

A Review on Priya-Nighantu- An Important Ayurvedic Lexicon

Umakant N. Rabb

Assistant Professor, Department of Dravyaguna Vijnana, Acharya Deshbhushan Ayurveda Medical College and Hospital, Shamanewadi-Bedkihal, Tal: Chikkodi, Dist: Belagavi, Karnataka, INDIA.

ABSTRACT-

The word Nighantu in Ayurveda implies the group of drugs, synonyms, properties, and their description of part used. Ayurveda treatment possesses herbal, mineral, animal origin products which mainly take part in the treatment of various health ailments. Priya Nighantu is one of them and is a 21st-century lexicon in Ayurvedic materia medica. The author of this lexicon is Acharya Shri PriyaVrit Sharmaji. Among all the classical Nighantus the Priya Nighantu is very simple and easy to understand. It clarifies many doubts which were come across in the classical Nighantus. For example, some drugs have the same synonyms which confuse with the other genuine one and the author removed the same synonyms and put single meaning synonyms to the drugs. This Nighantu explains only the applied aspect of the medicinal plants. The Nighantu is divided into 13 sections or Vargas, viz; Haritakyadi Varga, Pippalyadi Varga, Shatapushpadi Varga, Sharadi Varga, Kasturyadi Varga, Suvarnadi Varga, Shaka Varga, Phala Varga, Mamsa Varga, Dhanya Varga, Kritanna Varga, Drava Varga, Dravyadi Varga. Here an attempt is made to elaborate on each drug and its therapeutic application in various health ailments.

Further scope of the study is to critically analyze the book with the help of modern parameters.

KEYWORDS - Ayurveda, Acharya Priya Vrit Sharmaji, Nighantu, Vargas, Priya Nighantu, etc.

INTRODUCTION

Priya Nighantu is one of them and is the 21st century an important lexicon in Ayurvedic materia medica. The author of this lexicon is Acharya Shri PriyaVrit Sharmaji. Among all the classical Nighantus the Priya Nighantu is very simple and easy to understand. It clarifies many doubts which were come across in the classical Nighantus. The author has removed such controversial aspects. While screening the lexicon it has been noted that the author has covered all aspects of the medicinal plants, animal origin, and mineral origin drugs. The book is divided into 13 sections. Each section is named Vargas. Viz; Haritakyadi Varga comprises 115 drugs, Pippalyadi Varga comprises 38 medicinal plants, Shatapushpadi

Varga contains 114 drugs, Sharadi Varga contains 78 drugs, Kasturyadi Varga contains animal origin products viz; 17, the Suvarnadi Varga contains all the metals origin drugs viz; 36, the Shaka Varga is for vegetable section contains 54 vegetables. The Phala Varga is a fruit section contains 46 types of fruits. The Mamsa Varga is for the medicinal value of the meat which can be seen in day to day life. It contains 6 Mamsas. The Dhanya Varga in these cereals and pulses were explained. Viz; 29 bowls of cereal and pulses. The Kritanna Varga 47 medicinal recipes were explained. The Drava Varga 22 types of liquids were enumerated. The last Varga Dravyadi Varga explains various aspects of Dravyaguna Vijnan and the derivations of the pharmacological actions like Lekahana, Rasayana, Vajikarana, Deepana, etc.

DISCUSSION

A. HARITAKYADI VARGA ^[1] -

In this Varga small to medium size trees were explained. It covers total of 115 medicinal trees. Viz; Haritaki(Terminalia chebula Retz), Amalaki(Embllica officinalis Gaertn), Vibhitaki(Terminalia bellirica Roxb), Triphala(Haritaki, Bibhitaki, Amalaki), Bilva(Aegle marmelos Corr), Kashmarya(Gmelina arborea Linn), Patala(Stereospermum suavelens DC), Shyonaka(Oroxylum indicum Vent), Agnimantha(Premna mucranata Roxb), Brihatpanchamoola (Aegle marmelos Corr, Gmelina arborea Linn, Stereospermum suavelens DC), Oroxylum indicum Vent, Premna mucranata Roxb), Shalaparni(Desmodium gangetcum DC), Prishni parni(Uraria picta Desv), Brihati(Solanum indicum Linn), Kantakari(Solanum surattense Burm f.), Gokshura(Tribulus terrestris Linn), Laghu panchamoola (Desmodium gangetcum DC, Uraria picta Desv, Solanum indicum Linn, Solanum surattense Burm f.), Tribulus terrestris Linn), Dashamoola(Brihat Pachamula and Laghupanchamula), Aragwadha(Cassia fistula Linn), Bhallataka(Semicarpus anacardium Linn), Vidanga(Embelia ribes Burm), Tumburu(Zanthoxylum armatum DC), Kutaja(Holarrhena antidysenterica (Linn) Wall), Madanaphala(Randia spinosa Poir), Kampillaka(Mallotus philippinensis Muell-arg), Karpura(Cinnamomum camphora Nees & Eberm),



