

Medicinal Uses of Flowers: A Comprehensive Review Based on Nighantus

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ABSTRACT

Ayurvedic medical system is a treasure of medicinal preparations both single or combined formulations and herbal preparations represent majority of them. Flowers are one of the useful parts of plant sources. Hence, purpose of this study was aimed to collect the classical references of commonly available flowers which have been mentioned in Ayurveda Nighantus for its medicinal uses. Results shows that, most of commonly available flowers have clear classical references and they are rich in most of medicinal values which are useful in day-to-day clinical practice. Flowers can be collected easily without causing any harm to the plant and also most flowers are palatable, having pleasant smell and attractive colour. Therefore, it can be concluded that the flowers are one of the useful parts of a plant in treating diseases and 'flowers as medicine' will be a good approach and adds value to the Ayurveda.

Keywords: Pushpayurveda, Floral Therapy, Flowers, Pushpa, Flowers as Medicine, Jain Mahaveer.

INTRODUCTION

Uses of flowers as therapeutics is generally known as Pushpayurveda or Floral Therapy and it can be considered as a special approach of Ayurveda, which was discovered and practiced by Jain Mahaveer in 9th Century. Its vibrant colour, enchanting fragrances and therapeutic properties have been cherished for centuries. Ayurveda, the science of life recognizes that the intricate balance between Sharira, Indriya, Satva and Atma which are essential for optimal wellbeing. Flowers contain essence of Panchamahabhutas and through their gunas and karmas, flowers are flawlessly consolidated into Ayurvedic practices offering a spectrum of therapeutic benefits

for the Sharira and Satva (Mana). Among nature's bountiful offerings, flowers have emerged as precious amalgamation, bestowing their magnificent powers upon those seeking healing, restoration and transformation.

Flowers have religious value while these are using for the purpose of worshipping. In addition to this, people of modern era use the flowers in many ways like, as a fragrance of perfumes, as a vegetable, as a healthy drink, as a colouring agent and as an herbal tea. Herbal hair oils, essential oils for Aromatherapy, face washes, shampoo and hair colourings are examples of most common herbal products (flowers are an ingredient) available in the market. Hence,

this study was conducted to elaborate the medicinal values of flowers which are already given in Ayurveda Nighantus for the awareness of society.

“A Review on Commonly Available Flowers for Their Medicinal Uses” was aimed to compile the classical references of flowers as medicine which have been mentioned in Ayurveda Nighantus. Commonly used Nighantus such as Bhavaprakasha Nighantu, Kaiyadeva Nighantu, Madanapala Nighantu, Raj

Nighantu, Dhanvantari Nighantu, Sodhala Nighantu, Priya Nighantu and Shaligrama Nighantu were referred for this study.

All direct references regarding flowers which have been explained in the above Nighantus and all plants that have been mentioned under the heading of Pushpa Varga in Bhavaprakasha Nighantu were collected and included. Finally, all the collected data were presented in a table with details according to alphabetic order of their botanical families.

Table 01: List of Flowers (Plants) Mentioned in Nighantus

Family Name	No	Botanical Name	Sanskrit Name	Common Name
Acanthaceae	1.	<i>Barleria prionitis</i> L.	Amlatana	Porcupine flower
	2.	<i>Barleria strigosa</i> Willd.	Saireyaka	Bristly blue barleria
	3.	<i>Justicia adhatoda</i> L.	Vasaka	Malabar nut
Anacardiaceae	4.	<i>Mangifera indica</i> L.	Amra	Mango
Apocynaceae	5.	<i>Alstonia scholaris</i> (L.) R. Br.	Saptaparna	Blackboard tree
	6.	<i>Holarrhena antidysenterica</i> Wall.	Kutaja	Indrajao
Araceae	7.	<i>Pistia stratiotes</i> L.	Jalakumbhi	Water Cabbage
Asclepiadaceae	8.	<i>Calotropis gigantea</i> (L.) Dryand.	Alarka	Calotrope tree (White)
	9.	<i>Calotropis procera</i> (Aiton.) W.T. Aiton.	Arka	Calotrope tree (Red)
	10.	<i>Leptadenia reticulata</i> W & A.	Jeevanti	Leptadenia
Asteraceae	11.	<i>Artemisia vulgaris</i> L.	Damanaka	Common Mugwort
Balanitaceae	12.	<i>Balanites aegyptiaca</i> (L.) Delile.	Ingudi	Desert date
Bignoniaceae	13.	<i>Stereospermum chelonoides</i> (L.f.) DC.	Patala	Fragrant padri
Bixaceae	14.	<i>Bixa orellana</i> L.	Sinduri	Achiote Tree
Bombacaceae	15.	<i>Bombax ceiba</i> L.	Shalmali	Cotton tree
Brassicaceae	16.	<i>Raphanus sativus</i> L.	Mulaka	Radish
Burseraceae	17.	<i>Boswellia serrate</i> Roxb.	Shallaki	Indian Olibanum
Caesalpinaceae	18.	<i>Bauhinia purpurea</i> L.	Kovidara	Orchid tree
	19.	<i>Bauhinia variegeta</i> L.	Kancanara	Mountain ebony
	20.	<i>Cassia auriculata</i> L.	Avartaki	Tanner's Cassia
	21.	<i>Cassia fistula</i> L.	Aragvadha	Golden shower tree
	22.	<i>Caesalpinia decapetala</i> L.	Karanjika	Mysore Thorn
	23.	<i>Cassia occidentalis</i> L.	Kasamarda	Negro Coffee
	24.	<i>Saraca indica</i> L.	Ashoka	Asoka tree
	25.	<i>Tamarindus indica</i> L.	Amlika	Tamarind
Capparaceae	26.	<i>Capparis decidua</i> (Forssk.) Edgew.	Karira	Bare caper
	27.	<i>Crataeva nurvala</i> Buch. Ham	Varuna	Three Leaved Caper
Ceratophyllaceae	28.	<i>Ceratophyllum demersum</i> Linn.	Saivala	Soft Hornwort
Clusiaceae	29.	<i>Calophyllum inophyllum</i> L.	Punnaga	Alexandrian laurel
	30.	<i>Mesua ferrea</i> L.	Nagakeshara	Cobra's Saffron
Convolvulaceae	31.	<i>Ipomoea digitata</i> L.	Kshira Vidari	Alligator Yam
Cucurbitaceae	32.	<i>Coccinia grandis</i> L.	Bimbi	Ivy gourd
	33.	<i>Momordica dioica</i> Roxb.	Karkotaki	Spine gourd
Cyperaceae	34.	<i>Scirpus kysoor</i> Roxb.	Kasheruka	Grass weed
Euphorbiaceae	35.	<i>Ricinus communis</i> L.	Eranda	Castor tree
Fabaceae	36.	<i>Butea monosperma</i> (Lam.) Taub.	Palasha	Flame of the forest
	37.	<i>Crotalaria juncea</i> L.	Shana	Brown hemp
	38.	<i>Erythrina indica</i> Lam.	Paribhadra	Indian koral tree
	39.	<i>Pterocarpus marsupium</i> Roxb.	Asana	Malabar kino
	40.	<i>Pterocarpus tinctorius</i> Welw.	Mukula	Mukul tree
	41.	<i>Sesbania grandiflora</i> (L.) Poir.	Agastya	Scarlet wistaria
Iridaceae	42.	<i>Crocus sativus</i> L.	Kunkuma	Saffron crocus
Lamiaceae	43.	<i>Majorana hortensis</i> Moench.	Marubaka	Sweet marjoram
	44.	<i>Ocimum basilicum</i> L.	Barbari	Common basil
	45.	<i>Ocimum sanctum</i> L.	Tulasi	Holy basil

