

1 A Comprehensive Review of *Patola* (*Trichosanthes dioica*) in *Nighantus*.

2

3 Abstract

4 **Background:** In *Ayurveda*, there are lots of references of *Patola* available in the *Charaka*
5 *Samhita*, *Sushruta Samhita* and *Astanga Hridaya*. It is widely referenced in various
6 *Nighantus*. It is called as *Trichosanthes dioica*, a genus of family Cucurbitaceae, annual or
7 perennial herbaceous climber commonly known as Pointed gourd, it is found wild in the
8 plains of Northern India from Punjab to Assam; it is extensively cultivated all over the
9 warmer regions of India, particularly in Uttar Pradesh, Bihar, West Bengal and Assam.

10 **Aim:** This review compiles the synonyms, varieties, *Rasa Panchaka* and *Karma* of *Patola*
11 as mentioned in different *Nighantus*, with proper references. **Materials and Methods:**
12 The drug has been mentioned in *Charaka Samhita*, *Sushruta Samhita* and *Astanga*
13 *Hridaya* and in various *Nighantus*. **Results and Conclusion:** Different types of synonyms
14 mainly *Kulaka*, *Panduk*, *Karkaschachad*, *Bijgarbha* and *Kasbhanjana*, *Rasa Panchaka:*
15 *Tikta Rasa* mainly, with *Laghu* and *Snigdha Guna*, *Ushna Virya*, and *Katu Vipaka* and
16 *Karma* of *Patola*: *Yakrit Shodhana*, *Deepana*, *Kandu Hara*, *kushthaghna*,
17 *Jwaraghna*, *Pitta-Kapha Shaman* these all can be studied together with proper
18 differentiation, as mentioned in different *Nighantus*.

19 **Keywords:** *Ayurveda*, *Trichosanthes dioica*, Cucurbitaceae, *Nighantus*, synonyms,
20 varieties, *Rasa Panchaka*, *Karma*

21 Introduction

22 *Patola* has been mentioned in various *Ayurvedic* texts, the drug has been mentioned as
23 *Shamana*, *Shodhana* as well as *Swastha Hitakaradravya*. It is used as *Samanadravya* in
24 *Jvara*¹, *Raktapitta*², *Gulma*³, *Prameha*⁴, *Kustha*⁵, *Shwayathu*⁶, *Udara roga*⁷, *Grahni*⁸,
25 *Pandu*⁹, *Visarpa*¹⁰, *Vrana*¹¹, etc. Mostly it is used in *Jvara* and *Kustha*. Formulation of
26 *Patola* is considered as best for *Udara roga* and for *Vrana shodhana* as well as
27 *Vranaropana*. It is also mentioned as a *Pathya Ahara* in various diseases. It is mentioned
28 as a *Hitakara Ahara* in the 21st chapter of *Sutra Sthana* (Ch.Su. 21/4). *Patola* and *Patoli* are
29 the two synonyms which are mentioned in *Sushruta Samhita*. It is described under
30 *Patoladi* and *Aragvadhagana* in the 38th chapter of *Sutrasthana*¹². In the 46th chapter it
31 is placed under *Tikta Shaka Varga*¹³. *Sushruta* has mentioned *Rasa*, *Guna*, *Veepaka* and
32 *Doshaghna* of *Patola* in the same chapter. In *Astanga Hridaya*¹⁴ using various synonyms
33 *Patola* has been mentioned. The major *Nighantus* of this period are *Dhanwantari*
34 *Nighantu*, *Bhavaprakasha Nighantu*, *Madanapal Nighantu*, *Kaiyadeva Nighantu*, *Raj*
35 *Nighantu* etc in which different synonyms, types, *Rasa*, *Guna*, *Veerya*, *Vipaka*, *Karma* as
36 well as the elaborate description of the *Patola* are mentioned.