Chandana(*Sentalum album* Linn), Agar(*Aqualria agallocha* Roxb), Devadaru(*Cedrus deodara* (Roxb) Loud), Padmaka(*Prunus cerasoides* D. Don), Guggulu(*Commiphora mukul* (Hook ex stocks) Engle), Jatiphala(*Myristica fragrans* Houtt), Jatipatri(*Myristica fragrans* Houtt), Lavanga(*Syzigium aromaticum* (Linn) Merr & Perr), Twak(*Cinnamomum zeylanicum* Breyn), Ela(*Elettaria cardamomum* Maton), Patra(*Cinnamomum tamala* Nees & Eberm), Brihad Ela(*Amomum subulatum* Roxb), Nagakeshara(*Mesua ferrea* Linn), Trijataka(Twak, Ela, Patra), Chaturjataka(Twak, Ela, Patra, Nagakeshara), Talisa(*Abies webbiana* Lindle), Udumbara(*Ficus glomerata* Roxb), Vata(*Ficus bengalensis* Linn), Ashwattha(*Ficus religiosa* Linn), Plaksha(*Ficus lacor* Buch-Ham), Parisha(*Thespepsia populnea* Soland ex Correa), Kshiri Vriksha Panchakam, or Pacha Valkala(Udumbara, Vata, Ashwattha, Plaksha, Parisha), Kakodumbara(*Ficus hispida* Linn. f.), Shirisha(*Albizia lebeck* Benth), Shala(*Shorea robusta* Gaertn), Shala Niryasa(*Shorea robusta* Gaertn), Shallaki(*Boswellia serrata* Roxb), Kunduru(*Boswellia serrata* Roxb), Sarala(*Pinus roxburghii* Sargent), Shinshipa(*Dalbergia sissoo* Roxb), Arjuna(*Terminalia arjuna* (Roxb) W. & A), Asana(*Pterocarpus marsupium* Roxb), Khadira(*Acacia catechu* Willd), Tuvaraka(*Hydnocarpus laurifolia* (Dennst) Sleumer), Rohitaka(*Tecomella undulata* G. Don), Babboola(*Acacia arabica* Willd), Putranjiva(Putranjiva roxburghii Wall), Ingudi(*Balanites aegyptiaca* (Linn) Delile), Lodhra(*Symplocos racemosa* Roxb), Aralu(*Ailanthus excelsa* Roxb), Karkata Shringi(*Pistacia integerrima* Stewart ex Brandis), Katphala(*Myrica esculenta* Buch-Ham), Hingu(*Ferula narthex* Boiss), Bhurja(*Betula utilis* D. Don), Rudraksha(*Elaeocarpus ganitrus* Roxb), Palasha(*Butea onosperma* (Linn) Kuntze), Shalamali(*Salmalia malabarica* Schott & Endle), Shakhotaka(*Streblus asper* Lour), Varuna(*Crataeva nurvala* Buch-Ham), Shami(*Prosopis cineraria* Druce), Saptaparna(*Alstonia scholaris* R.Br), Bakula(*Mimusops elangi* Linn), Ashoka(*Saraca asoka* Roxb. De Wilde), Jayanti(*Sesbania sesban* Merrill), Karavira(*Nerium indicum* Mill), Nimba(*Azadirachta indica* A. Juss), Panchatikta(Nimba, Amruta, Vasa, Patola, Kantakari), Apar Panchatikta(Guduchi, Vasa, Katuki, KirataTikta, Nimba), Mahanimba(*Melia azedarach* Linn), Paribhadra(*Erythrina indica* Lam), Parijata(*Nyctanthes arbortristis* Linn), Kanchanara(*Bauhinia variegata* Linn), Kovidara(*Bauhinia pupurea* Linn), Shigru(*Moringa oleifera* Lam), Nirgundi(*Vitex negundo* Linn), Kusthagna(*Alectra parasitica* A. Rich), Karanja(*Pongamia pinnata* Pierre), Kantaki Karanja(*Caesalpinia crista* Linn),

