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RESEARCH ARTICLE

NYAGRODHA:AN INSIGHT TOWARDS AYURVEDIC PHARMACOLOGY.

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Abstract

Nyagrodha (Ficus bengalensis Linn) also called Vata in Ayurveda is an important ingredient of many Ayurvedic formulations. It belongs to the category of Pancha ksheerivrksha in Ayurveda. Nyagrodha possesses many useful parts which have medicinal value such as stem bark, aerial roots, leaves, latex etc. The stem bark of Nyagrodha, which is one among Panchavalkala, is also having a wide range of uses in Ayurveda. Panchavalkala is the group of stem bark of five medicinal species in the Ayurvedic system of medicine, which is an ingredient of many formulations. As per reference of Sharangadhara Samhitha, if drug Nyagrodha is mentioned, the stem bark should be used. Being stem bark as the most useful part, each part of Nyagrodha possesses different medicinal properties in Ayurvedic classics. Nyagrodha is an ingredient of many Ayurvedic formulations such as Panchavalkala kasaya, Chandanasavam, Useerasava, Arimedadi taila, Nalpamaradi kera etc. On analysing the treatise, it is found that the drug is generally kapha-pitha-rakthahara in nature and is mainly indicated in rakthapitha, vrana etc, but its properties vary as per the parts used. Many properties of Nyagrodha are not widely explored yet, thus here is an attempt to describe various parts of Nyagrodha in detail owing to its therapeutic properties.

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Introduction:-

Nyagrodha (Ficus bengalensis Linn) is a sacred medicinal plant since Vedic times. The drug is having many Vedic references but its medicinal uses are well explored in later Samhithas and Nighantus. In Samhithas and Nighantus, elaborate descriptions of medicinal uses of Nyagrodha are available. Other than being an ingredient of various formulations, many single drug remedies with various parts of Nyagrodha are available in Ayurvedic literature. This can be traced by detailed understanding of references in Ayurvedic literature as follows.

Nirukthi (Etymology):

The word Nyagrodha is derived from root 'rudh aavarane' which means that which causes obstruction on the way by sending aerial roots down.

न्यग्रोधः-“न्यक् रुणद्धि इति”¹

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It is also called Vata, which has derivation from the root 'vata veshtane'. It implies that which winds around using support.

वटः-“वटति वेष्टते आवृणोतीति”²

Classification of Nyagrodha

Table No1.1:-Classification of Nyagrodha according to Samhita / Samgraha

Sl no:	Text	Varga / Gana
1	Charaka Samhita	Muthrasangraheeya ³
2	Susrutha Samhita	Nyagrodadi gana ⁴
3	Ashtanga Hridaya	Nyagrodadi gana ⁵ Pittagna gana

Table No1.2:-Classification of Nyagrodha according to Nighantus

Sl no:	Nighantu	Varga/Gana
1	Ashtanga Nighantu	Nyagrodhadi gana ⁷ Pittagna gana
2	Dhanvantari nighantu	Amradi varga ⁸
3	Sodhala nighantu	Amradi varga ⁹
4	Madanapala nighantu	Vatadi varga ¹⁰ Panchavalkalam
5	Raja nighantu	Amradi varga ¹¹
6	Kaiyadeva nighantu	Oushadi varga ¹² Panchavalkalam
7	Bhavaprakasa nighantu	Vatadi varga ¹³ Pancha ksheerivrksha ¹³ Panchavalkala ¹³
8	Saligrama nighantu	Vatadi varga ¹⁵
9	Priya nighantu	Harithakyadi varga ¹⁶
10	Nighantu adarsha	Vatadi varga ¹⁵

Rasapanchaka and Doshakarma of Nyagrodha

Most of nighantus mention rasa of Nyagrodha as kashaya but in raja nighantu additional madura rasa is mentioned along with kashaya rasa. In case of guna, seetha, ruksha, guru are frequently mentioned. Veerya is mentioned as seetha in all nighantus and A.P.I .Vipaka is mentioned as katu in A.P.I. Regarding the doshakarma, Nyagrodha is mentioned as kapha-pithahara by most nighantus.

Nighantu	Rasa	Guna	Veerya	Vipaka	Doshakarma
D.N	Kashaya	Seetha Ruksha	Seetha		Raktha- Pithahara
MPN		Guru Seetha	Seetha		Kapha- pithahara
RN	Kashaya, Madura	Seetha	Seetha		Kapha- pithahara
KN	Kashaya	Guru Ruksha Seetha	Seetha		Kapha- pithahara
BPN	Kashaya	Seetha Guru	Seetha		Kapha- pithahara
A.O.N ¹⁹	Kashaya	Guru	Seetha		
A.P.I ²⁰	Kashaya	Guru	Seetha	Katu	

		Ruksha			
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Table No 1.3:-Rasa, Guna, Virya, Vipaka, and Doshakarma of Nyagrodha twak**Karmukta of Nyagrodha**

On analyzing the karma of Nyagrodha, the dug posses grahi, sthambhana, varnya and rookshana properties.

Table No 1.4:-Karmukta of Nyagrodha according to various classics

Karmukta	D.N	So.N	M.P.N	R.N	K.N	B.P.N
Grahi			+		+	+
Varnya					+	+
Sthambhana	+					
Rookshanathmaka	+					

Therapeutic indications of Nyagrodha (rogaghnata)

The knowledge of rasapanchaka of a drug is vital in utilizing it in treatment for rogas. Rasapanchaka of the drug ascertain its specific usage in rogas depending upon the srothas and samsthana involved. On analyzing the rogas, it can be inferred that the Nyagrodha is mostly indicated in kapha-pitha disorders like daha, trshna, moha etc.