Liliaceae	46.	<i>Aloe barbadensis</i> Mill.	Kumari	Indian Aloe
Loranthaceae	47.	<i>Loranthus longiflorus</i> Desr.	Vanda	Honey suckle
Lythraceae	48.	<i>Woodfordia fruticosa</i> (L.) Kurz.	Dhataki	Fire flame bush
Magnoliaceae	49.	<i>Michelia champaca</i> L.	Campaka	Champak
Malpighiaceae	50.	<i>Hiptage benghalensis</i> (L.) Kurz.	Atimukta	Madhavi lata
Malvaceae	51.	<i>Hibiscus rosa-sinensis</i> L.	Japa	Hibiscus tree
Meliaceae	52.	<i>Azadirachta indica</i> A. Juss.	Nimba	Neem tree
Moraceae	53.	<i>Artocarpus integrifolia</i> (L.) F.	Panasa	Jack Fruit
Moringaceae	54.	<i>Moringa concanensis</i> Nimmo.	Madhu Shigru	Konkan moringa
	55.	<i>Moringa oleifera</i> Lam.	Shigru	Drumstick tree
Musaceae	56.	<i>Musa paradisiaca</i> L.	Kadali	Banana
Myrtaceae	57.	<i>Syzygium aromaticum</i> (L.) Merr. & L.M. Perry.	Lavanga	Clove
Nelumbonaceae	58.	<i>Nelumbo nucifera</i> Gaertn.	Padma	Red lotus
Nymphaeaceae	59.	<i>Nymphaea alba</i> L.	Kumuda	White water lily
	60.	<i>Nymphaea lotus</i> L.	Pundarika	White lotus
	61.	<i>Nymphaea nouchali</i> Burm. f.	Nilotpala	Blue water lily
	62.	<i>Nymphaea rubra</i> L.	Raktotpala	Red water lily
Oleaceae	63.	<i>Jasminum arborescens</i> Roxb.	Nava Mallika	Tree jasmine
	64.	<i>Jasminum auriculatum</i> Vahl.	Yuthika	Indian jasmine
	65.	<i>Jasminum grandiflorum</i> L.	Jati	Spanish jasmine
	66.	<i>Jasminum multiflorum</i> (Burm. f.) Andrews.	Kunda	Star jasmine
	67.	<i>Jasminum sambac</i> (L.) Aiton.	Mallika	Arabian jasmine
	68.	<i>Jasminum sambac</i> (L.) Aiton.	Varshiki	Arabian jasmine
	69.	<i>Osmanthus fragrans</i> Lour.	Brihat bakula	Fragrant olive
	70.	<i>Schrebera swietenoides</i> Roxb.	Mushkaka	Weaver's beam
Palmaceae	71.	<i>Cocos nucifera</i> L.	Narikela	Coconut tree
Pandanaceae	72.	<i>Pandanus odorifer</i> (Forssk.) Kuntze.	Ketaki	Fragrant screw-pine
	73.	<i>Pandanus odorifer</i> (Forssk.) Kuntze.	Suvarna ketaki	Fragrant screw-pine
Piperaceae	74.	<i>Piper chaba</i> Hunter.	Cavya	Balinese pepper
Punicaceae	75.	<i>Punica granatum</i> L.	Dadima	Pomegranate
Rhamnaceae	76.	<i>Ziziphus jujuba</i> Mill.	Badara	Indian jujube
Rosaceae	77.	<i>Rosa centifolia</i> L.	Taruni	Rose
	78.	<i>Rosa moschata</i> Herm.	Kubjaka	Musk rose
Rubiaceae	79.	<i>Anthocephalus cadamba</i> (Roxb.) Miq.	Kadamba	Kadam tree
	80.	<i>Wendlandia exserta</i> DC.	Tilaka	Heyne's wendlandia
Rutaceae	81.	<i>Aegle marmelos</i> (L.) Corr.	Bilva	Bael
	82.	<i>Citrus medica</i> L.	Matulunga	Citron
	83.	<i>Limonia acidissima</i> L.	Kapittha	Wood-apple
Sapotaceae	84.	<i>Madhuca longifolia</i> (Koen.) Macbride.	Madhuuka	Honey tree
	85.	<i>Mimusops elengi</i> L.	Bakula	Spanish cherry
Sterculiaceae	86.	<i>Pterospermum acerifolium</i> Willd.	Mucakunda	Maple Leaved Bayur
	87.	<i>Pentapetes phoenicea</i> L.	Bandhuka	Noon flower
Symplocaceae	88.	<i>Symplocos racemosa</i> Roxb.	Lodhra	Lodh tree
Verbenaceae	89.	<i>Callicarpa macrophylla</i> Vahl.	Priyangu	Perfumed cherry
	90.	<i>Gmelina arborea</i> Roxb.	Gambhari	White teak
	91.	<i>Tectona grandis</i> Linn.	Shaka	Teak tree
	92.	<i>Vitex negundo</i> L.	Nirgundi	Chaste tree

Table 02: Properties, Actions and Indications of Flowers According to Nighantus.

No	Flower Name	Properties with References	Reference
1.	Amlatana	Kashaya, Madhura and Tikta Rasa; Snigdha Guna and Ushna Virya. ¹	BPN 4/50
2.	Saireyaka	Madhura, Tikta and Amla (slightly) Rasa; Snigdha Guna; Ushna Virya; Kapha Shamaka; Kesharanjaka; Kushthaghna, Kandughna, Vishaghna and Vatarakta Nashaka. ¹	BPN 4/53
3.	Vasaka	Kapha-Pitta Shamaka; Vata Vardhaka and Kshayaghna. ²	KDN 1/12
4.	Amra	Shita Virya; Kapha-Pitta Shamaka; Vata Vardhaka; Rakta Shamaka; Grahi; Rucya; Useful in Atisara and Prameha. ³⁻⁵	KDN 1/334 BPN 6/2 SGN p. 409
5.	Kutaja	Tikta and Kashaya Rasa; Shita Virya; Laghu Guna; Vata Vardhaka, Kapha, Pitta and Rakta Shamaka; Dipana; Useful in Kushtha, Atisara and Krimiroga. ⁶ Tikta Rasa; Shita Virya; Vata Vardhaka and Pittaja Atisara Nashaka. ⁷	KDN 1/865 MPN 1/146
6.	Saptaparna	Madakari (Due to its Sugandha Property). ⁸	PYN 1/170