Chirabilva(*Holoptelia integerifolia* Planch), Karanjadwaya(Naktamaala, Putika), Karanjatraya(Naktamaala, Putika and Latakaranja), Goraksha(*Dalbergia lanceolaria* Linn), Hijjala(*Barringtonia acutangula* Gaertn), Ankota(*Alangium salvifolium* (Linn.f) Wang), Muchakunda(*Pterospermum acerifolium* Willd), Japa(*Hibiscus rosa-sinensis* Linn), Agastya(*Sesbania grandiflora* Pers), Madhuka(*Madhuca indica* J.F.Gmel), Kadali(*Musa paradisiaca* Linn), Narikela(*Cocos nucifera* Linn), Kapittha(*Feronia limonia* (Linn) Swingle), Tinduka(*Diospyros peregrina* (Gaertn) Guerke), Jambu(*Syzygium cumini* (Linn), Skeels), Parushaka(*Grewia asiatica* Linn), Dadima(*Punica granatum* Linn), Beejapura(*Citrus medica* Linn), Nimbuka(*Citrus aurantifolia* (Christm) Swingle), Amlika(*Tamarindus indica* Linn), Amlavetasa(*Garcinia pedunculata* Roxb), Vrikshamla(*Garcinia indica* chois), Changeri(*Oxalis corniculata* Linn), Chukra(*Rumex vesicarius* Linn), Panchamla(Badara, Dadima, Vrikshmla, Changeri, Chukrika), Shleshmataka(*Cordia dichotoma* Forst f), Kataka(*Strychnos potatorum* Linn), Pooga(*Areca catechu* Linn), Aristhaka(*Sapindus trifoliatu* Linn).

II. PIPPALYADI VARGA ^[2] -

In this group, some creepers are explained. Viz; Pippali(*Piper longum* Linn), Maricha(*Piper nigrum* Linn), Shunthi(*Zingiber officinale* Roxb), Ardraka(*Zingiber officinale* Roxb), Trikatu(Maricha, Pippali, Shunthi), Chavya(*Piper chaba* Hunter), Chitraka(*Plumbago zeylanica* Linn), Panchkola(Pippali, Pippalimoola, Chavya, Chitraka, Shunthi), Kankola(*Piper cubeba* Linn), Guduchi(*Tinospora cordifolia* Willd Miers ex Hook.f. & Thoms), Patha(*Cissampelos pareira* Linn), Rajapatha(*Cyclea arnotii* Miers), Patalgarudi(*Cocculus hirsutus* (Linn) Diels), Tambuli(*Piper betel* Linn), Arkaparni(*Tylophora indica* Burm f. Merrill), Sariva(*Hemidesmus indicus* R. Br), KrishnaSariva(*Cryptolepis buchanani* Roem & Schult), Indravaruni/Vishala(*Citrullus colocynthis* Schrad), Trivruttha/Shyama (*Operculina turpethum* (Linn), Silva Manso), Shatavari(*Asperagus racemosus* Willd), Maha Shatavari(*Asperagus sarmentosa* Linn), Vidari(*Pueraria tuberosa* DC), Kshira Vidari(*Ipomoea digitata* Linn), Varahi(*Dioscorea bulbifera* Linn), Kapikacchu(*Mucuna prurita* Hook), Aparajita(*Clitorea ternatea* Linn), Patola(*Trichosanthes dioica* Roxb), Gandhaprasarini(*Paederia foetida* Linn), Asthishrinkhala(*Cissus quadrangularis* Linn), Devadali(*Luffa echinata* Roxb), Masha(*Vigna mungo* (Linn), Hepper), Kullatha(*Dolichos biflorus* Linn), Vanyakulatha(*Cassiaabsus* Linn), Draksha(*Vitis vinifera* Linn), Trapusa(*Cucumis sativus* Linn), Karavellaka(*Momordica charantia*

Linn), Vanabimbi(*Coccinia indica* W.&A.), Kushmanda(*Benincasa hispida* (Thumb) Cogn), Jyotishmati(*Celastrus panniculatus* Willd), Manjistha(*Rubia cordifolia* Linn), Ishwari(*Aristolochia indica* Linn), Jati(*Jasminum officinale* Linn.forma).

III. SHATAPUSHPADI VARGA ^[3] -

In this group, some aromatic plants, poisonous plants, and small shrubs were explained. Viz;

