{Saireyaka}

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{Barleria prionitis Linn. }

{Acanthaceae}

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| --- | --- |
| Tamil | {Shemmuli} |
| Malayalam | {Chemmulli} |
| Hindi | {Katsareya} |
| English | {Yellow nail-dye plant, Hop headed barleria} |

Description

{Saireyaka is a small shrub growing to a height of 1-1.5 m in height and is found in the temperate climate throughout India and is grown in the garden for its flowers. The plant has small, sharp spikes. The flowers are yellow and are found in clusters. Single seed is found in the small fruits.  
The color of the flower may be white, yellow, red or blue depending upon the subspecies of the plant.}

Useful Parts

{Whole plant especially leaf}

Benefits

1. {Indications  
   Uses as per Ayurveda:  
   Kesharanjana – used in colouring hair  
   Keshya – Improves hair strength, promotes hair growth  
   Vrushya – aphrodisiac, improves vigor  
   Balya – improves strength and immunity  
     
   Indicated in –  
   Vatasra – Gout  
   Kushta – skin diseases  
   Kandu – itching, pruritus  
   Visha – Toxic conditions, poisoning}

Pharmacological Action

* {Nervous System – Strengthen the nervous.  
    
  Circulatory System – Indicated in vatarakta, Upadamsa, whole body edema etc.  
  Respiratory system – Indicated in running nose, kaphaja kasa, especially for children.  
  Reproductive system – Sukrasodhaka (Purifies semen) – Leaf juice of white variety of plant along with cumin seed powder is indicated in Sukrameha.}

Rasapancakam

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| --- | --- |
| Rasa | {Tikta (Bitter), Madhura (Sweet)} |
| Guna | {Laghu (Light for digestion)} |
| Virya | {Ushna (Hot)} |
| Vipaka | {Katu (Undergoes Pungent taste after digestion)} |
| Karma | {Kaphavata shamaka (reduces vitiated kapha and vata dosha)} |