



Varun (*Crataeva nurvala* Buch.-Ham.): A review from Bruhatrayi, Kashyap Samhita and Nighantu

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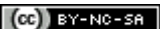
ABSTRACT

Varun (*Crataeva nurvala* Buch.-Ham.) which is commonly known as 'Three leaved caper tree' is a small to moderate sized, deciduous tree, having trifoliolate leaves. Bark is tough channelled, greyish to greyish-brown with ash coloured patches. Outer surface rough due to a number of lenticels, inner surface slightly rough. Varun (*Crataeva nurvala* Buch.-Ham.) belongs to Cappariaceae family. It is used for Ashmari, kushtha, jwara, vidradhi and many more other diseased conditions. Therefore, review of Varun was taken from Bruhatrayi viz. Charaka Samhita, Sushruta Samhita, Ashtang Sangraha, Ashtang Hridaya and Kashyap Samhita and from available Nighantu.

KEYWORDS: Varun, *Crataeva nurvala* Buch-Ham, Bruhatrayi, Nighantu, Varun bark

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INTRODUCTION

Dravya plays an important role in the treatment. Varun is described in Bruhatrayi and Laghutrayi for its Ashmaribhedan action (Antiuro lithiatic activity) specifically.

Rasapanchaka (Pharmacodynamics) of Varun as Rasa- Kashay, Madhur, Tikta, Katu; Vipaka: Katu; Veerya: Ushna; Guna: Laghu; Karma: Kapha-Vatashamak (Kapha gets alleviated because of Tikta, Katu Rasa; Katu Vipaka and Vata gets pacified because of Ushna Veerya). Chemical constituents of Varun are Lupeol, Betulinic acid, β -sitosterol glucoside, disogenin, friedelin etc. As per available sources Varun has been screened for Antiuro lithiatic activity, antioxidant activity, anti-inflammatory activity, anti-arthritis activity, anti-

diabetic activity etc. Bark, Leaves, Root are useful parts for its therapeutic treatment. Amongst them, Varun bark is mostly used in formulations and preparations. Varun (*Crataeva nurvala* Buch.-Ham.) is common drug of choice of practitioners for its urolytic property.

This article reveals combinatory form of Varun (*Crataeva nurvala* Buch.-Ham) from Bruhatrayi, Kashyap Samhita and Nighantu.

Varun in Bruhatrayi

Varun has been mentioned in Samhita for both preventive & curative purpose.

1. Charaka samhita (1000B.C.): Varun has been mentioned in whole Charaka Samhita 3 times for different therapeutic action.

Table 1: References of Varun from Charaka Samhita

Sr.no	References	Adhikar	Yoga/Formulation (Varun as a content)
1	Cha.Su.14/31-32	Vat vyadhi	Varunadi nadisweda
2	Cha.Sha.8/33	Jatisutriy Adhyay	Sutikagar nirman
3	Cha.chi./166	Gulma	Gulma rog pathya

2. Sushrut Samhita (1000B.C.): Varun has been mentioned in whole Sushrut Samhita 11 times for its various actions. It has been included in Varunadi Gana having Kaphamedonivarana property in Mishrak Adhyaya (Su.Su.38/9). In Sushruta samhita Kalpathan, Varun has been mentioned in various

formulations like Ksharagad, Mahasugandha agad which are useful in Sarpadashta vishchikitsa. Also Varun has been mentioned in the treatment of various diseases like Ashmari, Abhyantar vidradhi, Kushta etc.

Table 2: References of Varun from Sushrut Samhita

Sr.no	References	Adhikar	Yoga/Formulation (Varun as a content)
1	Su.Su.38/9	Kapha-Meda Nivaran	Varunadi Gana.(Shirshula, Gulma, Abhyantar Vidradhi)
2	Su.Ka.5/84-86	Sarpadashta Vish	Eksargana
3	Su.Ka.6/3-7	Sarpadashta Vish	Ksharagad
4	Su.Ka.6/14-27	Sarpadashta Vish	Mahasugandha agad
5	Su.Chi.7/6	Ashmari	Varunadi Kashay
6	Su.Chi.9/29-40	Kushta	Mahanil Ghrita
7	Su.Chi.16/28	Abhyantar vidradhi	Varunadi gana kwath
8	Su.Chi.16/36	Abhyantar vidradhi	Varunadi kwath (Pathya kashay)
9	Su.U.41/46-48	Shosh	Dashmularishta Ghrita
10	Su.U.59/17-20	Vataj Mutrakrucchra	Uttarbastii/Anuvasan basti -Baladi kashay
11	Su.U.59/23	Kaphaj Mutrakrucchra	Mustadi tail

3. Ashtang Sangraha (700 A.D.): Varun has been mentioned in whole Ashtang Sangraha 9 times. It has been included in shodhnadi gansangraha, Tiktaskandha. Also Varun has been mentioned in the treatment of various diseases like Apsmar, Rajyakshma, Ashmari, Abhyantar vidradhi, Kushta etc.

has been included as an important dravya in the treatment of kitalutadi vish, Kaphaj Visarp etc.

4. Ashtang Hriday: Acharya Vagbhata has mentioned Varun in whole Samhita for 5 times. It

5. Kashyap Samhita (600 B.C.): Kashyap samhita also known as Vriddha Jivakiya Tantra is a treatise on Ayurveda attributed to the sage Kashyap. It is consulted especially in the field of Ayurvedic Pediatrics, Gynecology and Obstetrics. Varun has been mentioned in the treatment of various diseases like Vat-Jwar, Kukunak, Rajyakshma, Balgraha.