Shatapushpa(*Anethum sowa* Kurze), Madhurika(*Foeniculum vulgare* Mill), Jeeraka(*Cuminum cyminum* Linn), Krishna Jeeraka(*Carum bulbocastanum* W.Koch), Aranya Jeeraka(*Centratherum anthelminticum* Kuntze), Upakunchika(*Nigella sativa* Linn), Yavani(*Trachyspermum ammi* (Linn) Sprague), Ajamoda(*Carum roxburghianum* (DC) Craib), Parasika Yavani(*Hyoscyamus niger* Linn), Yavani Tritayam(Yavani, Ajamoda, Parasika Yavani), Parna Yavani(*Coleus amoinicus* Lour), Dhanyaka(*Coriandrum sativum* Linn), Methika(*Trigonella foenum-graecum* Linn), Putiha(*Mentha spicata* Linn), Rasona(*Allium sativum* Linn), Palandu(*Allium cepa* Linn), Priyangu(*Callicapra macrophylla* Vahl), Kustha(*Saussurea lappa* C.B. Clarke), Pushkara(*Inula racemosa* Hook. f), Jatamansi(*Nordostachys jatamansi* DC), Tagara(*Valeriana wallichii* DC), Kumkuma(*Crocus sativus* Linn), Ushira(*Vetiveria zizanioidis* (Linn) Nash), Mustha(*Cyperus rotundus* Linn), Vacha Chatusthaya(Vacha, Haimavati, Kulinjana, Dwipantara Vacha), Vacha(*Acorus calamus* Linn), Haimavati(*Iris ensata* Thumb), Kulanjana(*Alpinia galanga* Willd), Dwipantara Vacha(*Smilax china* Linn), Akarakarbha(*Anacyclus pyretherum* DC), Sharapunkha(*Tephrosia purpurea* Pers), SwarnaKshiri(*Argemone mexicana* Linn), Danti(*Baliospermum montanum* Muell-Arg), Jayapala(*Croton tiglium* Linn), Swarnapatri(*Cassia angustifolia* Vahl), Krishna Beeja(*Ipomoea nil* (Linn) Roth), Ashwagola(*Plantago ovata* Forsk), Mandara/ Arka(*Calotropis giganteae* (Linn) R. Br. Ex. Ait), Snuhi(*Euphorbia neriifolia* Linn), Eranda(*Ricinus communis* Linn), Durva(*Cynodon dactylon* Pers), Dhataki(*Woodfordia fruticosa* Kurz), Lajjalu(*Mimosa pudica* Linn), Mayaphala(*Quercus infectoria* Oliv), Padma(*Nelumbonucifera* Gaertn), Utpala(*Nymphaea nouchali* Burm f.), Pashanabheda(*Bergenia ligulata* Wall Engle), Gorakshaganja(*Aerva lanata* Juss), Trinapanchamoola(Kusha, Kasha, Shara, Darbha, Ikshu), Asthavarga(Jivaka, Rishabhaka, Meda, Mahameda, Riddhi, Vriddhi, Kakoli, Kshira Kakoli), Madhuka(*Glycyrrhiza glabra* Linn), Jivanti(*Leptadenia reticulata* W & A.), Mudgaparni(*Phaseolus trilobus* Ait), Mashaparni(*Teramnus labialis* Spreng), Jivaniyagana(Astavarga, Madhuka, Jivanti,

Mudgaparni, Mashaparni, Parni Chatusthaya(Shalaparni, Prishniparni, Mudgaparni, Mashaparni), Balapanchaka(Bala, Atibala, Mahabala, Nagabala, Rajabala), Kokilaksha(*Astercantha longifolia* Nees), Ashwagandha(*Withania somnifera* Linn Dunal), Taalamooli(*Curculigo orchioides* Gaertn), Tila(*Sesamum indicum* Linn), Garjara(*Daucus carota* Linn), Shakhapushpi(*Convolvulus pluricaulis* Chois), Bramhi(*Centella asiatica* (Linn), Urban), Endri(*Bacopa monnieri* (Linn) Delile), Hilamochika(*Enhydra fluctuans* Lour), Sunishannka(*Marsilea minuta* Linn), Shitivara(*Celosia argentea* Linn), Bharangi(*Clerodendrum serratum* (Linn) Moon), Bhudugdika(*Euphorbia thymifolia* Linn), Somakalpa(*Ephedra Gerardiana* Wall), Shati(*Hedychium spicatum* Buch-Ham), Kirata Tika(*Swertia chirayita* (Roxb ex Flem) Karst), Kalamegha(*Andrographis paniculata* Nees), Sahadevi(*Vernonia cineria* Less), Naahi(*Enicostema littorale* Blume), Parpata(*Fumaria vaillantii* Loisel), Vasa(*Adhatoda vasica* Nees), Bringaraja(*Eclipta alba* Hassk), Kakamachi(*Solanum nigrum* Linn), Tulasi(*Ocimum santum* Linn), Punarnava(*Boerhaavia diffusa* Linn), Kumari(*Aloe vera* Tourn. Ex Linn), Katuka(*Picrorrhiza kurroo* Royle ex Benth), Mundi(*Sphaeranthus indicus* Linn), Kandira(*Ranunculus scleratus* Linn), Sarpagandha(*Rauwolfia serpentina* Benth ex Kurz), Rasna(*Pluchea lanceolata* C.B. Clarke), Bakuchi(*Psoralea corylifolia* Linn), Chakramarda(*Cassia tora* Linn), Kasamarda(*Cassia occidentalis* Linn), Haridra(*Curcuma longa* Linn), Daruharidra(*Berberis aristata* DC), Ativisha(*Aconitum heterophyllum* Wall), Apamarga(*Achyroathus aspera* Linn), Yavasa/Dhanvayasa(Alhagi camelorum Fisch), Akhuparni(*Ipomoea reniformis* Choisy), Kukundara(*Blumea lacera* DC), Bhumyamalaki(*Phyllanthus urinaria* Linn), Dronapushpi(*Leucas cephalotus* Spreng), Manaka(*Alocasia indica* (Roxb) Schott), Mulaka(*Raphanus sativus* Linn), Soorana(*Amorphophallus campanulatus* Blume), Tanduliya(*Amaratnus spinosus* Linn), Vatsanabha(*Aconitum ferox* Wall ex Seringe), Karaskara(*Strychnos nuxvomica* Linn f.), Ahiphena(*Papaver somniferum* Linn), Dhatura(*Datura metel* Linn), Bhangha(*Cannabis sativa* Linn), Gunja(*Abrus precatorious* Linn), Langali(*Gloriosa superba* Linn), Kebuka(*Costus speciosus* (Koenig) Sm.), Sadampushpa(*Lochnera rosea* (Linn) Reichb), Vanatrapushi(*Podophyllum hexandrum* Royle).

