

REVIEW OF HARIDRA W.S.R. TO ITS SYNONYMS AND THE THERAPEUTIC USES FROM KOSHA AND NIGHANTU LITERATURE

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ABSTRACT

Ayurveda is a profound and comprehensive system of health care that originated in India. This system endeavors to rationalize the all phenomena governing empirical experiences with natural products in medicine. *Nighantu* are defined as a glossary containing synonymous groups, the names of drugs, plants, animals, minerals or anything that is administered to the human body either as food or medicine. In *Nighantu*, *Haridra* is described with their synonym, properties and action as well. In *Nighantu*, the different synonyms of *Haridra* are described as *Haridra*, *Pitika*, *Pinga*, *Rajani*, *Ranjini*, *Nisha*, *Gauri*, *Varnavati*, *Pita*, *Harita*, *Varavarnini*, *Bhadralata*, *Varnavilasini*, *Vishaghni*, *Jayanti*, *Dirgharanga* and *Rangini* etc. It has the properties of *Tikta* in *rasa*, *Ushna* in *virya*, *Ruksha* in *guna* and it is indicated in *Visha*, *Prameha*, *Kandu*, *Kushtha*, *Vrana*, *Kantidayaka*, *Samshodhana*, *Krimi*, *Pinasa*, *Aruchi* etc. The present article aims to discuss the *Haridra* in different *Nighantu* as classical text and explore the therapeutic importance of it with there properties.

Key words: Ayurveda, *Haridra*, *Nighantu*, *Curcuma longa*, *Prameha*

INTRODUCTION

Nighantu are defined as a glossary containing synonymous groups, the names of drugs, plants, animals, minerals or anything that is administered to the human body either as food or medicine.^[1] The word *Nighantu* is based on the term *Nigama*. The etymology of the term *Nigama* is that which bring out extremely concealed or secret meaning of words. According to *Aupyamanyu* son of *Upamanyu* the lexicographical collection of Vedic works were called *Nighantavaha* which means to determine the meanings of the text. This work is also called *Kosha*. Keith differentiates the term *Kosha* and *Nighantu*. He says, that *Kosha* was written to facilitate interpretation of Vedic texts, while *Nighantu* was a lexicon based on other topics. The ancient *Nighantu* were actually like *Kosha* containing the synonyms of

dravya. Later on those having description of properties, action and uses of *dravya* became popular. Identification of plant during *Nighantu* period has been made by giving name or new name or *synonyms*^[2].

Ayurveda is a profound and comprehensive system of health care that originated in India. This system endeavors to rationalize the all phenomena governing empirical experiences with natural products in medicine.^[3]

In Vedic period *Haridra* is described in *Hiranyakesi Srotastra*, *Ashwalayana Grihasutra*, *Kouthum Grihasutra*, *Varah Dharmasutra*, *Goutam Dharmasutra*, *Kousik Sutra*, *Atharva Parishishta*, *Keshawa Padhati*, *Panini Vattika*, *Shounaka* and *Samavidhan Bramhana*.^[4] The drug *Haridra* is widely mentioned for the treatment of many diseases in compound form