7.	Jalakumbhi	Tikta, Katu and Madhura Rasa; Laghu, Ruksha and Sara Guna; Shita Virya; Tridosha and Rakta Shamaka; Shosha Karaka and Jvaraghna. ⁹	BPN 4/20
8.	Alarka	Laghu Guna; Dipana; Pacana; Vrishya; Useful in Aruci, Praseka, Arshas, Kasa and Shwasa. ¹⁰⁻¹¹	KDN 1/1536 BPN 3/70
9.	Arka	Madhura and Tikta Rasa; Sangrahi; Kapha Shamaka; Useful in Kushtha, Krimiroga, Akhu Visha, Raktapitta, Shopha and Gulma. ¹⁰	KDN 1/1535
		Madhura and Tikta Rasa; Sangrahi; Kapha Shamaka; Useful in Arshas Kushtha, Krimiroga, Akhu Visha, Raktapitta, Shvayathu and Gulma. ¹¹	BPN 3/71
10.	Jeevanti	Kashaya and Madhura Rasa; Laghu Guna; Kapha-Pitta Shamaka; Pathya; Rucya and Vrishya. ¹²	SGN p. 660
11.	Damanaka	Kashaya and Tikta Rasa; Tridosha and Rakta Shamaka; Vrishya; Hridya; Sugandhita; Useful in Grahani, Visha, Kushtha, Kandu and Kleda. ¹³	BPN 4/68
12.	Ingudi	Madhura and Tikta Rasa; Snigdha Guna; Ushna Virya and Vata-Kapha Shamaka. ¹⁴	SGN p. 512
13.	Patala	Kashaya and Madhura Rasa; Shita Virya; Kapha, Pitta and Rakta Shamaka; Hridya; Useful in Atisara and Daha. ¹⁵	KDN 1/38
		Kashaya and Madhura Rasa; Ushna Virya; Kapha, Pitta and Rakta Shamaka; Useful in Atisara and Daha. ¹⁶	MPN 1/49
		Kashaya and Madhura Rasa; Shita Virya; Kapha, Pitta and Rakta Shamaka. ¹⁷	SDN 1/156
14.	Sinduri	Shita Virya; Pitta and Rakta Shamaka; Useful in Visha, Trishna and Chardi. ¹⁸	BPN 4/59
		Shita Virya; Pitta Shamaka; Useful in Visha, Trishna and Krimiroga. ¹⁹	KDN 1/1524
		Kashaya, Tikta and Katu Rasa; Laghu Guna; Shita Virya; Tridosha and Rakta Shamaka; Useful in Vatarakta, Trishna, Visha, Chardi, Shiro Shoola and Bhuta Dosha. ²⁰	SGN p. 519
		Katu, Tikta and Kashaya Rasa; Kapha-Vata Shamaka; Useful in Shiro Shoola and Bhuta Dosha. ²¹	RJN 10/73
		Shita Virya; Kapha, Pitta and Rakta Shamaka; Useful in Trishna and Chardi. ²²	MPN 3/106
15.	Shalmali	Madhura and Kashaya Rasa; Madhura Vipaka; Guru Guna; Shita Virya; Vata Vardhaka; Kapha, Pitta and Rakta Shamaka and Grahi. Flowers Processed with Ghee and Saindhava Lavana is Useful in Raktapradara. ^{23 & 20}	BPN 9/52 SGN p. 518
		Madhura, Kashaya and Tikta Rasa; Madhura Vipaka; Ruksha and Guru Guna; Shita Virya; Vata Vardhaka; Kapha, Pitta and Rakta Shamaka and Grahi. ²⁴	KDN 1/912
		Snigdha Guna; Pitta Shamaka; Grahi and Rasayana. ²⁵	MPN 5/55
		Madhura and Kashaya Rasa; Laghu, Snigdha and Picchila Guna; Shita Virya; Kapha Vardhaka; Vrishya; Balya and Shukrala. ²⁶	RJN 8/11
		Kashaya Rasa and Grahi. ²⁷	DVN 5/118
16.	Shallaki	Kapha-Vata Shamaka; Rakta Shamaka; Useful in Kushtha and Aruci. ²⁸	KDN 1/864
17.	Amlika	Madhura, Kashaya and Amla Rasa; Laghu and Vishada Guna; Kapha-Vata Shamaka; Dipana; Rucya and Pramehaghna. ²⁹⁻³⁰	KDN 1/364 SGN p. 442
18.	Aragvadha	Kashaya, Madhura and Tikta Rasa; Shita Virya and Grahi. ³¹	KDN 1/946
		Tikta Rasa; Vata Vardhaka and Pitta-Kapha Shamaka and Grahi. ³²	MPN 1/127
19.	Ashoka	Kashaya and Tikta Rasa; Shita Virya; Tridosha Shamaka; Grahi; Varnya; Useful in Trishna, Daha, Krimiroga, Visha, Shosha and Rakta Dosha. ¹	BPN 4/48
20.	Avartaki	Pramehaghna and Varnya. ³³	KDN 1/999
21.	Kancanara	Madhura and Kashaya Rasa; Madhura Vipaka; Guru and Ruksha Guna; Shita Virya, Pitta Shamaka; Sangrahi; Rucya; Useful in Kasa, Shwasa, Kshaya and Raktapradara. ³¹	KDN 1/936
		Laghu and Ruksha Guna; Sangrahi; Pitta Shamaka; Useful in Kasa, Kshaya and Raktapradara. ³⁴	BPN 3/104
		Laghu and Ruksha Guna; Shita Virya; Pitta Shamaka; Sangrahi; Useful in Kasa, Kshata and Raktapradara. ³⁵	MPN 1/161
22.	Karanjika	Tikta Rasa; Ushna Virya and Kapha-Vata Shamaka. ³⁶	KDN 1/971
23.	Kasamarda	Urdhva Vata Hara; Useful in Kasa and Shwasa. ³⁷	KDN 1/684
24.	Kovidara	Kashaya Rasa; Shita Virya, Kapha-Pitta Shamaka; Grahi; Useful in Gandamala, Gudabhramsha, Vrana, Kushtha and Krimiroga. ³¹	KDN 1/936
		Laghu and Ruksha Guna; Sangrahi; Pitta Shamaka; Useful in Kasa, Kshaya and Raktapradara. ³⁴	BPN 3/104
		Laghu and Ruksha Guna; Shita Virya; Pitta Shamaka; Sangrahi; Useful in Kasa, Kshata and Raktapradara. ³⁵	MPN 1/161
		Raktapitta and Raktapradara Hara. ³⁸	PYN 1/200
25.	Shana	Useful in Raktapradara. ³⁹	MPN 10/58
26.	Karira	Kashaya Rasa; Vata Vardhaka and Kapha-Pitta Shamaka. ⁴⁰	KDN 1/379
		Katu Rasa; Katu Vipaka; Laghu Guna; Kapha-Vata Shamaka; Rucya; Sadapathya and Mala-Mutra Pravartaka. ⁴¹	SDN 5/507