IV. SHARADI VARGA ^[4] -

In this group, some ferns and small herbs were high lightened. Viz;

Shara(Saccharum munja Roxb), Kasha(Saccharum spontaneum Linn), Kusha(Desmostachya bipinnata Stapf), Darbha(Imereta cylindrica Beave), Nala(Arundo donax Linn), Rohisha(Cymbopogon martini (Roxb) Wats), Bhutruna(Hyptis swaveolens Poit), Eraka(Typha laxmannii Lepech), Ashwabala(Medicago sativa Linn), Chandrashura(Lepidium sativum Linn), Hapusha(Juniperus communis Linn), Nadi Hingu(Gardenia gummifera Linn. f.), Vamsha(Bambusa arundinaceae Willd), Vamsha Lochana(Bambusa arundinaceae Willd), Elavaluka(Prunus cerasus Linn), Sprikka(Delphinium zalil Aitch & Hensl), Sthauneyaka(Taxus baccata Linn), Choraka(Angelica glauca Edgew), Patanga(Caesalpinia sappan Linn), Silhaka(Liquidamber orientalis Miller), Turushka(Styrax officinale Linn), Shaileya(Parmelia perlata Ach), Karchura(Curcuma zedoaria Rosc), Mura(Selenium tenuifolium Wall), Bhutakeshi(Selenium sp), Mamsarohini(Soymdia febrifuga A. Juss), Chilhaka(Casearia tomentosa Roxb), Vetasa(Salix caprea Linn), Jalavetasa(Salix tetrasperma Roxb), , Karpasi(Gossypium herbaceum Linn), Mushali(Asperagus adscendens Roxb), Vriddhadaru(Argyrea speciosa Sweet), Trayamana(Gentiana kurroo Royle), Murva(Marsdenia tenacissima W & A.), Avartaki(Cassia auriculata Linn), Avartani(Helicteres isora Linn), Hamsapadi(Adiantum lunulatum Burm), Somavalli(Sarcostemma brevistigma W & A.), Akashavalli(Cassytha filiformis Linn), Vrindaka(Dendrophthoe falcata (Linn) f.), Matsyakshi(Alternanthera sessilis (Linn) R. Br), Sarpakshi(Ophiorrhiza mungus Linn), Tilarni(Veome viscosa Linn), Jalapippali(Lippia nodiflora Mich), Gojivha(Onosma bracteatum Wall), Kshavaka(Centipeda minima (Linn) A. Br & Aschers), Mayurashika(Adiantum caudatum Linn), Jalakumbhi(Pistia Stratiotes Linn), Shaivala(Ceratophyllum demersum Linn), Gulaba(Rosa centifolia Linn), Mallika(Jasminum sambac Linn), Yuthika(Jasminum auriculatum Vahl), Kundam(Jasminum pubescens Willd), Champakam(Michelia campaca Linn), Madhavi(Hiptaga madablota Gaertn), Ketaki(Pandanus odoratissimus Roxb), Marubaka(Majorana hortensis Moench), Barbari(Ocimum basilicum Linn), Saireyaka(Barleria prionitis Linn), Bandhu Jeeva(Pentapetes phoenicea Linn), Buka(Osmathus fragrans Lour), Kadamba(Anthocephalus indicus Miq), Tilaka(Wendlandia exerta DC.), Kadara(Acacia suma Buch-Ham), Irimeda(Acacia farnisiana Willd), Jinghini(Odina woodier Roxb), Veerataru(Dichrostachys cineria W. & A.), Tamala(Garcinia morella Desr), Tooni(Cedrela toona Roxb), Dhava(Anogeissus latifolia Wall),

Karira(Capparis decidua Edgew), Kinihi(Albizia procera (Roxb) Benth), Mushkaka(Schrebera swietenoides Roxb), Tinisha(Ougenia oojenensis (Roxb) Hochr), Shaka(Tectona grandis Linn. f), Charmi Vriksha(Ehretia laevis Roxb), Chaturushana(Maricha, Pippali, Shunthi, Pippali Moola), Shadushana(Pippali, Pippalimoola, Chavya, Chitraka, Shunthi, Maricha), Saptoshana(Pippali, Pippalimoola, Chavya, Chitraka, Shunthi, Maricha, Gaja Pippali), Chaturbeeja(Methika, Chandrashura, Yavani, Kalajaji).

