{Bruhati }

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{Solanum indicum Linn}

{Solanaceae }

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| --- | --- |
| Tamil | {ஆனைச்சுண்டை, பாப்பரமல்லி, சிறு வாழுதலை,புதிரிச்சுண்டை} |
| Malayalam | {Cheruchunda} |
| Hindi | {Banabhanta} |
| English | {Indian night shade } |

Description

{Habitat:  
It grows wild throughout India, especially in tropical and subtropical regions.  
Commonly found in roadsides, wastelands, hedges, gardens, and open forests.Prefers sunny locations with well-drained sandy to loamy soil.Found up to an altitude of around 1500 meters in the Himalayan region.Distributed across India, Sri Lanka, Nepal, Bangladesh, and other South Asian countries.   
  
Habit: A large, much-branched, perennial erect undershrub (0.5–1.5 m tall).  
  
Stem: Cylindrical, hairy, and often armed with prickles.  
  
Leaves: 5–10 cm long, ovate or elliptic, with lobes and prickles on veins; surface hairy.  
  
Flowers: Purple or bluish, borne in clusters (corymbose cymes).  
  
Fruits: Small, globose berries, green when unripe, turning yellow when ripe, about 1–1.5 cm in diameter.  
  
Seeds: Numerous, yellowish, flat, and kidney-shaped.  
}

Useful Parts

{Mula,phala,patra}

Benefits

1. {1 Grahani (Sprue)  
     
   जयेत् संग्रहणी तद्वत् तक्रेण बृहतीभवः १ (शा.सं.\_2/5/28)  
     
   Butter milk processed with Brahati (Solanum indicum) Mula (Root) will be benefi-cial in Grahani (Sprue).  
     
   2. Indralupta (Alopecia areata)  
     
   इन्द्रलुप्तापहो लेपो मधुना बृहतीरसः । (शा.सं. 3/11/218)  
   Fruit juice of Brahati (Solanum indicum) mixed with honey applied externally on scalp in case of Indralupta (Alopecia).  
     
   3. Balaroga (Diseases of Children)  
     
   पीतंपीतं वमति यः स्तन्य तं मधु सर्पिषा । द्विवार्ताकीफलरसं पञ्चकोलञ्च लेहयेत् ॥  
     
   (अ.हृ.उ. 2/58)  
     
   Fruit juice of Brahati (Solanum indicum) & Kantakari (Solanum xanthocarpum) mixed with honey, ghee and Panchakola (Pippali, Pippalimula, Chavya, Chitraka & seshunihi) and given to the child who vomit the breast milk.  
     
   4. Krimi karna (Maggots in ear)  
     
   वार्ताकुधूमश्च हितः सार्षपस्नेह राव च । (सु.उ. 21/52)  
     
   Dhuma (Fumigation) of Vartaki (Solanum indicum) is very beneficial in case of Krimi karna (Maggots in ears) as like that of sarshapa oil.  
     
   Related to modern:-  
     
   1. Respiratory System:  
   Relieves cough (Kāsa) and asthma (Śvāsa)  
     
   Works as an expectorant – helps in expelling phlegm  
     
   Reduces breathlessness and congestion  
     
   2.Fever & Infections:  
   Acts as antipyretic – useful in fever (Jvara)  
     
   Helps in common cold, flu, and throat infections  
     
   Has antimicrobial action against bacteria and fungi  
     
   3. Digestive System:  
   Relieves colicky pain and abdominal distension  
     
   Improves appetite and digestion (Dīpana-Pācana)  
     
   Useful in intestinal worms and indigestion.  
     
   4.Urinary System:  
   Acts as a diuretic (Mutrala) – reduces water retention and swelling  
     
   Helpful in urinary tract infections and dysuria  
     
   5.Inflammation & Pain:  
   Reduces swelling and inflammation (Śothahara)  
     
   Acts as an analgesic – relieves pain in arthritis, muscle pain  
     
   6. Liver & Stomach:  
   Shows hepatoprotective effect – protects liver from damage  
     
   Anti-ulcer property – helps in gastritis and peptic ulcers in ear) as like that of Sarshapa sneha (Oil of mustard)}

Pharmacological Action

* {1. Anti-inflammatory – Reduces inflammation (Śothahara), useful in bronchitis, arthritis, and inflammatory conditions.  
  2. Analgesic – Relieves pain (Vedanasthāpana), helpful in colic, headache, and muscular pain.  
  3. Antiasthmatic & Bronchodilator – Relieves bronchospasm, improves airflow; classically indicated in Śvāsa–Kāsa.  
  4. Expectorant (Mucolytic) – Helps expel mucus from respiratory tract.  
  5. Antipyretic – Reduces fever (Jvaraghna).  
  6. Antimicrobial – Active against bacteria and fungi, helpful in skin diseases and infections.  
  7. Diuretic – Increases urine output, reducing edema (Mutrala).  
  8. Antioxidant – Neutralizes free radicals, protective against tissue damage.  
  9. Hepatoprotective – Some studies show liver-protective effect.  
  10. Antiulcer – Reduces gastric irritation and ulcer formation.  
    
  CLASSICAL REFERENCE:-  
  बृहती ग्राहिणी हृद्या पाचनी कफवातहत् । कटुतिक्ताऽऽस्यवैरस्यमलारोचकनाशिनी । उष्णा कुष्ठज्वरश्वासशूलकासग्निमान्द्यजित् । (भा.प्र. गुडूच्यादि वर्ग. 36-37)}

Rasapancakam

|  |  |
| --- | --- |
| Rasa | {Katu,tikta} |
| Guna | {Laghu,ruksha,tikshna} |
| Virya | {Ushna} |
| Vipaka | {Katu} |
| Karma | {Kaphavata shamaka} |