37 *Trichosanthes dioica* is a dioecious climber with perennial root stock; the propagation
 38 usually is done by root or stem cuttings rather than the seed because of poor germination
 39 and late flowering¹⁵, stems slender, angled, hispid. Tendrils usually forked. Leaves 7.5 x
 40 5 cm, ovate-oblong or cordate, acute, sinuate-dentate, rough on both surfaces. Flowers
 41 dioecious, white; male peduncles paired, both one flowered; female solitary. Fruits 5-10
 42 cm, oblong, globose, smooth, striped, orange-red when ripe. Seeds globose.¹⁶

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45 **Figure 1:** Flower of *Trichosanthes dioica* **Figure 2:** *Trichosanthes dioica* whole plant



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47 **Figure 3:** Fruits of *Trichosanthes dioica* **Figure 4:** *Trichosanthes dioica* Climber

48 **Patola mentioned in different Vargas (groups) of various Nighantus: -**

49 In *Dhanwantari Nighantu*¹⁷ it is mentioned in *Guduchyadivarga* containing all bitter and
 50 evacuative drugs. In *Shodhala Nighantu*¹⁸ it is *Guduchyadivarga* containing all bitter drugs.
 51 In *Madanapal Nighantu*¹⁹ it is mentioned in *Shaka varga*, containing vines, herbaceous
 52 and green leafy vegetables. In *Kaiyadeva Nighantu*²⁰ *Patola* is mentioned in
 53 *Aushadhivarga*, this *varga* having all the medicinal plants so that healthy men can protect

54 their health and sick person can cure their diseases and thus fulfill the objective of
 55 Ayurveda. In *Bhavaprakash Nighantu*²¹ is mentioned in *Shaka varga* containing all green
 56 leafy vegetables. In *Raj Nighantu*²² *Patola* is mentioned in *Guduchyadivarga* containing
 57 all valli, climbers. In *Saraswati Nighantu*²³ it is mentioned in *Latadivarga* as this group
 58 containing all climbers. In *Priya Nighantu*²⁴ *Patola* is mentioned in *Pippalyadivarga* as this
 59 *varga* containing all the creepers. So, to conclude it we can say that *patola* is green leafy
 60 vegetable, bitter in taste, and climber. In tabular form we can conclude it like in table
 61 below:

62 **Table No. 1: *Patola* in different *Vargas***

<i>Nighantu</i>	<i>Varga</i>
<i>Dhanwantari Nighantu</i>	<i>Guduchyadi</i>
<i>Shodhala Nighantu</i>	<i>Guduchyadi</i>
<i>Madanapal Nighantu</i>	<i>Shaka</i>
<i>Kaiyadeva Nighantu</i>	<i>Aushadhi</i>
<i>Bhavaprakash Nighantu</i>	<i>Shaka</i>
<i>Raj Nighantu</i>	<i>Guduchyadi</i>
<i>Saraswati Nighantu</i>	<i>Latadi</i>
<i>Priya Nighantu</i>	<i>Pippalyadi</i>

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64 **Synonyms of *Patola* in various *Nighantus* with meanings²⁵: -**

65 *Patola (B.P.)*: - It is considered the best drug having pacana and other guna; *Kulak*: - As
 66 it is having vrisyaguna and increases such actions; *Tikta*: - The fruit is bitter in taste;
 67 *Panduk (Ra)*: - The fruit having white lines on it; *Karkaschachad*: - The leaves are
 68 rough; *Rajiphala, Rajey*: - Having whitish lines on the fruit; *Panduphala*: - The fruits are
 69 pale yellow in colour; *Amritaphala*: - The fruits act as amrta; *Bijagarbha*: - Plenty of
 70 seeds inside the fruit; *Pratik*: - A special fruit; *Kushthaha*: - Useful in kushtha or skin
 71 diseases; *Kasbhanjana*: - Useful in kasaroga; *Pandu*: - Fruits are yellow in colour;
 72 *Nagphala*: - Fruits are elongated; *Kushthari*: - Useful in kushtha; *Kasamardan*: - Useful in
 73 kasa; *Jotsni*: - Fruits are white in colour and having stripes; *Jali (K.N.)*: - Fruits have
 74 stripes on it; *Tiktottama*: - Having *tikta rasa*.