V. KASTURYADI VARGA ^[5] -

In this group, animal products were explained. Viz; Kasturi(Musk), Laksha(Lac), Gandhamarjara Veerya(Civet), Gorochana(Cow's gall stones), Nakha(One of the products of sea animal), Mayurapiccha(Peacock's feather), Ambara(Ambergris), Mukta(Pearl), Shukti(Oyster), Pravala(Coral), Shankha(Conch shell), Varatika(Cowrie), Shambooka(Snail), Samudraphena(Cattle fish), Kosha(Silk-Pod), Gomutra(Cow's urine), Panchagavya(Godugdha, Dadhi, Sarpi, Gomutra, Gomaya).

VI. SUVARNADI VARGA ^[6] -

This group dealt with minerals and their therapeutic application. Viz; Suvarna(Gold), Rajata(Silver), Tamra(Copper), Vanga(Tin), Naga(Lead), Yashada(Zinc), Loha(Iron), Mandura(Iron), Kashisha(Iron sulfate), Gairika(Red ochre), Shilajatu(Asphaltum), Abhraka(Mica), Sauviranjana(Galena), Makshika(Pyrite), Tutthya(Copper sulfate), Ratna(Precious tones), Haritashma(Jade), Raktashma/Akeeka(Agate), Trinakanta(Umber), Parada(Mercury), Hingula(Cinnabar), Gandhaka(Sulphur), Malla(White arsenic), Haritala(Orpiment), Manahshila(Realgar), Choorna(Lime), Godanti(Gypsum), Dugdhapashana(Talc), Badarashma(Hajral Yahoood Bhasma), Lavana(Salt), Panchalavana(Saindhava, Sauvarchala, Bida, Audbhida, Samudra), Saindhava(Rock salt), Yavakshara(Alkalies), Tankana(Borax), Sphatika(Alum), Soraka(Salt petre).

VII. SHAKA VARGA ^[7] -

In this section, various types of vegetables, qualities, and their therapeutic application have been dealt with. The vegetables are; Vastuka(Chnopodium murale Linn), Upodika(Basella rubra Linn), Marisha(Amaranthus bilatum Duthie), Palankya(Spinacia oleraceae Linn), Patragobhi(Brassica oleraceae Linn), Kalambika(Ipomoea aquatica Forsk), Lonika(Portilaca quadrifida Linn), Brihalloni(Portulaca oleraceae Linn), Chanchuka(Corchorus acutangulus Linn), Hilamochika(Enhydra fluctuans Lour), Chanakashaka, Sateena Shaka, Triputa Shaka,

Sarshapa Shaka, Mulakapatra, Putiha(Mentha spicata Linn. Emend. Nethh), Pushpagobhi(Brassica sleraceae Linn), Agastya Pushpa, Shigru Pushpa, Kumuda Pushpa, Kadali Pushpa, Kanchanara/Kovidara Pushpa, Shalmali Pushpa, Patola(Trichosanthus dioica Roxb), Alabu(Lagenaria siceraria (Mol) Standl), Chinchida(Trichosanthus anguina Linn), Mahakoshataki(Luffa cylindrica (Linn) M.J. Roem), Koshataki(Luffa autangula (Linn) Roxb), Bimbi(Coccinia indica W & A), Shimbi(Dolichos lablab Linn), Shami, Shobhanjana Phala, Vartaka(Solanum melongena Linn), Dindisha(Citrullus vulgaris Schrad), Jivanti(Leptadenia reticulata W & A), Bhindika(Hibiscus esculata Linn), Masha Shimbi(Vigna unguiculata (Linn) Walp), Gopa Shimbi(Cyamopsis tetragonoloba(Linn) Taub), Peeta Kushmanda(Cucurbita maxima Duchesne), Rakta Vrintaka(Lycopersicon esculentum Mill), Karkota(Momordica dioica Roxb. Ex Willd), Karchari(Curcumis sp), Soorana(Amorphophallus campanulatus Blume), Alooka(Solanum tuberosum Linn), Alooki(Colocasia esculenta (Linn) Schott), Sitalooka(Ipomoea batatas (Linn), Lam), Moolaka(Raphanus sativus Linn), Garjara(Daucus caraota Linn), Shalayam(Brassica rapa Linn), Kebuka(Costus speciosus (Koeing) Sm), Kasheruka(Scirpus grossus Linn. f), Shalooka(Lotus Root), Mrinala(Lotus stalk), Alooki Nala, Chatraka(Mushroom).