by the classics of Brihatrayi (i.e. Caraka samhita, Sushruta samhita and Ashtanga Hridaya). In Nighantu Kala, Haridra is described with their Paryaya (synonym), Guna (properties) and Karma (action) as well.^[5] Haridra is described in various Nighantu with different synonyms like Varnini, Gauri, Pita, Romashamulika, Pishteshta, Harita, Vaishya, Kanchani, Rajani, Nisha, Pindabhadra, Bhadratala, Pitangi, Dirgharanga, Pinda, varnavilasini etc; properties like Tikta in rasa, Ruksha in guna, Ushna in virya, Katu in vipaka; and indicated in Pandu, Vrana, Apaci, Prameha, Tvagadosha, Visha, Shotha and Kaphapittavikara etc. *Curcuma longa* Linn is a Latin name of Haridra derived from 'Kourkoum'; a word of Arabic origin meaning saffron. Plant is native of South Asia and is cultivated extensively throughout warmer parts of the world. It is extensively cultivated in China, India, Indonesia, Thailand and throughout the tropics, including tropical regions of Africa. It is Perennial, often aromatic herbs, usually with sympodial tuberous or horizontal rhizomes. Roots are fleshy, primary tubers ellipsoidal white, 5.0cm x 2.5cm. Rhizomes branched, brownish white, scaly externally and bright yellow inside. Leaf 6-10, long petiole, lanceolate, acuminate, dark green above, dotted below, lamina 30cm x 7-8cm. Flower pale yellow, bracteates, pedicellate or sessile, bisexual, zygomorphic. Haridra has been used in the Indian system of medicine from time immemorial. It is also listed in an Assyrian herbal dating from about 600 B.C. and mentioned by Discords. Both East and West have held its medicinal properties in high regard. It is reported to be anti-inflammatory, stomachic, tonic, blood purifier, anthelmintic, antacid, antiperiodic and carminative. Haridra is known to be antidiabetic, hypocholesterolemic, antifertility activity and chemo-preven-

tive agent. Haridra has been very effective in treating jaundice.^[6]

Material and Method:

1. Amarkosh (4th Cent. A.D.)- This book is the compilation of Amar Singh. In this book total subject was divided into three parts. In first and second part ten chapters in each, and in third part five chapters are described. The total subject was narrated with synonyms. Dravyas are described in fourth chapter of second part. In this Haridra have five synonyms – Nishakhya, Kanchani, Pita, Haridra, Varavarnini.^[7]

(A.K. /Kanda-2/Vaishya varga-9/ Shloka 41)

2. Saushruta Nighantu (7th cent A.D.)- This is probably oldest Nighantu which is written by Sushruta. This has been published from Nepal. When this Nighantu is reviewed, it is found to be contains the synonyms, habit, habitat of various plants. In this Nighantu, Haridra has been described in Vallipancamula and Haridradi gana. Haridra, Rajani, Pita, Pinda, Varnavati, Krimighna, Kanchani, Gouri, Yoshidvallabhika are the synonym of it.^[8]

(Su.Ni./ Haridradi gana /Shloka 189)

3. Ashtanga Nighantu (8th cent. A.D.)- An oldest Nighantu written by Acharya Vahata. The work belongs of class of Nighantu which deals with synonyms only. The author had made attempts to describe the drugs clearly and as such he has coined new synonyms which are very significant for giving clear picture of the dravya. In this Nighantu Haridra has been described in Haridradi gana. It's synonym are described here –Nisha, Kshapa, Ratri, Vara, Lomasmulika, Svarnavarna, Haridra, Nishahava, Rajni.^[9]

(A.Ni. Haridradi gana Shloka 152)

4. *Dhanvantari Nighantu* (10-13th Cent.) -

Composed by *Mahendra Bhougika*. Initially, the *Nighantu* were containing only the synonyms which communicated the prevalent names, morphological characters, properties, action of the drugs, habitat and other relevant information. Later on properties, action and uses were added after the synonyms. This *Nighantu* has been divided into seven *Varga's* like *Guduchyadi*, *Shatapushpadi* etc. In this *Nighantu*, *Haridra* is described in *Guduchyadi varga* with their synonym, properties and action as well. *Haridra*, *Pitika*, *Pinga*, *Rajani*, *Ranjini*, *Nisha*, *Gauri*, *Varnavati*, *Pita*, *Harita*, *Varavarnini*, *Bhadralata*, *Varnavilasini*, *Vishaghni*, *Jayanti*, *Dirgharanga* and *Rangini* are the synonyms. It is *Tikta* in *rasa*, *Ushna* in *virya*, *Ruksha* in *guna* and it is useful in *Visha*, *Meha*, *Kandu*, *Kushtha*, *Vrana nashaka*, *Kantidayaka*, *Samshodhana*, *Krimi*, *Pinasa*, *Aruchi*.^[10]

