, Haripriya, Devapriya, Vandaniya, Pavana</i>
	<i>Nila</i>	<i>Mahanila, Nilaka, Mahabhringa, Nilapushpa, Shyamala</i>
<i>Sodhala Nighantu</i> ^[27]	<i>Shweta</i>	<i>Sitabhringa, Lakshmipriya, Jayanti</i>
	<i>Pita</i>	<i>Avanti, Pitabhringa, Harivasa, Haripriya, Devapriya, Pitrupriya, Vandaniya, Dwijataka</i>

DISCUSSION:

By overviewing the article, it is revealed that by the help of *Nighantu*

literature, we will grasp to rich medicinal source very easily and take the benefit by traditional medicines. The word *Nighantu* is

based on the term *Nigama* which means brings out secret meaning of the words.

Bhringaraja is not mentioned in *Saushruta Nighantu*, *Madanadi Nighantu* and *Dravyaguna Samgraha*. There are 35 synonyms, 7 *Karma*, 14 indications observed in different *Nighantu*. *Markava*, *Bhringaraja*, *Kesharanajana*, *Bhringa* are mention in most of the *Nighantu* There are some synonyms which points its morphology like *Meshaksha*,

Bhringaraja, *Bhringa*, etc. Some synonyms illustration its actions like *Keshya*, *Bhringa*, *Kesharanjana*. Some demonstrate its habit like *Bhekaraja*, *Pankajata*. Some establish its indication like *Kuntalavardhan*, *Kesharaja*. Only three *Nighantu* describe types of the *Bhringaraja*. *Raja Nighantu* describes three types of *Bhringaraja* like *Shweta*, *Pita*, *Nila* and their synonyms. Also, he mentioned *Rasayaan* property of *Nila Bhringaraja*. *Shodhala Nighantu* and *Shaligram Nighantu* mention two types of *Bhringaraja* *Pita Bhringaraja* and *Shweta Bhringaraja*. *Shodhala Nighantu* mention *Pita Bhringaraja* as *Avanati* and *Shweta Bhringaraja* as *Jayanti* with their other synonyms. Also, mention their *Rasa* and *Vipaka* *Katu* and use in *Vrana*. Only *Madanapala Nighantu* mentioned *Vatakara* and *Kaphakara* properties of *Bhringaraja*. *Kashaya Rasa* is mentioned by *Nighantu Adarsha*. Not a single *Nighantukara* mention

Vipaka of *Bhringaraja*. Most of the *Nighantu* mention *Keshya Karma* with another *Karma* Like *Dantya*, *Twachya*, *Rasayana*, *Chakshushya*.

CONCLUSION:

The current study shows that by appropriately assessing *Nighantu* literature, we may assess therapeutic value of drug and improve mankind through its use. *Bhringaraja* grows throughout in India and used in clinical practices since ancient time. The pharmacotherapeutic qualities of *Bhringaraja* are identified with the use of a critical review from several *Nighantu*. *Bhringaraja* has *Katu*, *Tikta Rasa*, *Ushna Virya*, *Katu Vipaka*, *Ruksha guna*, *Kaphavatahara*. Most of *Nighantu* mention *Keshya*, *Chakshushya*, *Rasayana*, *Dantya Karma*, also indicate in *Pandu*, *Shopha*, *Ama*, *Akshiroga*, *Kasa*, *Shwasa*, etc. By reviewing we can use *Bhringaraja* not only in hair falling but also in disorders of respiratory system, digestive system, skin and in inflammatory conditions. Moreover, we can use *Bhringaraja* as rejuvenation. This review offers more opportunity to study *Bhringaraja* in various areas other than hair issues.

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