Table no.3: References of Varun from Ashtang Sangraha

Sr. no	References	Adhikar	Yoga/Formulation(Varun as content)
1	A.S.Su.7/144	Aanna-kalpana	Takrarivaruna.
2	A.S.Su.10/10	Vatvyadhi,Gulma	Varunadi gansanghraha
3	A.S.Su.16/15-16	Ashamari	Varunadi gan
4	A.S.Su.18/23	Rasabhediy Adhyay	Tiktaskandha
5	A.S.Chi.7/44-47	Rajyakshma	Dvipanchmuladi
6	A.S.Chi.15/14	Shleshmaashmari	Varunadi gana
7	A.S.Chi.14/13	Prameh	Dhanvantar Ghrita(Used part: Varuna mula)
8	A.S.Chi.15/3	Vidradhi	Varunadi Kwath
9	A.S.U.10/17	Apsmar	Shirishpushpkadi Tail

Table 4: References of Varun from Ashtang Hriday

Sr no	References	Adhikar	Yoga/Formulation (Varun as a content)
1	A.H.Su.15/21-22	Kaphagn ,Medoghna	Varunadi Gana -Shirshul, Gulm, Aantvidradhi, Adhovat,Mandagni,
2	A.H.Chi.13/8	Aant Vidradhi	Varunadi gana kwath
3	A.H.Chi.18/15	Kaphaj Visarp	Varunaadi Kwath
4	A.H.U.18/23-24	Karnrog	Erandadi Karntail
5	A.H.U.37/82-85	Kitalutadi vish pratishedh	Hriberadi Agad (Pan,Anjan,Nasya,Lep,Parishek)

Table 5: References of Varun from Kashyap Samhita

Sr. no	References	Adhikar	Yoga/Formulation (Varun as a content)
1	Ka.S.Chi.4/28	Balgraha (Revati)	Varunadi dravya dharan (both mother and child)
2	Ka.S.Chi.4/75	Balgraha	Agnimanthyadi tail(for Abhyang)
3	Ka.S.Chi.7/17-21	Rajykshma	Mahaabhayarishtha
4	Ka.S.Khi.9/47	Vat-Jwar	Erand-Varunadi kwath(Pathya-Lawan varjit peya)
5	Ka.S.khi.10/112	Aantarvanti chikitsa	Varunadi kwath (Aakshepak,Aptanak)
6	Ka.S.khi.11/100	Sutika Jwar	Rasnadi Kwath
7	Ka.S.Khi.13/16	Kukunak	Erandadi kwath[Eyes of child irrigated{Parishechan} with this decoction]
8	Ka.S.khi.17/90	Shoth	Panchmuladi Tail
9	Ka.S.Khi.19/5-19	Vat-Jwar	Bilvadi kwath

C) Varun in Nighantu:

The Nighantu is one of the important aspects in the study of Dravyaguna vidnyana. Nighantus are the collection of information about various synonyms, varieties, properties, action & indications of herbs, which are used in the management of diseases. Detail review of Varun has been taken from nighantus like Dhanvantari Nighantu, Raj Nighantu etc.

1. Dhanvantari Nighantu (1000-1300 A.D.): In this Nighantu, Varun occupies its place under the **Aamradi Varga**. 7 synonyms are given for Varun. It's Raktadoshahar, Vidhradhihar actions are mentioned.

2. Hruday-Dipaka Nighantu (1300 A.D.): In this Nighantu, Varun is grouped under **Eknamvarga, Kapha-vataghna varga, Pittaghna varga**.

3. Madanapala Nighantu (1400 A.D.): In this Nighantu, Varun is described in **Vatadi varga**. Here in the properties of the drug and its effect over Doshas are also quoted.

4. Raja Nighantu (1500 A.D.): In this Nighantu, Varun is grouped under **Prabhadradi Varga**. Its Raktadoshahar, Vidhradhihar actions are mentioned.

5. Kaiyadeva Nighantu (1500 A.D.): In this Nighantu, Varun included in **Aaushadhi Varga**. Total 12 synonyms are mentioned in this Nighantu.

6. Bhavprakash / Haritakyadi Nighantu (1600A.D.): In this classical text, Varun has been placed in **Vatadi Varga**. Bhavprakash Nighantu, mentioned as of Kashay, madhur, Tikta and Katu rasa, Katu vipaka and Ushna veerya. The properties are Laghu, ruksha and pharmacological actions mentioned are Deepana, Grahi, Bhedan etc.

7. Shaligrama Nighantu (1900 A.D.): Varun has been described under **Vatadi Varga** and **Pushpashaka varga** in this nighantu. Varun pushpa properties has been given which are Grahi, Aamvatjit, Pittaghna.

8. Nighantu Adarsha (1928 A.D.): Bapalalaji Vaidya has compiled the description of drugs from ancient Nighantus. He has described Varun in **Kariradi Varga**. Furthermore, information about

its therapeutic uses has also been specified. It depicts the picture of Varun by giving the significance of various synonyms.

9. Priya-Nighantu (2000 A.D.): Priya nighantu classifies Varun under **Haritakyadi Varga**. Overlooking at the frequency of references of Varun in Bruhatrayi, Kashyap Samhita and Nighantu. It is seen that it is mostly indicated as Ashmarighna and Abhyantar vidradhihara Dravya.

Also Varun has been mentioned in the treatment of various diseases such as Kaphaj Visarp, Vat-Jwar, Kukunak Aamvat, Rajyakshma, Balgraha etc. Varun has been mentioned in various formulations like Ksharagad, Mahasugandha agad which are useful in Sarpadashta [(a bite inflicted by a (venomous)snake] vishchikitsa.

So Varun has been mentioned in Samhita for both preventive & curative purpose.

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