27.	Varuna	Pitta-Rakta Shamaka and Grahi. ⁴²	KDN 1/850
		Grahi; Pitta Shamaka; Useful in Amavata and Rakta Dosha. ⁴³	SGN p. 525
28.	Saivala	Kashaya, Tikta and Madhura Rasa; Laghu and Snigdha Guna; Shita Virya; Pitta and Rakta Shamaka; Useful in Daha, Trishna and Jvara. ⁹	BPN 4/21
29.	Kshira Vidari	Madhura Rasa; Madhura Vipaka; Guru Guna; Shita Virya; Pitta Shamaka; Vata-Kapha Vardhaka and Vrishya. ⁴⁴	KDN 1/1585
30.	Mulaka	Kapha-Pitta Shamaka. ⁴⁵⁻⁴⁷	KDN 1/674 MPN 7/68 SDN 4/406
31.	Bimbi	Tikta Rasa; Pitta Shamaka and Useful in Kamala. ⁴⁸	KDN 1/585
32.	Karkotaki	Useful in Kilasa and Aruci. ⁴⁹	MPN 7/29
33.	Kasheruka	Pitta Shamaka and Kamala Hara. ⁵⁰	KDN 1/1619
34.	Eranda	Tridosha Shamaka; Mutradosha Hara and Raktapitta Vardhaka. ⁵¹	KDN 1/119
35.	Agastya	Tikta and Kashaya Rasa; Katu Vipaka; Sama Shitoshna in Virya; Vata Vardhaka; Pitta-Kapha Shamaka and Useful in Naktandhya. ³¹	KDN 1/940
		Tikta and Kashaya Rasa; Katu Vipaka; Shita Virya; Tridosha Shamaka; Useful in Caturthaka Jvara, Naktandhya and Pinasa. ⁵²⁻⁵³	SGN p. 393 BPN 4/61
		Kapha-Pitta Shamaka; Useful in Pinasa and Naktandhya. ⁵⁴	MPN 5/70
		Tikta and Kashaya Rasa; Katu Vipaka; Vata Vardhaka; Kapha-Rakta Shamaka; Useful in Kasa, Kshaya and Caturthaka Jvara. ⁴¹	SDN 5/516
36.	Asana	Tikta Rasa; Madhura Vipaka; Pacana and Vata Vardhaka. ⁵⁵⁻⁵⁶	KDN 1/814 SGN p. 504
37.	Mukula	Tikta Rasa; Vata Shamaka and Cakshusya. ⁵⁷	SDN 5/528
38.	Palasha	Madhura and Tikta Rasa; Kapha, Pitta and Rakta Shamaka; Useful in Trishna, Dah and Kushtha. ⁵⁸	KDN 1/834
		Ushna Virya; Useful in Kandru, Kushtha and Arti. ⁵⁹	RJN 10/38
		Katu, Tikta and Kashaya Rasa; Madhura Vipaka; Shita Virya; Vata Vardhaka; Kapha, Pitta and Rakta Shamaka; Grahi; Useful in Trishna, Daha, Vatarakta and Kushtha. ⁶⁰	BPN 5/52
		Shita Virya; Kapha, Pitta and Rakta Shamaka, Grahi and Useful in Mutrakricchra. ⁶¹	MPN 5/40
		Kashaya Rasa and Grahi. ⁶²	PYN 1/156
		Kashaya and Madhura Rasa; Shita Virya and Pitta, Kapha and Rakta Shamaka. ⁵⁷	SDN 5/536
39.	Paribhadra	Useful in Karna Roga and Pittaja Roga. ⁶	KDN 1/899
40.	Nagakeshara	Kashaya Rasa; Laghu, Ruksha and Tikshna Guna; Pitta-Kapha Shamaka; Pacana; Useful in Chardi, Vatarakta, Kandru, Visarpa, Hrillasa, Sweda Daurgandhya, Kushtha, Trishna and Visha. ⁶³	KDN 1/1346
		Tikta Rasa; Laghu Guna; Slightly Ushna Virya; Kapha-Vata Shamaka; Useful in Basti Roga, Kantha Roga and Shiro Roga. ⁶⁴	RJN 6/176
		Kashaya Rasa; Laghu and Ruksha Guna; Ushna Virya; Kapha-Pitta Shamaka; Pacana; Useful in Jvara, Kandru, Trishna, Atisweda, Chardi, Hrillasa, Daurgandhya, Kushtha, Visarpa and Visha. ⁶⁵	BPN 2/71
		Laghu and Ruksha Guna; Ushna Virya; Kapha-Pitta Shamaka; Pacana; Useful in Daurgandhya, Kushtha, Visarpa and Visha. ⁶⁶	MPN 3/30
		Kashaya Rasa; Laghu Guna; Ushna Virya; Vatanubandhita Pitta Shamaka; Useful in Adhoga Raktapitta, Raktarshas, Trishna, Jvara, Twak Dosha and Visha. ⁶⁷	PYN 1/99
		Pitta-Kapha Shamaka; Useful in Visha, Visarpa, Raktarshas, Chardi, Kushtha, Hrillasa, Sweda Daurgandhya and Trishna. ⁶⁸	SDN 2/286
		Tikta Rasa; Laghu Guna; Slightly Ushna Virya; Kapha Shamaka; Useful in Basti Roga, Visha, Vatarakta, Kandru and Shopha. ⁶⁹	DVN 2/49
41.	Punnaga	Kashaya and Madhura Rasa; Shita Virya and Pitta, Kapha and Rakta Shamaka. ⁵⁷	SDN 5/529
		Kashaya and Madhura Rasa; Shita Virya; Pitta, Kapha and Rakta Shamaka. ⁷⁰	KDN 1/1505
		Madhura Rasa; Shita Virya; Pitta, Kapha and Rakta Shamaka. ⁷¹	MPN 3/96
		Vrishya; Virya Vardhaka; Useful in Vataja Shoola. (Properties are same to Lotus). ¹⁴	SGN p. 512
42.	Kunkuma	Katu and Tikta Rasa; Tridosha Shamaka; Varnya; Useful in Vrana, Hikka, Shiro Roga, Chardi and Krimiroga. ⁷²	KDN 1/1302
		Tikta Rasa; Anushna Virya; Tridosha Shamaka; Sugandhakara; Vajikara; Varnya; Useful in Twak Dosha. ⁷³	PYN 3/39
		Katu and Tikta Rasa; Ushna Virya; Kapha-Vata Shamaka; Varnya; Useful in Vrana, Netra Roga, Shiro Roga and Visha. ⁷⁴	DVN 3/11