75 **Table No.2: Synonyms of *Patola* in Various *Nighantus***

<i>Nighantu</i>	Synonyms
<i>Dhanwantari Nighantu</i> ²⁶	<i>Patola, Tikta, Bijagarbha, pratana, kasamuktidah, Kulak, Panduk, Karkaschachad, Rajiphala, Panduphala, Rajnama, Amritaphala</i>

<i>Shodhala Nighantu</i> ²⁷	<i>Patolika, Tikta, Jyotsna, Shulaghni, Jvaranashini</i>
<i>Madanapal Nighantu</i> ²⁸	<i>Patol, Panduk, Jaticalak, Karkaschachad, Rajiphala, Panduphala, Rajimaan, Amritaphala, Tiktottama, Bijagarbha, Rajapatolika, Jyotsni, Patolika, Jali, Nadeyi and Bhumijanchuka</i>
<i>KaiyadevaNighantu</i> ²⁹	<i>Rajiphala, Panduphala, Panduk, Karkaschachad, Jali, Kulaka, Jyotsna, Rajimaan, Amritaphala, Tiktottama, Beejgarbha</i>
<i>BhavaprakashaNighantu</i> ³⁰	<i>Patola, Kulaka, Tikta, Panduk, Karkaschachad, Rajiphala, Panduphala, Rajey, Amritphala, Bijagarbha,Pratik, Kushthaha and Kasbhanjana</i>
<i>Raj Nighantu</i> ³¹	<i>Patola, Katuphala, Kulaka, Karkaschachad, Rajnama Amritphala, Pandu, Panduphala, Beejgarbha, Nagphala, Kusthari, Kasamardan, Panjrajiphala, Jotsni and Kushtaghna</i>

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77 *Dhanvantari Nighantu*³² mentioned two varieties of *Patola* having *tikta, katu rasa*
78 and *Swadupatrphala* having *patra* and *phala* *Madhura* in *rasa*. *Shodhala*
79 *Nighantu*³³ mentioned *Patola* in common and *Kulaka* as it is having *vrisyaguna* and
80 increases such actions.

81 *Madanapal Nighantu*³⁴ mentioned *Patola* as *Panduk, Jaatiphala, Karkaschachad,*
82 *Rajiphala, Panduphala, Rajimana* *Amritaphala* means on the basis of colour, whitish lines
83 present on fruit and its action and its second variety *Rajpatolika*, *Patola* it is
84 *Tiktottama, Bijagarbha, Jyotsni, Patolika, Jaali, Nadeyi* *Bhoomijambuka* are mentioned on
85 the basis of *tikta rasa*, numerous seeds, white line on fruit and origin as climber.

86 *Kaiyadeva Nighantu*³⁵ mentioned *Patola* in common and *Rajpatolika*. Its root is *raman* and
87 leaves are called *patu*. *Bhavaprakasha Nighantu*³⁶ and *Raj*
88 *Nighantu*³⁷ mentioned *Patola* as *Tikta Patola, Swadu Patola*. All are described in below
89 table:

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Table No. 3: Varieties of Patola as per Nighantus

Nighantu	Varieties
<i>Dhanvantari Nighantu</i>	<i>Patola, Swadupatrphala</i>
<i>Shodhala Nighantu</i>	<i>Patola, Kulaka</i>
<i>Madanapal Nighantu</i>	<i>Patola, Rajpatolika</i>
<i>KaiyadevaNighantu</i>	<i>Patola, Rajpatolika</i>
<i>BhavaprakashaNighantu</i>	<i>TiktaPatola, SwaduPatola</i>
<i>Raj Nighantu</i>	<i>TiktaPatola, SwaduPatola</i>

91 Following are the *Rasa panchaka* of *Patola* across different *Nighantus*, *Rasa*- Mostly *Tikta*
 92 and *Katu* in all the *Nighantu* mentioned below due to bitter taste of leaves and roots,
 93 *Guna-Laghu*, *Snigdha*. *Virya-Ushna* due to *tikta rasa*, *Vipaka-Katu*.