(D.Ni./Guduchyadi Varga/ Shloka 53-56)

5. *Shodhala Nighantu* (12th cent. A.D)- This *Nighantu* was written by *Shodhala*. He followed *Ashtanga Hridaya* because of the concise style and as such has quoted much for the same. The work has got intimate relation with the *Dhanvantari Nighantu*. This *nighantu* was composed in two parts named as *Namasan-graha* dealing with synonyms and *Gunasan-graha* dealing with properties and actions. *Haridra* is mentioned in the "*Guduchyadi Varga*". The following synonyms are seen in this i.e. *Nisha*, *Rajani*, *Gauri*, *Pita*, *Varavarnini*, *Bhadralta*, *Sumangallya*, *Harita*, *Haridra*.^[11]

(So.Ni. /Guduchyadi varga / Shloka 133-134)

6. *Abhidhana Ratnamala* (13th century)- The subject matter of this *Nighantu* is arranged in six '*Skandha*' according to six *rasa*, therefore it is commonly known as "*Sadrasa Nighan-*

tu". *Haridra* has been placed in "*Tiktaskandha*" and *Haridra*, *Haldi*, *Pita*, *Pinda*, *Gouri*, *Nishahava*, *Varnini*, *Rajani*, *Dirgharaga*, *Romashavarshmaka* are synonym given to it.^[12]
(S.Ni./ Tiktaskandha / Shloka 14)

7. *Hridaya Dipaka Nighantu* (13 Cen. A.D.)-

The author of this work is *Bopadeva* son of *Keshava*. The subject matter of this work is well divided into eight *varga*. It follows metric style of *Paryaya Ratnamala* of *Madhava*. *Nighantukara* has placed this drug in *Prathama Varga*. The following synonyms are given in this- *Rajani*, *Nisha*, *Pita*, and *Darvi*.^[13]

(Hr. Ni. / Dvipada varga/ Shloka 1)

8. *Madanpala Nighantu* (14th century A.D.)-

Also known as *Madan Vinoda* written by *Madan Pal*. *Haridra* has been described in *Abhayadi Varga*. Following are the synonym of *Haridra*- *Rajani*, *Gouri*, *Ranjini*, *Varavarnini*, *Pinda*, *Pita*, *Varnavati*, *Nisha*, *Varnavilasini*. Regarding its properties it has been said as *Tikta* in *rasa*, *Ruksha* in *guna*, *Ushna* in *virya*, *Katu* in *vipaka*. It is indicated in *Vrananashaka*.^[14]

(M.Ni. /Abhayadi Varga/ 228-229)

9. *Saraswati Nighantu* (14th Cent. A.D.): -

Haridra has been placed in *Latadi varga* and *Haridra*, *Rajani*, *Pinja*, *Varni*, *Tami*, *Nisha*, *Ranjana*, *Kancani*, *Ratri* are the synonym given to it.^[15]

(Sr.Ni./ Latadi varga / Shloka22)

10. *Kaiyadeva Nighantu* (15th century A.D.)-

The other name of this *Nighantu* is "*Pathyapathyavibodhaka*" and written by *Acharya Kaiyadeva*. It consist 8 *varga*. The author has described *Aushadha dravya* in 1st and 2nd varge; *Anna dravya* in 3rd to 6th *varga* and *Vihara dravya* in 7th *varga*. In *Mishraka varga* contains remaining drugs. Some other drugs

having different action are grouped in *Nanartha varga*. In this *Nighantu*, *Haridra* is described in *Aushadha Varga* with following synonyms *Hatthavilasini*, *Varnini*, *Gauri*, *Pita*, *Romashamulika*, *Pishteshtha*, *Harita*, *Vaishya*, *Kanchani*, *Rajani*, *Nisha*, *Pindabhadra*, *Bhadralata*, *Pitangi*, *Dirgharanga*, *Pinda*, *Varnavilasini*. Regarding its properties it has been said as *Tikta in rasa*, *Ruksha in guna*, *Ushna in virya*, *Katu in vipaka*. Here *Haridra* has been mentioned for various disorders and use as *Pandu*, *Vrana*, *Apaci*, *Prameha*, *Tvaga-dosha*, *Visha*, *Shotha* and *Kaphapittahara*.^[16]