VIII. PHALA VARGA ^[8] -

In this group, various types of fruits and their qualities are explained. The medicinal fruits are; Amra(Mangifera indica Linn), Amratarka(Spondias pinnata(Linn. f) Kurz), Koshamra(Schleichera oleosa (Lour) Oken), Panasa(Artocarpus integra (Thumb) Merrill), Lakucha(Artocarpus lakoocha Roxb), Naranga(Citrus reticulata Blanco), Ghonta(Ziziphus xylopyra Willd), Priyala(Buchanania lanzan Spreng), Rajadana(Manilkara hexandra Roxb), Vikantaka(Flacourtia ramontchi L'herit), Ankoladya(Euryale ferox Salisb), Shringataka(Trapa natans Linn), Tooda(Morus alba), Kharjura(Phoenix sylvestris Roxb), Vatada(Prunus amygdalus Batsch), Sevam(Malus pumila Mill), Tanka(Pyrus communis Linn), Peelu(Salvadora persica Linn), Akshota(Juglans regia Linn), Madhukarkati(Citrus maxima(Burm) Merr), Jambheera(Citrus limon (Linn) Burm.f), Nimbuka(Citrus aurantifolia (Christm) Swingle), Karmaranga(Averrhoa carambola Linn), Moshambi(Citrus sinensis (Linn) Osbeck), Phalgu(Ficus carica Linn), Aruka(Prunus persica Barsch), Urumana(Prunus armeniaca Linn), Bihi(Cydonia oblonga Mill), Pishita(Pistacia vera Linn), Nikochaka(Pinus gerardiana Wall), Kaajutaka(Anacardium occidentale Linn),

Ananasa(Ananas comosus (Linn) Merr), Amaruta(Psidium guajava Linn), Erandakarkati(Carica papaya Linn), Sitaphalam(Annona squamosa Linn), Lichi(Litchi chinensis Gaertn), Bhavyam(Dillenia indica Linn), Badara(Ziziphus mauritiana Mill), Karkati(Cucumis utilissimus Linn), Chirbhita(Cucumis momordica Roxb), Kalindana(Citrullus vulgaris Schrad), Kharbuja(Cucumis melo Linn), Taala(Borassus flabellifer Linn), Prachinamalaka(Flacourtia jangomas Raeusch), Lavali(Cicca acida (Linn), Merr), Karamarda(Carissa carandus Linn).

IX. MAMSA VARGA ^[9] -

This group explains day today consumable meat, Viz; Mamsam(Goat's meat), Chagamamsa(Sheep's meat), Kukkuta(Rooster meat), Chataka(Jacobin cuckoo bird's meat), Matsya(Fish meat), Anda(Egg).

X. DHANYA VARGA ^[10]

This group contains various types of cereals and pulses. Viz; Shali(Variety of rice), Shasthika(Variety of rice), Yava(Barley), Godhuma(Wheat), Madhulika(Eleusine coracana Gaetn), Kangu(Setaria italica (Linn) Beauv), Chinaka(Panicum miliaceum Linn), Shyamaka(Echinochloa frument aceae Linn), Kodrava(Paspalum scrobiculate Linn), Gaveduka(Coix lachryma jobi Linn), Nivara(Hygroryza aristata Nees), Yavanala(Sorghum vulgare Pers), Vajranna(Pearl millet), Mahakaya(Maize), Varata/Kusumba Beeja(Carthusmus tinctorius Linn), Mudga(Green gram), Masha(Black gram), Rajamasha, Rajashimbi(Soyabean), Makusthaka(Mota bean), Masura(Lentil), Adhaki(Red gram), Chanaka(Bengal gram), Sateena(Pea), Kalaya(Lathyrus sativus Linn), Atasi(Linseed), Sarshapa(Mustard), Rajika(Brassica juncea Czern & Coss).

XI. KRITANNA VARGA ^[11] -

This Varga explains various types of modern-day to day food recipes with the therapeutic application. The recipes are; Yavagu, Manda, Peya, Vilepi, Yusha, Mudgayusha, Patolayusha, Odana, Pulava, Krishara, Rotika, Padarotika, Vishakutta, Angara Karkati, Indarika, Adosha, Soopa, Rajyakta, Rasam, Leha, Ragashadavaha, Gudamra, Parpata, Vataka. Vati, Kwathita, Purika, Kachavati, Ghritapura, Sanyava, Poopa/Apooa, Kshirika, Sevika, Lapsika, Palala, Dhana, Laja, Pruthuka, Kulmaasha, Saktava, Mantha, Rasala, Sitodaka Panakam, Chaya, Misthanna, Laavanakinam.