Table No 1.5:-Therapeutic indications of Nyagrodha

	D.N	M.P.N	R.N	K.N	B.P.N
Chardi	+				
Daha			+		+
Jwara			+		
Moha			+		
Moorcha	+				
Raktapitha	+				
Sopha			+		
Trshna	+		+		
Visarpa				+	+
Vrana		+	+	+	+
Yonidosha				+	+

Properties of different parts of Nyagrodha

Different parts of Nyagrodha possess different rasapanchaka and karmas. These properties were not described in the samhita period but later in the nighantu kala; various nighantus have mentioned individually properties of different parts of Nyagrodha.

Properties of Nyagrodha Patra:

Properties of ksheerivrksha patra which includes nyagrodhapatra is explained in madanapala nighantu, kaiyadeva nighantu and bhavaprakasa nighantu as follows.

Table No 1. 6:-Properties of Nyagrodha patra

	M.P.N ¹⁷	K.N ¹⁸	B.P.N ¹⁹
Rasa		Madura, Tiktha, Kasaya	Kasaya
Guna	Laghu	Laghu	Laghu
Veerya	Seetha	Seetha	Seetha
Doshakarma	Kaphavatasranuth	Tridosahara	Kaphavatasranuth
Karmukatha	Samgrahi	Lekhana	Lekhana

Properties of Nyagrodhapallava¹⁸:

Properties of ksheerivrkshapallava which includes nyagrodhapallava is explained in kaiyadeva nighantu as kashaya rasa, seethaguna, sthambhaka and is beneficial in pithathisara.

Properties of Nyagrodha Phala:

Properties of ksheerivrksha phala which includes nyagrodha phala is explained in sodhala nighantu, kaiyadeva nighantu, madanapala nighantu as follows.

Table No 1.7:-Properties of Nyagrodhaphala

	So.N ¹¹	K.N ¹⁸	M.P.N ¹⁷
Rasa	Kashaya, Madura, Amla	Kashaya, Madura, Amla	
Guna	Guru, Rooksha	Guru	
Veerya	Seetha		
Doshakarma	Kaphapithahara Vatakopana	Vatakrth, Pithajith	Raktha-Pitha-Kaphahara
Karmukatha	Sthambana, Lekhana		Vishtambhi, Samgrahi

Properties of Nyagrodha ksheeram¹⁸:

In kaiyadeva nighantu, ksheera of ksheerivrksha is attributed with qualities such as ushna, guru, snigdha, kaphavatahara, pithakrth and is beneficial in vatagulma, hrllasa, aruchi, sophia etc.

Properties of Nyagrodha jata²⁰:

In API ,properties of aerial roots of Nyagrodha is explained.

Table No 1.8:-Properties of Nyagrodha jata

	API
Rasa	Madura, Kashaya
Guna	Guru, Ruksha
Veerya	Seetha
Vipaka	Madura
Doshahara	Kapha-Pithahara
Karmas	Grahi, Sthambhaka, Varnya, Bhagnasandhanakara, Ropana, Kesya
Therapeutic indications	Daha, Visarpa, Rakthapitha, Trshna, Yoniroga, Medoroga, Bhagandara

Properties of Panchavalkala:

In bhavaprakasa nighantu and madanapala nighantu, panchavalkala includes stem bark of nyagrodha, udumbara, aswadha, parisha and plaksha. The properties of panchavalkala mentioned are same such as hima, grahi, vranasopha visarpajith.

Properties of Panchaksheerivrksha:

In bhavaprakasa nighantu and madanapalanighantu, the tree comes under panchavalkala dravya is again grouped under panchaksheerivrksha ie., trees having milky latex. The properties of ksheerivrksha enlisted in madanapalanighantu are hima ,kaphapithahara ,yonidoshavranapaha, sthanya ,bhagnasthiyogada. In bhavaprakasa nighantu, ksheerivrksha is attributed with properties such as kashaya rasa, hima, ruksha, medoghna and is beneficial in visarpa, yoniroga, vrana etc.

Ksheerivrksha²¹:

Rasa tharangani grouped ksheera of arka, vata and snuhi together as ksheerathrayam and the milky latex are used in the process of marana.

Formulations of Nyagrodha**Table No 1.9:-Formulations of Nyagrodha**

Formulations	Roga	References
Choorna		
Nalpamaradi choorna	Pipasa	Sahasrayoga
Kashayam		

Nyagrodhadi kasaya	Yoniropa	Sha.Sa.Madyamakhandā
Panchavalkala kasaya	Vrana	Sha. Sa. Madyamakhandā
Amradiphanta kasaya	Jwara etc	Sha. Sa. Madyamakhandā
Pudapaka		
Tithiri pudapaka	Athisara	Sha. Sa. Madyamakhandā
Asava		
Usirasava	Rakthapitha, Pandu etc	Sahasrayoga
Chandanasava	Suklameha	Sahasrayoga
Saribadyasava	Prameha, Prameha pidaka, Upadamsa	Sahasrayoga
Snehayogas		
Arimedadi taila	Mukharoga	Sahasrayoga
Nalpamaradi kera	Visarpa, Kushta etc	Sahasrayoga
Kachoradi choorna	Kushta	Sahasrayoga
Kumkumadi taila	Vyanga	Ashtanga hridaya (Kshudraroga chikitsa)
Gudikas		
Mukkadipurampada	Netraroga	Sahasrayoga
Amalakyadi gudika	Trshna	Sha. Sa. Madyamakhandā

Conclusion:-

Thus it is understood that the drug Nyagrodha is having wide range of therapeutic potential, due to its multiple useful parts, such as stem bark, latex, leaf bud, leaves etc as per descriptions available so far.

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