(K.Ni. / *Aushadhi Varga* / *Shloka*1113-1114)

11. Bhavaprakasha Nighantu (16th Cent. A. D.)- This *Nighantu* is a part of *Bhavaprakasha Samhita* and written by *Acharya Bhava Mishra*. There are twenty three *Vargas* of drugs mentioned in this book. *Haridra* has been described in *Haritakyadi Varga* and the following synonyms are found in this *Nighantu*- *Kanchani*, *Pita*, *Nisha*, *Varavarnini*, *Krimighna*, *Yoshitapriya*, *Hatthavilasini*. Its properties has been mentioned as *Katu* and *Tikta in rasa*, *Ushna in virya*. It is indicated in *Varnya*, *Tvaka vikara*, *Prameha*, *Shothahara*, *Pandu*, *Vranapaha*.^[17]

(B.P.Ni. / *Haritakyadi Varga* 38 -40)

12. Raja Nighantu (17th Century A.D.)- This *Nighantu* is also known as *Abhidana Chudamani* or *Nighanturaja*, is written by *Narhari Pandita*; son of *Ishvarasuri*. This *Nighantu* has given synonyms based on *Prakrit*, *Apabhramsha* and *Kshetriya*. The grouping of drugs has been done either on the basis of *Karma* (action) or *Gunasadharma* (similar properties). *Haridra* is included in *Pippalyadi varga*. *Haridranjani*, *Svarnavarna*, *Dirgharaga*, *Varnadatri*, *Varanga*, *Mangalya*, *Shipha*, *Lakshmi*, *Bhadra*, *Shipha*, *Shobhana*, *Shyama*, *Jayantika*, *Trishamna*, *Vilasini* are the syn-

onyms of *Haridra* are found. Its properties has been mentioned as *Katu*, *Tikta in Rasa*, *Ushna* in *Virya* and indicated in *Kushtha*, *Kandu*, *Prameha*, *Vrana*, and *Kaphavatashamaka*.^[18]

(R.Ni./*Pippalyadi Varga/Shloka* 197-199)

13. Nighantu Adarsha (19 Cent. A. D.)- This book was published in Gujarata, its author, is *Vaidya Bapalalaji* who is the authoritative person of 20th century for identification of *Ayurvedic* plants. He has mentioned all the relevant materials from the different *Ayurvedic* texts as well as modern medical and botanical works. *Haridra* is described in *Arkadi varga* and he gave same name as *Dhanwantari nighantu*, *Raja nighantu*, and *Bhavaprakasha nighantu*.^[19]

(Ni. Ad / *Arkadi Varga*)

14. Priya Nighantu (20th Cent. A. D.)- This *Nighantu* is written by *Acharya Priyavrata Sharma*. *Haridra* has described in *Shatapushpadi varga*. *Nisha*, *Kanchani*, *Pitavarna*, *Haridra*, *Sadodvartana*, *Anganabhi* are the synonyms and *Tikta in rasa*, *Ushna in virya*, and used in *Shitapitta*, *Tvakavikara* and *Prameha*.^[20]

(P.Ni. / *Shatapushpadi varga* / *Shloka* 170)