43.	Barbari	Katu Rasa; Laghu, Ruksha and Tikshna Guna; Shita Virya; Pitta Vardhaka; Kapha, Vata and Rakta Shamaka; Vidahi; Rucya; Hridya; Dipana; Useful in Kandu, Krimiroga and Visha. ¹³	BPN 4/71
		Katu Rasa; Ruksha Guna; Shita Virya; Pitta Vardhaka; Kapha, Vata and Rakta Shamaka; Vidahi; Useful in Dadru, Krimiroga and Visha. ⁷⁵	MPN 3/111
		Katu Rasa; Ushna Virya; Sugandhita; Useful in Vamana and Bhuta-Pishaca Dosha. ⁷⁶	KDN 1/1567
		Katu Rasa; Ushna Virya; Vata-Kapha Shamaka; Dipana and Vishaghna. ⁷⁷	DVN 4/67
44.	Marubaka	Katu and Tikta Rasa; Katu Vipaka; Laghu, Ruksha and Tikshna Guna; Ushna Virya; Pitta Vardhaka; Kapha-Vata Shamaka; Dipana; Hridya; Rucya; Sugandhita; Useful in Vrishcikadi Visha, Kushtha and Krimiroga. ¹³	BPN 4/66
45.	Tulasi	Katu and Tikta Rasa; Ushna Virya; Pitta Vardhaka; Kapha-Vata Shamaka; Daha Kara; Hridya; Deepana; Useful in Parshva Shoola, Mutrakricchra, Rakta Dosha and Kushtha. ¹³	BPN 4/63
46.	Kumari	Guru Guna; Vata-Pitta Shamaka and Krimighna. ⁷⁸	KDN 1/1640
47.	Vanda	Tikta, Kashaya and Madhura Rasa; Sheeta Virya; Kapha, Vata and Rakta Shamaka; Vishaghna; Vrana Hara, Rakshoghna and Mangalyakara. ⁷⁹	BPN 3/261
48.	Dhataki	Kashaya Rasa and Laghu and Ruksha Guna. ⁸⁰	KDN 1/1074
		Shita Virya; Useful in Raktapitta and Atisara. ⁸¹	SDN 3/355
		Kashaya and Katu Rasa; Laghu Guna; Shita Virya; Mridu Karaka; Useful in Trishna, Atisara, Raktapitta, Visha, Krimiroga and Visarpa. ⁸²	BPN 1/187
		Katu and Tikta Rasa; Manda, Ushna and Laghu Guna; Shita Virya; Useful in Trishna, Atisara, Raktapitta, Visha, Krimiroga and Visarpa. ⁸³	MPN 1/214
49.	Campaka	Shita Virya; Useful in Daha and Kushtha. ⁷⁷	PYN 4/63
		Katu, Tikta and Kashaya and Madhura Rasa; Shita Virya; Tridosha and Rakta Shamaka; Useful in Visha, Krimiroga and Mutrakricchra. ⁹	BPN 4/32
		Kashaya and Madhura Rasa; Shita Virya; Pitta, Kapha and Rakta Shamaka. ⁵⁷	SDN 5/529
		Katu and Tikta Rasa; Shita Virya; Useful in Daha, Kushtha, Kandu and Vrana. ⁸⁴	RJN 10/57
50.	Atimukta	Katu, Tikta and Kashaya Rasa; Pitta Shamaka; Having intoxicated odour; Useful in Kasa, Vrana, Daha and Shosha. ⁸⁵	RJN 10/107
		Madhura Rasa; Laghu Guna; Shita Virya and Tridosha Shamaka. ⁹	BPN 4/41
		Madhura and Kashaya Rasa; Shita Virya; Pitta Shamaka; Useful in Chardi, Hikka, Unmada and Shrama. ⁷⁷	PYN 4/64
51.	Japa	Kapha-Vata Shamaka Sangrahi and Keshya. ⁸⁶	BPN 4/58
		Sangrahi; Keshya and Garbha Nirodhaka. ⁸⁷	PYN 1/220
		Ranjana and Stambhana. ⁵⁷	SDN 5/532
		Tikta Rasa; Laghu Guna; Grahi and Keshya Vardhaka. ⁸⁸	SGN p. 391
52.	Nimba	Katu Vipaka; Pitta Shamaka; Vata Vardhaka; Rucya and Krimighna. ⁸⁹	KDN 1/883
		Tikta Rasa; Pitta-Kapha Shamaka and Krimighna. ⁹⁰	SGN p. 240
53.	Panasa	Tikta Rasa, Guru Guna; Useful in Mukha Vishodhana. ⁹¹	KDN 1/463
54.	Madhu Shigru	Useful in Netra Roga and Raktapitta. ^{92 & 12}	BPN 9/50 SGN p. 661
		Kashaya Rasa; Guru Guna; Kapha-Pitta Shamaka; Grahi; Cakshusya and Krimighna. ⁹³	KDN 1/748
		Laghu Guna; Vata Vardhaka; Kapha Shamaka; Sangrahi and Shothaghna. ⁹⁴	MPN 7/73
55.	Shigru	Katu Rasa; Tikshna Guna; Ushna Virya; Kapha-Vata Shamaka; Useful in Snayushotha, Krimi, Hrid Roga, Vidradhi, Pliha and Gulma Roga. ^{53 & 12}	BPN 9/50 SGN p. 661
		Kapha Vardhaka; Pitta Shamaka; Useful in Krimiroga, Netra Roga and Raktapitta. ⁹³	KDN 1/749
56.	Kadali	Tikta and Kashaya Rasa; Ushna Virya; Grahi; Dipana; Useful in Vatarakta, Trishna, Raktapitta, Netra Roga and Prameha. ⁹⁵	KDN 1/286
		Madhura, Tikta and Kashaya Rasa; Guru and Snigdha Guna; Shita Virya (Slightly Ushna Virya); Tridosha Shamaka; Grahi; Deepana; Useful in Raktapitta, Kshaya and Krimiroga. ^{96 & 12}	SGN p. 422 & 661
		Madhura and Kashaya Rasa; Guru and Snigdha Guna; Shita Virya; Vata-Pitta Shamaka; Useful in Raktapitta and Kshaya. ⁵³	BPN 9/49
57.	Lavanga	Katu and Tikta Rasa; Laghu and Ruksha Guna; Shita Virya; Kapha, Pitta and Rakta Shamaka; Hridya; Cakshusya; Pacana; Useful in Shoola, Anaha, Adhmana, Kshata, Trishna, Kasa, Shwasa, Visha and Pinasa. ⁹⁷	KDN 1/123
		Pacana; Useful in Adhmana, Shwasa and Shoola. ⁹⁸	SDN 3/342
		Shita Virya; Pitta Shamaka; Vrishya; Hridya; Cakshusya; Vishaghna; Useful in Shiro Roga. ⁹⁹	DVN 3/39
		Katu and Tikta Rasa, Shita Virya; Kapha-Pitta Shamaka; Dipana; Pacana; Rucya; Swarya; Vatanulomaka; Useful in Jvara, Udarashula, Kasa, Kshaya,	PYN 1/86