XII. DRAVA VARGA ^[12] -

This group enumerates all types liquids. Viz; Jala, Dugdha, Godugdha, Mahisha Dugdha, Ajadugdha, Aushtra Dugdha, Naari Dugdha, Santanika/Kilata,

Dadhi, Takra, Navaneeta, Ghrita, Taila, Tila Taila, Sarshapa Taila, Madya, Kanjika, Shukta, Madhu, Ikshu, Guda, Sita/Sitopala.

XIII. DRAVYADI VARGA ^[13] -

This group explains basic Ayurvedic pharmacology, and some pharmacological actions called Karmas. These are; Dravya, Guna, Rasa, Vipaka, Veerya, Prabhava, Karma, Deepana-Pachana, Anulomana, Bhedana, Grahi, Sangrahika, Krimighati, Sandhaniya, Shamanam, Shodhanam, Vamanam, Virechana, Shirovirechana, Chedana, Lekhana, Rasayana, Vayahsthapana, Vajikarana, Vrushya, Shukra Shodhana, Shukra Sthambhana, Medhya, Madakari, Abhishyandi, Pramathi, Vyavayi, Vikasi, Brimhana, Langhana, Rukshana, Snehana, Swedana, Sthamabhana.

CONCLUSION

Acharya Priyavrit Sharmaji had took tremendous efforts to simplify the Nighantu. He also mentioned some day-to-day used products like biscuits, soups, Papad, puffed rice recipes, etc with their clinical application. At the end of this book, Acharya specified the Dravyaguna Vijnana and some of the Ayurvedic pharmacological definitions. These definitions can be considered as Chikista Upayogi Karmas as mentioned by Acharya Charaka in Paradi Gunas which are Chikitsa Upayogi Gunas. By these Gunas and Karmas, one can easily analyze the drug and its pharmacological actions in the body. Further scope of the study is to critically analyze the book with the help of modern parameters.

REFERENCES

- [1] Sharma P.V. Priya Nighantu, 'PADMA' Hindi commentary, Haritakyadi Varga, Chaukhamba Surabharati Prakashaa, Varanasi, edition 2004, page no- 5-54
- [2] Sharma P.V. Priya Nighantu, 'PADMA' Hindi commentary, Pippalyadi Varga, Chaukhamba Surabharati Prakashaa, Varanasi, edition 2004, page no- 57-54
- [3] Sharma P.V. Priya Nighantu, 'PADMA' Hindi commentary, Shatapushpadi Varga, Chaukhamba Surabharati Prakashaa, Varanasi, edition 2004, page no- 75-115.
- [4] Sharma P.V. Priya Nighantu, 'PADMA' Hindi commentary, Sharadi Varga, Chaukhamba Surabharati Prakashaa, Varanasi, edition 2004, page no- 119-139
- [5] Sharma P.V. Priya Nighantu, 'PADMA' Hindi commentary, Kasturyadi Varga, Chaukhamba Surabharati Prakashaa, Varanasi, edition 2004, page no- 143-147.
- [6] Sharma P.V. Priya Nighantu, 'PADMA' Hindi commentary, Suvarnadi Varga, Chaukhamba Surabharati Prakashaa, Varanasi, edition 2004, page no- 151-159.
- [7] Sharma P.V. Priya Nighantu, 'PADMA' Hindi commentary, Shaka Varga, Chaukhamba Surabharati Prakashana, Varanasi, edition 2004, page no- 163-177.
- [8] Sharma P.V. Priya Nighantu, 'PADMA' Hindi commentary, Phala Varga, Chaukhamba Surabharati Prakashaa, Varanasi, edition 2004, page no- 181-196.
- [9] Sharma P.V. Priya Nighantu, 'PADMA' Hindi commentary, Mamsa Varga, Chaukhamba Surabharati Prakashaa, Varanasi, edition 2004, page no- 199-200.
- [10] Sharma P.V. Priya Nighantu, 'PADMA' Hindi commentary, Dhanya Varga, Chaukhamba Surabharati Prakashaa, Varanasi, edition 2004, page no- 203-210.
- [11] Sharma P.V. Priya Nighantu, 'PADMA' Hindi commentary, Kritanna Varga, Chaukhamba Surabharati Prakashaa, Varanasi, edition 2004, page no- 213-224.
- [12] Sharma P.V. Priya Nighantu, 'PADMA' Hindi commentary, Drava Varga, Chaukhamba Surabharati Prakashaa, Varanasi, edition 2004, page no- 227-236.
- [13] Sharma P.V. Priya Nighantu, 'PADMA' Hindi commentary, Dravyadi Varga, Chaukhamba Surabharati Prakashaa, Varanasi, edition 2004, page no- 239-252.