Table 1: Synonyms of Haridra in Various Nighantu:-

No.	Synonyms	Su.N.	A.N.	D.N.	S.N.	So.N.	Hr.N.	M.N.	R.N.	Sr.N.	K.N.	B.P.N.	P.N.
1	Haridra	+	+	+	+	+	-	+	-	+	+	+	+
2	Kanchani	+	-	-	-	-	-	-	-	-	+	+	+
3	Krimighna	+	-	-	-	-	-	-	-	-	-	-	-
4	Nisha	-	+	+	-	+	+	+	-	+	+	-	+
5	Pinda	+	-	-	+	-	-	+	-	-	+	-	-
6	Pita	+	+	+	+	+	+	+-	+	+	-	+	
7	Mangalya	-	-	-	-	-	-	-	+	-	-	-	-
8	Mehaghni	-	-	+	-	-	-	-	-	-	-	-	-
9	Yoshitpriya	-	-	-	-	-	-	-	-	-	-	+	-
10	Ranjani	-	-	+	-	-	-	+	-	+	-	-	-
11	Lomashmulika	-	+	-	-	+	-	-	-	-	-	-	-
12	Varvarini	-	-	+	-	-	-	+	+	-	+	+	-
13	Varnavilasini	-	-	+	-	-	-	+	-	-	+	-	-
14	Vishaghni	-	+	+	-	-	-	-	+	-	-	-	-
15	Hatthavilasini	-	-	-	-	-	-	-	-	-	-	+	-
16	Haldi	-	-	-	+	-	-	-	-	-	-	+	-
17	Gouri	+	+	+	+	+	-	+	+	+	+	-	-
18	Rajani	+	+	+	+	+	+	+	+	-	+	-	-
19	Varnavati	+	-	+	-	-	-	+	+	-	+	-	-
20	Yoshidavallika	+	-	-	-	-	-	-	-	-	-	-	-
21	Kshapa	-	+	-	-	-	-	-	-	-	-	-	-
22	Ratri	-	+	-	-	+	-	-	-	+	-	-	-
23	Vara	-	+	-	-	-	-	-	+	-	-	-	-
24	Svarnavarna	-	+	+	-	+	-	-	+	-	-	-	-
25	Nishahva	-	+	-	+	-	-	-	-	-	-	-	-
26	Pitika	-	-	+	-	-	-	-	-	-	-	-	-
27	Pinga	-	-	+	-	-	-	-	+	-	-	-	-
28	Harita	-	-	+	-	+	-	-	+	-	+	-	-
29	Bhadralata	-	-	+	-	+	-	-	-	-	+	-	-
30	Jayanti	-	-	+	-	-	-	-	-	-	-	-	-
31	Dirgharanga	+	-	+	-	+	-	-	+	-	-	-	-
32	Sumangalya	-	-	-	-	+	-	-	-	-	-	-	-
33	Varnini	-	-	-	+	-	-	-	+	-	+	-	-
34	Dirgharaga	-	-	-	+	-	-	-	-	-	-	-	-
35	Romashvarshmaka	-	-	-	+	-	-	-	-	-	-	-	-
36	Darvi	-	-	-	-	-	+	-	-	-	-	-	-
37	Haridranjani	-	-	-	-	-	-	-	+	-	-	-	-
38	Suvarna	-	-	-	-	-	-	-	+	-	-	-	-
39	Shiva	-	-	-	-	-	-	-	+	-	-	-	-
40	Haridri	-	-	-	-	-	-	-	+	-	-	-	-
41	Varanga	-	-	-	-	-	-	-	+	-	-	-	-
42	Janishtha	-	-	-	-	-	-	-	+	-	-	-	-
43	Varnadatri	-	-	-	-	-	-	-	+	-	-	-	-
44	Pavitra	-	-	-	-	-	-	-	+	-	-	-	-
42	Mangala	-	-	-	-	-	-	-	+	-	-	-	-
43	Lakshmi	-	-	-	-	-	-	-	+	-	-	-	-
44	Shipha	-	-	-	-	-	-	-	+	-	-	-	-