		Shwasa, Grahani, Agnimandya and Amlapitta. ¹⁰⁰	
		Laghu Guna; Cakshusya; Hridya; Dipana; Pacana; Useful in Shoola, Anaha, Shwasa, Kasa, Chardi and Kshaya. ¹⁰¹	MPN 3/22
58.	Pundarika	Madhura Rasa; Shita Virya; Kapha-Pitta Shamaka; Varnya; Useful in Trishna, Daha, Visphota, Visha, Rakta Dosha and Visarpa. ¹⁰²⁻¹⁰³	BPN 4/3 MPN 3/79
		Madhura, Tikta and Kashaya Rasa; Shita Virya; Kapha, Pitta and Rakta Shamaka; Varnya; Useful in Trishna, Daha and Visphotha. ¹⁰⁴	KDN 1/1443
59.	Padma	Kashaya and Madhura Rasa; Shita Virya and Pitta-Kapha Shamaka. ¹⁰⁵	SDN 4/453
		Madhura and Kashaya Rasa; Shita Virya; Kapha-Pitta and Rakta Shamaka; Useful in Trishna, Daha, Visha; Visphota and Visarpa. ¹⁰⁶	PYN 3/81
	Kinjalaka (Padmakeshara)	Kashaya Rasa; Shita Virya; Ruksha Guna; Grahi; Varnya; Kapha-Pitta Shamaka; Useful in Trishna, Daha, Raktasrava, Raktarshas, Visha and Shosha. ¹⁰⁴	KDN 1/1457
		Shita Virya; Grahi; Kapha-Pitta Shamaka; Useful in Arshas and Rakta Dosha. ¹⁰⁷	MPN 3/81
		Kashaya Rasa; Shita Virya; Kapha-Pitta Shamaka; Grahi; Vrishya; Useful in Daha, Trishna, Raktarshas, Visha, and Shotha. ¹⁰²	BPN 4/11
		Kashaya Rasa, Madhura and Katu; Ruksha Guna; Shita Virya; Tridosha Shamaka; Vrishya; Grahi; Rucya; Varnya; Garbha Sthairyakara; Useful in Daha, Trishna, Raktarshas, Vrana, Mukha Roga, Kshaya, Shosha, Jvara, Visha and Shotha. ¹⁰⁸	SGN p. 403
	Mrinala	Madhura Rasa; Madhura Vipaka; Shita Virya; Vata-Kapha Vardhaka; Guru and Ruksha Guna; Grahi and Stanya Vardhaka. ¹⁰²	BPN 4/13
		Tikta and Kashaya Rasa; Shita Virya; Pitta and Rakta Shamaka; Useful in Daha, Mutrakricchra and Chardi. ¹⁰⁹	SGN p. 405
60.	Kumuda	Katu, Tikta and Kashaya Rasa; Shita Virya; Kapha-Vata Shamaka; Useful in Mutrakricchra, Ashmari, Shwasa, Kasa and Visha. ¹¹⁰	BPN 4/17
		Madhura Rasa; Shita Virya; Kapha-Pitta Shamaka; Varnya; Useful in Trishna, Daha, Visphota, Visha, Rakta Dosha and Visarpa. ¹¹¹	MPN 3/79
		Tikta Rasa; Madhura Vipaka; Shita Virya; Kapha, Pitta and Rakta Shamaka; Useful in Daha and Shrama. ¹¹²	DVN 4/137
		Madhura Rasa; Picchila and Snigdha Guna; Shita Virya and Ahladakara. ¹⁰⁴	KDN 1/1452
		Madhura and Kashaya Rasa; Shita Virya and Vata-Kapha Vardhaka. ¹⁰⁵	SDN 4/456
		Madhura Rasa; Snigdha Guna; Shita Virya; Ahladakara; Garbhasthapaka; Useful in Raktapitta. ¹⁰⁶	PYN 3/83
		Madhura Rasa; Shita Virya; Pitta and Rakta Shamaka; Useful in Daha, Bhrama, Shrama, Krimiroga and Jvara. ¹¹³	RJN 10/196
61.	Nilotpala	Tikta, Kashaya and Madhura Rasa; Shita Virya; Kapha Shamaka; Varnya; Useful in Raktapitta, Visphota, Daha and Trishna. ¹⁰⁴	KDN 1/1446
		Madhura and Kashaya Rasa; Shita Virya; Kapha-Vata Vardhaka. Same as Kumuda. ¹⁰⁵	SDN 4/456
		Properties are same as Kumuda (Utpala). ¹¹¹	MPN 3/79
		Madhura and Tikta Rasa; Shita Virya; Rakta and Pitta Shamaka and Saukhyakara (Having Similar Properties of Utpala). ¹¹⁴	RJN 10/200
62.	Raktotpala	Properties are same as Kumuda (Utpala). ¹¹¹	MPN 3/79
		Properties are same as Kumuda (Utpala). ¹⁰⁴	KDN 1/1452
63.	Brihat Bakula	Katu and Tikta Rasa; Anushna Virya; Kapha, Pitta and Rakta Shamaka; Useful in Visha, Yoni Shoola, Trishna, Daha, Kushtha and Shotha. ⁹	BPN 4/35
64.	Jati	Tikta and Kashaya Rasa; Laghu Guna; Ushna Virya; Vata Shamaka; Useful in Shiro Roga, Netra Roga, Mukha Roga, Danta Shoola, Kushtha and Visha. ⁹	BPN 4/28
		Laghu Guna; Ushna Virya; Useful in Shiro Roga, Netra Roga, Danta Shoola, Vrana and Rakta Dosha. ¹⁰⁷	MPN 3/85
65.	Kundam	Laghu Guna; Shita Virya; Pitta-Kapha Shamaka; Useful in Shiro Roga and Visha. ⁸⁵	BPN 4/54
		Shita Virya; Pitta Shamaka and Hridya. ⁷⁷	PYN 4/62
66.	Mallika	Tikta and Katu Rasa; Cakshusya; Useful in Mukha Paka, Kushtha, Visphota, Kandu, Visha and Vrana. ¹¹⁵	RJN 10/81
		Laghu Guna; Ushna Virya; Vata Shamaka; Vrishya; Useful in Raktapitta. ¹⁰⁷	MPN 3/76
		Tikta Rasa and Vata Shamaka. ⁵⁷	SDN 5/526
		Katu and Tikta Rasa; Laghu Guna; Vata-Pitta Shamaka; Vrishya; Useful in Netra Roga, Kushtha, Aruci, Visha and Vrana. ⁹	BPN 4/40
		Katu Rasa, Ushna Virya; Useful in Vata-Pittaja Netra Roga and Mukha Roga. ⁷⁷	PYN 4/60
67.	Nava Mallika (Nepali)	Tikta Rasa; Laghu Guna; Shita Virya; Tridosha and Rakta Shamaka. ⁹	BPN 4/24
		Tikta Rasa; Ushna Virya; Vata-Pitta Shamaka; Useful in Ruja and Netra Roga. ¹¹⁶	DVN 5/130

