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## AN AYURVEDIC REVIEW ON KHADIRA

Satya Prakash Chaudhary<sup>1</sup>, Kirtika Prakash Chaudhary<sup>2</sup>, Anil Kumar Singh<sup>3</sup> and B.Ram<sup>4</sup>

<sup>1</sup>Ph.D. Scholar, Department of Dravyaguna, Institute of Medical Sciences, Banaras Hindu University, Varanasi, <sup>2</sup>M.Sc, Department of Bioinformatics, MMV, Banaras Hindu University, Varanasi, <sup>3</sup>Professor, Department of Dravyaguna IMS, BHU, Varanasi and <sup>4</sup>Associate Professor, Department of Dravyaguna, Institute of Medical Sciences, Banaras Hindu University, Varanasi, Corresponding Author: Satya Prakash Chaudhary

**Abstract:** Khadira is an Ayurvedic medicinal plant. It is mention in our different samhitas like charak samhita, sushrut samhita, ashtang hridaya, Bhavaprakash, Sharangdhara Samhita etc. Khadira belong to family Leguminosae and botanical name is *Acacia catechu* (Linn. f.) wild. Khadira also known as gayatri in Sanskrit. In the Ayurveda different parts of khadira is used as cure in many diseases.

**Keywords:** Khadira, charak samhita, *Acacia catechu*,

**Introduction:** Khadira consists of dried pieces (Fam. Leguminosae), a moderate sized tree, of heart-wood of *Acacia catechu* (Linn. f.) Wild. found mostly in dry parts of India.

### Synonyms

Sanskrit	: Gayatri	Assamese	: Kharira, Khara, Khayar
Bengali	: Khera, Khayera	English	: Black catechu, Cutch tree.
Gujrati	: Khair, Kathe	Hindi	: Khair
Kashmiri	: Kath	Malayalam	: Karingali
Marathi	: Khaira, Khair	Oriya	: Khaira
Punjabi	: Khair	Tamil	: Karungali, Karungkali
Telugu	: Chandra, Kaviri	Urdu	: Chanbe Kaath

### Properties and Action

Rasa : Tikta, Kasaya

Guna : Laghu, Ruksha

Virya : Shita

Vipaka : Katu

Karma : Krimighna, Kusthaghna, Medohara, Raktaprasadhaka, Kaphapittahara,

**Charak Samhita:** Among the existing old Samhita is mainly concerned with Kayachikitsa. medical treatises of India, Charak Samhita can be In this Samhita the drug khadira has been considered as the oldest one. This text has been described in kaphaja prameha (C.S.Ci. 3/7-8). composed by Agnivesh (4<sup>th</sup> Cent. AD) <sup>[1]</sup>. This

Table-1.1

Name and synonyms	Useful parts	Disease	Reference
Khadir	Sara	KaphajaPrameha	C.S.Ci. 6/28

**Susruta Samhita:** This Samihita is composed by Vrddha Susruta, Chiefly concerned with Salya Cikitsa. This treatis were reduced by Susruta in 2<sup>nd</sup> century AD <sup>[2]</sup>. Later on probably revised by Nagarjuna the greatest of Buddhist era, during the 5<sup>th</sup> Cent. AD. In the existing form, it appears to be much later than Charaka Samhita because of the fact that its amendment (Pathasuddhi) was done by Candrata in 10<sup>th</sup> Century. In Susruta Samhita various parts of Khadira used in different disease are mentioned as below:

Table-1.2

Name and synonyms	Useful parts	Disease	Reference
Khadir	Bark	Kustha	Su.chi.9/6
Khadir	Sara	Sanai meha	Su.chi 11/13

Khadira	Sara	Pittaj prameha	Su.chi. 11/9
Khadira	Kwath	Prameha pidika	Su.chi 12/9
Khadira	Sara	Madhumeha	Su chi 13/11