94 **Table No. 4: *Rasa Panchaka* of *Patola* in *Nighantus***

<i>Nighantu</i>	<i>Rasa</i>	<i>Guna</i>	<i>Virya</i>	<i>Vipaka</i>	<i>Dosha Effect</i>
<i>Dhanvantari Nighantu</i> ³⁸	<i>Katu, Tikta</i>	<i>Laghu, Snigdha</i>	<i>Ushna</i>	<i>Katu</i>	<i>Pitta-Kapha Shamana,</i>
<i>Kaiyadeva Nighantu</i> ³⁹	<i>Katu, Tikta</i>	<i>Laghu, Snigdha</i>	<i>Ushna</i>	<i>Katu</i>	<i>Pitta-Kapha Nashaka</i>
<i>Bhavaprakasha Nighantu</i> ⁴⁰	<i>Tikta</i>	<i>Laghu, Snigdha</i>	<i>Ushna</i>	<i>Katu</i>	<i>Tridosha Shamaka</i>
<i>Raj Nighantu</i> ⁴¹	<i>Katu, Tikta</i>	<i>Laghu, Snigdha</i>	<i>Ushna</i>	<i>Katu</i>	<i>Tridosha Shamaka</i>

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96 Following are the therapeutic actions (*Karma*) of *Patola* as described in various
 97 *Nighantus*. Actions like *Yakrit Shodhana*, *Deepana*, *Kandu Hara*, *kushthaghna*,
 98 *Jwaraghna* (antipyretic) highlight its wide range of medicinal benefits.

99 **Table No. 4: *Karma* (Actions) of *Patola* in *Nighantus***

<i>Nighantu</i>	<i>Karma (Actions)</i>
<i>Dhanvantari Nighantu</i> ⁴²	<i>Yakrit Shodhana, Deepana, Kandu Hara, kushthaghna</i>
<i>Shodhala Nighantu</i> ⁴³	<i>Yakrit Shodhana, Tridosha Nashaka</i>
<i>Kaiyadeva Nighantu</i> ⁴⁴	<i>Agnideepan, kushthaghna, Kandu Hara, dhahhara, Trishnahara, Jawaraghna</i>
<i>Bhavaprakasha Nighantu</i> ⁴⁵	<i>Rakta Shodhana, Jwara Nashaka, Agnidipaka, Vriyavardhak, Jawar Nasaka</i>
<i>Raja Nighantu</i> ⁴⁶	<i>Pitta-Kapha Shamana, Vishaghna, Raktavikara, Jawar Nasaka, kushthaghna</i>

100 **Discussion**

101 *Patola* (*Trichosanthes dioica*) has been extensively described in various *Ayurvedic* texts,
 102 including *Samhitas* and *Nighantus*, having its significant medicinal value. The review of
 103 *Nighantus* highlights its various *Synonyms*, *Rasa Panchaka*, *Varga* and Therapeutic
 104 properties, describing its importance in *Ayurvedic* practice. The analysis of *Vargas* is
 105 mainly *Guduchyadi Varga*, *Shaka Varga*, *Aushadhi Varga*, *Latadi Varga*,
 106 *Pippalyadi Varga*. *Synonyms* mostly used for *Patola* are *Bijagarbha*, *pratana*, *Kulak*,
 107 *Panduk*, *Karkaschachad*, *Rajiphala*, *Panduphala*, *Rajnama*, *Amritaphal*, having two
 108 varieties that is *Tikta Patola*, *Swadu Patola*.

109 *Rasapanchaka* across different *Nighantus* indicates that *Patola* is having *Tikta Rasamainly*,
110 with *Laghu* and *Snigdha Guna*, *Ushna Virya*, and *Katu Vipaka*. This combination makes it
111 an effective *Pitta-Kapha Shamaka*, having its role in liver disorders, skin diseases, fever
112 and other metabolic conditions. The herb's *shodhana* and *deepana* properties further
113 enhance its therapeutic potential. Various *Nighantus* describe it as *Yakritshodhana* as
114 having *katu, tiktarasa, Jwaraghna, Kushthaghna* as having *katu, tikta rasa, and Agni*
115 *Deepaka, Vriyavardhak, Dhahhara, Trishnahara* etc.

116 **Conclusion**

117 The comparative study of *Patola* in different *Nighantus* provides valuable insights into its
118 *Ayurvedic* significance, defining it as *Yakritshodhana, Jwaraghna, Deepana, Kanduhara,*
119 *Kushthaghna, Dhahhara, Trishnahara* etc. The data compiled from classical texts can
120 serve a purpose for further pharmacological studies, promoting its integration into
121 modern herbal medicine. Future research should focus on standardizing formulations,
122 validating therapeutic claims through clinical studies. With its rich history and extensive
123 therapeutic benefits, *Patola* remains a valuable herb in *Ayurveda*.

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