68.	Varshiki	Tikta Rasa; Laghu Guna; Shita Virya; Tridosha Shamaka; Useful in Karna, Netra and Mukha Roga. ⁹	BPN 4/26
69.	Yuthika	Madhura, Tikta, Katu and Kashaya Rasa; Katu Vipaka; Laghu Guna; Shita Virya; Pitta Shamaka; Kapha-Vata Vardhaka; Useful in Vrana, Rakta Dushti, Mukha-Danta-Netra-Shiro Rogas and Visha. ⁹	BPN 4/30
		Madhura Rasa; Shita Virya; Pitta Shamaka; Mutrala and Jvaraghna. ⁷⁷	PYN 4/61
		Madhura Rasa; Shita Virya; Pitta Shamaka; Useful in Mutra Sharkara, Daha, Trishna, Arti and Kushtha. ¹¹⁷	RJN 10/95
70.	Mushkaka	Madhura Rasa; Sugandhakara; Useful in Mutra Sharkara. ¹¹⁶	DVN 5/136
		Kapha-Pitta Shamaka and Useful in Kushtha. ⁸⁹	KDN 1/876
71.	Narikela	Kapha-Pitta Shamaka. ¹¹⁸	SGN p. 527
		Shita Virya; Mala Vibandha; Useful in Raktapitta, Raktatisara, Somaroga and Prameha. ¹¹⁹⁻¹²⁰	KDN 1/276 SGN p. 427
	Narikela Pushpa Jala	Amla Rasa; Guru and Snigdha Guna; Vata Shamaka; Kapha-Pitta Vardhaka; Vrishya; Madakaraka and Krimighna. ¹²⁰	SGN p. 427
72.	Ketaki	Katu Rasa; Shita Virya; Pitta-Kapha Shamaka; Varnya; Kesha Daurgandhya Nashaka; Rasayana; Balya and Deha Dadyakara. ²¹	RJN 10/71
		Katu, Tikta and Madhura Rasa; Laghu Guna and Kapha Shamaka. ⁹	BPN 4/43
		Katu and Tikta Rasa; Ushna Virya; Kapha Shamaka and Cakshusya. ⁷⁷	PYN 4/65
		Tikta Rasa; Shita Virya; Pitta Shamaka; Useful in Raktatisara. ⁵⁷	SDN 5/530
		Katu, Tikta and Madhura Rasa; Laghu Guna; Kapha Shamaka; Sukhakara and Kamoddipaka. ¹²¹	SGN p. 382
73.	Swarna Ketaki	Tikta Rasa; Ushna Virya and Cakshusya. ^{9 & 121}	BPN 4/43 SGN p. 382
		Katu Rasa; Shita Virya; Pitta-Kapha Shamaka; Rasayana; Balya; Deha Dadyakara; Madanonmada Vardhaka and Saukhyakara. ²¹	RJN 10/71
		Tikta Rasa; Anushna Virya; Sugandhakara and Drishti Vardhaka. ¹²²	KDN 1/1485
74.	Cavya	Useful in Gulma, Krimiroga, Shoola and Gara Visha. ¹²³	KDN 1/1175
		Useful in Gara Visha, Shwasa, Kasa and Kshaya. ¹²⁴	MPN 2/19
75.	Dadima	Useful in Nasasrik. ^{67 & 125}	SDN 2/295 SGN p. 419
		Kashaya Rasa and Grahi. ¹²⁶	PYN 1/237
76.	Badara	Kapha-Pitta Shamaka and Kushthagha. ²⁹	KDN 1/356
77.	Kubjaka	Madhura Rasa and Kashaya Anurasa; Sara Guna; Tridosha Shamaka; Shita Prashamana; Vrishya and Having Madhura Gandha. ^{9 & 122}	BPN 4/38 KDN 1/1482
		Shita Virya; Vata-Pitta Shamaka; Varnya and Daha Shamaka. ¹¹⁷	RJN 10/102
		Laghu Guna; Shita Virya; Tridosha and Rakta Shamaka; Hridya; Grahi; Shukrala and Varnya. ¹²⁷	MPN 3/89
78.	Taruni	Katu and Tikta Rasa; Laghu Guna; Shita Virya; Tridosha and Rakta Shamaka; Hridya; Grahi; Shukrala; Varnya and Pacana. ⁹	BPN 4/23
		Laghu Guna; Shita Virya; Tridosha and Rakta Shamaka; Hridya; Grahi; Shukrala and Varnya. ¹²⁷	MPN 3/89
		Katu and Tikta Rasa; Laghu Guna; Shita Virya; Tridosha Shamaka; Shukrala, Grahi; Dipana; Hridya and Varnya. ¹²²	KDN 1/1480
		Shita Virya; Pitta Shamaka; Varnya; Useful in Daha. ⁵⁷	SDN 5/527
		Shita Virya; Kapha-Pitta Shamaka; Grahi and Dipana. ¹¹⁵	DVN 5/133
		Madhura and Tikta Rasa; Shita Virya; Hridya; Ahladakara; Santapa Nashaka and Vatanulomaka. ⁷⁷	PYN 4/59
79.	Kadamba	Madhura, Kashaya and Lavana Rasa; Guru, Sara and Ruksha Guna; Shita Virya, Vata Vishtamba Kara; Kapha-Vata Vardhaka and Stanya Vardhaka. ⁹	BPN 4/36
		Tikta and Kashaya Rasa; Ruksha Guna; Shita Virya; Kapha-Pitta Shamaka; Useful in Daha, Shotha, Shoola, Visha and Vrana. ¹²⁸	PYN 4/74
80.	Tilaka	Katu Rasa; Katu Vipaka; Ushna Virya; Kapha Shamaka; Rasayana; Useful in Kushtha, Krimiroga, Basti-Mukha-Danta Roga. ^{70 & 84}	KDN 1/1508 BPN 4/56
		Kashaya Rasa; Ushna Virya; Punstva Shakti Nashaka and Useful in Danta Roga. ¹²⁹	DVN 5/145
		Madhura Rasa; Snigdha and Laghu Guna; Tridosha Shamaka; Balya; Pushti Vardhaka; Hridya and Medo Vivardhaka. ¹³⁰	RJN 10/44
		Ushna Virya; Kapha Shamaka; Rasayana and Kushthagha. ¹³¹	MPN 3/102
		Katu and Kashaya Rasa; Ushna Virya; Kapha Shamaka; Cakshusya; Punstva Shakti Nashaka; Useful in Danta Roga, Asya (Mukha) Roga; Krimiroga and Kushtha. ¹²⁸	PYN 4/77
81.	Bilva	Useful in Atisara, Trishna and Chardi. ³	KDN 1/23
82.	Kapittha	Useful in Mushika Visha. ¹³²	KDN 1/418
		Vishaghna. ¹³³	SGN p. 464