**Astanga Hridayam:** Several vagbhata's are known in Indian history as authors of works on different branches of learning. Among all these vagbhata's, two are important who authored Astanga Hridaya and Astanga Samgraha<sup>[3]</sup>. Regarding identity of the author of this treatise there is a lot of controversy. Some scholars believe there was only one vagbhata who was the

author of both Granthas. While according to Hon'ble Prof. P.V. Sharma, etc there are two vagbhata's belonging to different periods having different authorship. Vagbhata second (7<sup>th</sup> century A.D.) is the author of this book. In this Samhita, the drug Khadira described in chikitsa which is mentioned below:

Table-1.3

Name and synonyms	Useful parts	Disease	Reference
Khadir	Sara/kashaya	KaphajaPrameha	A.H.Ci. 12/7
Khadir	Sara with gomutra/lepa	Kusth	A.H.Ci. 19/91

**Chakradutta:** Cakrapani Datta, son of Narayana Datta has written commentary "Ayurveda Dipika" on caraka samhita, cikitsa sangraha (commonly known as cakradatta) Dravya Guna Samgraha and Bhanumati commentary on

Susruta Samhita<sup>[4]</sup>. In Chakradatta the drug khadira is very much appreciated for treatment of various diseases. Their useful parts and indications in Cakradatta are given below-

Table-1.4

Name and synonyms	Useful parts	Disease	Reference
Khadir	Kwatha	Kshaudra meha and vasa meha	C.D.-35/18
Khadir	Niryas	Kustha	C.D.-50/65
Khadir	Kashaya	Kustha	C.D.-50/93

**Sharangdhara Samhita:** This Samhita is described in three Khandas-Purva, Madhya and Utara Khandas. In Madhya Khandas, Khadira is

mentioned with Virya Vardhaka Kravyas<sup>[5]</sup>. In Madhya Khandas their parts used and indications are given below-

Table-1.5

Name and synonyms	Useful parts	Disease	Reference
Khadir	Arista	Kustha	S.S.M.Kh.10/60
Khadir	Kwatha	Bhagandar	S.S.M.Kh.-2/133

**Bhavprakash:** Bhavprakash samhita has divided in three parts poorva khanda, Madhyam Khanda and Uttar Khand. Khadira is mentioned in Madhyam

khanda several indications have been described in this samhita e.g. prameha, vatarakta etc<sup>[6]</sup>.

Table-1.6

Name and synonyms	Useful parts	Disease	Reference
Khadir	Kwatha	Shanairha meha	B.P.M.Kh.-38/44
Khadir	Kwath	Kaphaj Prameha	B.P.M.Kh.-38/47
Khadir	Arjunadya taila	Pittaj Prameha	B.P.M.Kh.-38/102
Khadir	Asanadiyoga	Prameha	B.P.M.Kh.-38/108-09

**Yogaratanakar:** References of Khadira are described below<sup>[7]</sup>-

Table-1.7

Name and synonyms	Useful parts	Disease	Reference
Khadir	Kashaya	Kaphaj prameha	Prameha chi.2
Khadir	Kwatha	Vattik paittik meha	Dwandaj meha chi.3

**Bhaisjya Ratnavali:** References of Khadira are described below<sup>[8]</sup>-

Table-1.8

Name and synonyms	Useful parts	Disease	Reference
Khadir	Kwatha	Bhagandara	Bh.R.-51/13
Khadir	Pushpa churna	Rakta pitta	Bh.R.13/13
Khadira	Arista	Kustha	Bh.R.54/365
Khadir	Khadirastaka	Masurika	Bh.R.59/40

**Discussion & Conclusion:** The above study, result from the different samhita like charak samhita, sushrut samhita, Ashtang hridaya, Bhavaprakash, Sharangdhara Samhita, Bhaisjya

Ratnavali studies indicate Khadira possesses many qualities, including Kustha, Masurika, Rakta pitta, Pradeha, Bhagandar, Kshaudra meha and vasa, Bahumutrata, Sukrameha etc.

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