45	Shopha	-	-	-	-	-	-	-	+	-	-	-	-
46	Shobhana	-	-	-	-	-	-	-	+	-	-	-	-
47	Subhaghava	-	-	-	-	-	-	-	+	-	-	-	-
48	Shyama	-	-	-	-	-	-	-	+	-	-	-	-
49	Jayantika	-	-	-	-	-	-	-	+	-	-	-	-
50	Trishmanavilasini	-	-	-	-	-	-	-	+	-	-	-	-
51	Pinja	-	-	-	-	-	-	-	-	+	-	-	-
52	Varni	-	-	-	-	-	-	-	-	+	+	-	-
53	Tami	-	-	-	-	-	-	-	-	+	-	-	-
54	Ranjana	-	-	-	-	-	-	-	-	+	-	-	-
55	Kanchana	-	-	-	-	-	-	-	-	+	-	-	-
56	Piti	-	-	-	-	-	-	-	-	-	+	-	-
57	Nishakhya	-	-	-	-	-	-	-	-	-	-	+	-
58	Romashmulika	-	-	-	-	-	-	-	-	-	+	-	-
59	Pishteshtha	-	-	-	-	-	-	-	-	-	+	-	-
60	Vaishya	-	-	-	-	-	-	-	-	-	+	-	-
61	Pindabhadra	-	-	-	-	-	-	-	-	-	+	-	-
62	Pitangi	-	-	-	-	-	-	-	-	-	+	-	-
63	Dirgharanga	-	-	-	-	-	-	-	-	-	+	-	-
64	Krimighna	-	-	-	-	-	-	-	-	-	-	+	-
65	Pitavarna	-	-	-	-	-	-	-	-	-	-	-	+

DISCUSSION

Ayurveda today is recognized worldwide as a system of medicine that provides sound mind in sound body. This traditional system of medicine of India has an unenviable position in the field of providing remedies for the ailments, as it provides satisfactory answers to all the problems the world is facing today. *Haridra* is not only an extremely popular dietary condiment used for food but also an aromatic herb that has been used for thousands of years as a medicinal herb to treat a variety of ailments.^[2] In *Nighantu*, its properties have been mentioned as *Katu*, *Tikta* in *rasa* and *Ushna* in *virya*. It is indicated in *Varnya* (cosmetic), *Tvaka vikara* (skin diseases), *Prameha* (diabetes), *Shotha* (oedema), *Pandu* (anaemia),^[15] *Vrana* (wound), *Visha* (poisoning), *Kandu* (itching), *Kushtha* (skin diseases), *Kantidayaka* (luster), *Samshodhana* (cleansing of the body), *Krimi* (warm infestation), *Pinasa* (chronic rhinitis), *Aruchi* (anorexia) etc.^[9] It is reported to be anti-inflammatory^[21], stomachic^[22], blood

purifier^[23], anthelmintic^[24] and antacid^[25]. It is also known to be antidiabetic^[26], hypocholesterolemic^[27], infertility activity^[28] and chemo-preventive agent^[29].

CONCLUSION

There are several synonyms of *Haridra* given as *Krimighna*, *Mehaghni*, *Vishaghni*, *Varnavati* and *Shopha* etc. These synonyms show their properties and mode of action. In *Saushruta Nighantu* and *Bhavaprakasha Nighantu* it described as '*Kirmighna*' i.e. cure the worm infestation. In *Dhanwantari Nighantu* it described as '*Mehaghani*' i.e. cures diabetes mellitus. In *Ashtanga Nighantu*, *Dhanawantri Nighantu* and *Raja Nighantu* it described as '*Vishaghni*' means it removes toxin from the body. In *Saushruta Nighantu*, *Dhanawantri Nighantu*, *Madanpal Nighantu*, *Raja Nighantu* and *Kaideva Nighantu* it described as '*Varnavati*' i.e. maintain the complexion of the body. In this way *Haridra* (*Curcuma longa* Linn.) has been used in curing different types of ailments. Thus it is very useful to mankind.

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