83.	Matulunga	Shita Virya; Vata Shamaka; Grahi and Raktapitta Shamaka. ¹³⁴	KDN 1/261
		Laghu Guna; Vata Vardhaka; Grahi and Raktapitta Shamaka. ¹³⁵	MPN 6/78
		Useful in Gulma. ¹³⁶	DVN 5/24
		Laghu Guna; Shita Virya; Vata Shamaka; Grahi; Dipana and Raktapitta Shamaka. ¹³⁷	SGN p. 436
84.	Bakula	Kashaya and Katu Rasa; Katu Vipaka; Guru Guna; Anushna Virya; Kapha-Pitta Shamaka; Useful in Visha, Shwitra, Krimi and Danta Roga. ⁹	BPN 4/33
		Kashaya and Madhura Rasa; Snigdha Guna; Shita Virya; Rucya; Mala Sangrahi; Stanya Vardhaka and Having Madhura Gandha. ^{21 & 138}	RJN 10/66 SGN p. 374
		Kashaya and Madhura Rasa; Shita Virya; Pitta, Kapha and Rakta Shamaka. ⁵⁷	SDN 5/534
85.	Madhuka	Madhura Rasa; Guru Guna; Shita Virya; Vata-Pitta Shamaka; Brimhana; Balya and Shukrala. ¹³⁹	BPN 6/96
		Madhura Rasa; Guru, Snigdha, Tikshna, Vikashi and Ushna Guna; Shita Virya; Ahridya and Brimhana. ⁹⁰	KDN 1/458
		Madhura Rasa; Guru Guna; Shita Virya; Balya and Brimhana. ¹⁴⁰	MPN 6/47
		Guru Guna; Shita Virya; Ahridya and Brimhana. ¹⁴¹	SDN 5/481
		Fresh flowers having Madhura Rasa; Guru Guna; Shita Virya; Vata-Pitta Shamaka; Brimhana; Shukrala and Balya. ¹⁴²	PYN 1/224
		Dry flowers having Ushna Virya; Vata Shamaka; Vrishya; Balya & Hridya. ¹⁴²	PYN 1/224
86.	Bandhuka	Laghu Guna; Kapha Vardhaka; Vata-Pitta Shamaka and Grahi. ^{85 & 131}	BPN 4/57 MPN 3/104
		Useful in Jvara and Graha-Pishaca Roga. ¹⁴³	RJN 10/117
		Kapha Vardhaka and Grahi. ⁵⁷	SDN 5/531
87.	Mucakunda	Pitta and Rakta Shamaka; Useful in Shiro Roga and Visha. ⁸⁵	BPN 4/55
		Useful in Shiro Shoola. ⁸⁶	PYN 1/219
88.	Lodhra	Madhura, Tikta and Kashaya Rasa; Katu Vipaka; Shita Virya; Kapha-Pitta Shamaka and Sangrahi. ¹⁴⁴	KDN 1/1127
		Madhura and Tikta Rasa; Kapha-Pitta Shamaka and Grahi. ¹⁴⁵	MPN 1/254
89.	Gambhari	Kashaya, Madhura and Tikta Rasa; Madhura Vipaka; Shita Virya; Vata Vardhaka; Pitta and Rakta Shamaka; Sangrahi; Useful in Asrigdara. ¹⁵	KDN 1/31
		Vata Vardhaka; Pitta and Rakta Shamaka; Grahi; Useful in Raktapradara. ¹⁴⁶	MPN 1/51
90.	Nirgundi	Katu and Tikta Rasa; Ushna Virya; Vata-Kapha Shamaka; Useful in Krimi, Gulma, Pliha, Shopha, Kushtha, Kandu and Aruci. ¹⁴⁷	KDN 1/130
91.	Priyangu	Tikta Rasa; Shita Virya; Rakta Prasadaka; Useful in Daha, Moha, Jvara and Chardi. ⁷⁴	DVN 3/16
		Tikta and Kashaya Rasa; Shita Virya; Vata-Pitta Shamaka; Useful in Raktatisara, Daurgandhya, Sweda, Daha, Jvara, Gulma, Trishna, Visha, Moha, Chardi, Bhranti and Vaktrajadhya. ¹⁴⁸	BPN 2/03
		Tikta and Kashaya Rasa; Shita Virya; Vata-Pitta Shamaka; Useful in Raktatisrava, Daurgandhya, Sweda, Daha, Jvara, Gulma, Trishna, Visha and Moha. ¹⁴⁹	KDN 1/1355
		Shita Virya; Pitta and Rakta Shamaka; Sukhakara; Varnya; Useful in Chardi, Daha, Jvara and Daurgandhya. ¹⁵⁰	MPN 3/41
		Tikta Rasa; Shita Virya; Pitta and Rakta Shamaka; Useful in Daha, Jvara, Chardi, Bhranti and Vaktrajadhya. ¹⁵¹	RJN 12/86
		Useful in Mukha Daurgandhya, Jvara and Raktapitta. ¹⁵²	SDN 3/331
92.	Shaka	Kashaya and Tikta Rasa; Ruksha, Laghu and Vishada Guna; Vata Vardhaka; Kapha-Pitta Shamaka and Pramehaghna. ⁵⁵	KDN 1/807

BN – Botanical Name; CN – Common Name; SN – Sanskrit Name; BPN – Bhavaprakasha Nighantu; DVN – Dhanvantari Nighantu; KDN – Kaiyadeva Nighantu; MPN – Madanapala Nighantu; PYN – Priya Nighantu; RJN – Raj Nighantu; SDN – Sodhala Nighantu; SGN – Shaligrama Nighantu.

DISCUSSION

Pushpayurveda is not a special branch of Ayurveda, but there are more classical references in Ayurveda Nighantus regarding the medicinal properties and uses of flowers as medicine. According to the history of Traditional Medical System of India, Jain Mahaveer has been discovered the approach of Pushpayurveda in 9th Century and after that it was famous all over the world.

In this study, 92 flowers (plants) with their botanical identifications were found out. Nighantu wise explanations of all flowers were cited in the above table without giving any clarifications for controversies. According to their properties and actions, flowers can use to treat vast area of diseases and also most common diseases which are present in current era.

Different Nighantus have been given contradictory properties for same flowers. Kaiyadeva Nighantu have mentioned Sama Shitoshna Virya for Agastya Pushpa while it is Shita Virya in Bhavaprakasha and Shaligrama Nighantus. Bhavaprakasha and Shaligrama Nighantus have explained Agastya Pushpa is Tridosha Shamaka. But, according to Kaiyadeva and Sodhala Nighantus Agastya Pushpa having Vata Vardhaka action. According to Bhavaprakasha, Kaiyadeva and Shaligrama Nighantus, Shalmali Pushpa is Kapha Shamaka while Raj Nighantu have mentioned it as Kapha Vardhaka. Palasha Pushpa is Ushna Virya according to Raj Nighantu. But, Bhavaprakasha, Madanapala and Sodhala Nighantus have explained it as Shita Virya. Regarding Madhu Shigru Pushpa, Bhavaprakasha and Shaligrama Nighantus have mentioned it is Kapha Shamaka while Kapha Vardhaka in Kaiyadeva Nighantu. Kumuda is Kapha Vardhaka in Sodhala Nighantu, but Bhavaprakasha, Madanapala and Dhanvantari Nighantus have accepted as Kapha Shamaka. Ketaki Pushpa having Shita Virya according to Raj and Sodhala Nighantus. But, it is Ushna Virya in Priya Nighantu. Flowers of Swarna Ketaki are Ushna Virya in Bhavaprakasha and Shaligrama Nighantus. In Raj and Kaiyadeva Nighantus have mentioned it as Shita and Anushna in Virya respectively. Bakula Pushpa has been accepted as Shita Virya in Raja, Sodhala and Shaligrama Nighantus while it is Anushna Virya in Bhavaprakasha Nighantu.

And, different species of same plant were identified with different medicinal values. Malati, Kundam, Mallika, Nepali, Varshiki and Yuthika are the different species of Jasmin plant and they are indicated in various kind of diseases. In the same way, different species of Kamala and Utpala representing different properties and indications. Arka and Alarka have different properties and indications while they belong to same genus (plant). Amlatana and Saireyaka are two species of same plant, but

they offer different properties and indications. Tulasi and Barbari belonging to same genus but, compromise in different medicinal values.

And also, different parts of same flower were identified with different properties and indication. Kinjalaka and Mrinala are the different parts of varieties of Kamala and they having different properties and indications. Narikela Pushpa and Narikela Pushpa Jala having different properties and indications. In the same way, different stages of same flower such as fresh flowers and dry flowers are indicating different properties and indications. Fresh and dry flowers of Madhuka having different properties and indications.

Further, Ketaki and Swarna Ketaki have same botanical identification, but they have different properties and indications.

Furthermore, Kubjaka Pushpa have accepted as Shita Prashamana in both Bhavaprakasha and Kaiyadeva Nighantus. But, in practically it is prescribing for the purpose of Shita Karaka.

Moreover, Botanical identifications of Nagakeshara and Kunkuma, different species of Kamala and Utpala were not clearly identified because of different opinions of different Nighantu Acaryas. While going through all the Nighantus and botanical sources, identifications of the respective plants were clarified as above.

Finally, in addition to the medicinal values, flowers of Dhataki and Madhuka having fermentation property which are useful in the preparation of Asawa and Arishtas.

CONCLUSION

Most of commonly available flowers have been botanically identified and have been explored in Ayurveda Nighantus with their specific properties, actions and indications. Hence, can be concluded that flowers are one of the useful parts of a plant in treating diseases and 'flowers as medicine' will be a good approach and adds value to the Ayurveda.

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