

## A CONCEPTUAL STUDY OF HARSINGAR IN CONTEXT OF TRADITIONAL AND MODERN USES IN TREATMENT OF VARIOUS DISODERS

**Dr. Shalini, Dr. Vikas Jadon**

M.D (Samhita and Siddhant), M.D (Kriya Sharir)

Assistant Professor, Associate Professor COER Medical College of Ayurveda and Hospital, Roorkee, Uttarakhand, India

### INTRODUCTION:

Ncytanthes arbor-tritis is a shrub or a small tree growing to 10 m (33 ft) , a shrub or bush is a small to medium-sized woody plant. Unlike herbs, shrubs have persistent woody stems above the ground. They are distinguished from trees by their multiple stem with flaky grey bark. The leaves are opposite, simple, 6-12 cm long and 2-6.5 cm ovate, acute or acuminate, entire or with a few large distant teeth, short bulbous hairs rounded or slight curate. The flowers are arranged at the tips of branches terminally or in the axils of leaves and are small after seen in clusters of 2-7 together. The flowers are fragrant, white and orange in colour. The orange colored corolla tubes are separated from flower by local people and dried. Fruits of Ncytanthes arbor-tritis are a capsule of 1-2 cm diameter, long and broad, obcordate orbicular, compressed, 2-celled, separating into 2 flat, 1-seeded carpals, reticularly veined, glabrous. The fruit is flat, brown and heart chordate-shaped to rounded capsule, around 2 cm in diameter with two celled opening transversely the apex, each containing a single seed. Microscopically fruit showed typical character of fruit. The plant grows in the wild sub Himalayan region and south ward to Godavari. It is also found in Bangladesh.

Harsingar is a plant mentioned in the ayurvedic pharmacopoeia for the treatment of alopecia, sciatica, constipation, piles, and intestinal worms poisoning.

Parijat is better cures fever and increase sperm count.

Cough is cured by taking bark of night jasmine with betel leaf. Its root and gum increase sperm count too.

Night jasmine leaves possess anti-arthritic properties. In addition, decoction of the leaves also possess live protecting anti viral, anti fungal, analgesic, antipyretic, anti inflammatory, antispasmodic, hypotension and

### PROPERTIES AND INDICATIONS OF PARIJAT:

Synonyms of plant in different languages are as follows-

**Latin :** Nyctanthes arbor – tritis .

**Hindi :** Hrsingar, Parijat, Raat ki Rani.

**Sanskrit :** Sephalika, Vatari, Shuklangi, Shefalika, Aparajtha, Vijaya.

respiratory stimulate activities.

### Corresponding Author

E.mail: shaliniverma22112015@gmail.com

**English:** Night jasmise, Weeping nyctanthas, Tree of sorrow.

**Bangali :** Shefalika, Shivuli.

**Gujarati :** Harshanagar.

**Kannada:** Parijatha.

**Marathi:** Parijath.

**Telugu:** Parijatamu.

**Tamil:** Majjapu.

Properties according to Ayurvedic texts-

• Rasa	Tikta	Date base of medicine plant.
• Guna	Ruksha, Laghu	
• Virya	Ushna	
• Vipaka	Katu	Raja Nighantu
• Rasa	Katu, Tikta	
• Guna	Ruksha	
• Virya	Ushna	Priya Nighantu
• Rasa	Tikta	
• Vipaka	Ushna	Saligrama Nighantu
• Rasa	Tikta	
• Rasa	Tikta	Nighantu
• Vipaka	Katu	
• Jwaraghna		Shaligram Nighantu, Priya Nighantu, Date base of medicine plant.
• Yakrut, Vruddi	Pliha,	Priya Nighantu.
• Krimi		Priya Nighantu.
• Gridrasi		Priya, Date base of medicine plant.
• Vataghna		Raj Nighantu, Priya Nighantu.
• Vedanasthapana		Date base of medicine plant.
• Jantughna		Date base of medicine plant.
• Kaphagna		Date base of medicine plant.
• Swedajanana		Date base of medicine plant.

• Vishaghna	Date base of medicine plant.
• Deepana	Date base of medicine plant.
• Twakrogahara	Shaligram Nighantu.
• Kasa-hara	Shaligram Nighantu.
• Pramchghna	Sushruta Samhita
• Lakhana- Karma in Kustha as Anu-shastra	Sushruta Samhita

There are various indications and applications described in various texts of Ayurveda i.e., Raj Nighantu, Priya Nighantu, Adarsh Nighantu, Bhavprakash, Charak Samhita, Sushruta Samhita etc.

1. The paste of the seeds is applied over the area affected with alopecia. The fresh juice of the leaf of Nyctanthes arbor-tristis is given in a dose of 5-10 ml to treat sciatica.

2. The fresh juice of the plant is given in cases of constipation, intestinal worms, hepatomegaly and piles in a dose of 10- 15 ml.

3. In case of asthma and cough, the powder of dried leaf or bark of nyctanthes arbor – tristis is given with betel leaf juice in a dose of 2-3 ml.

4. The paste of the bark or leaf is applied over the area affected with eczema and ring worm.

5. In cases of snake poisoning the juice of the leaf is advocated in difficulty in micturition. The flowers are used to prepare perfumes and scents after distillation.

#### TRADITIONAL USES AS MEDICINE :

The herb harijat is traditionally used in different places India in the treatment of various health conditions and disorders. The paste of leaves of this plant is commonly used in pain and swelling of joints. The powder of bark and leaves in form of paste is applied over the affected part and tied with a cotton cloth is supposed to be beneficial in fracture and wound healing. The paste of seeds is applied on scalp helps in the treatment of dandruff. Some people believe that keeping the wood of parijat tied in a red cloth in purse or locker or where one put money will ensure the sufficiency of money and never there will be deficiency.

#### PROPERTIES AND USES AS PER RECENT STUDIES :

There is presence of lot of chemicals and phytochemical in leaves, bark, flowers and seeds of parijat plant. It has many pharmacological actions like analgesic, anti-inflammatory, antispasmodic, antiviral, anti allergic, anti fungal, anti bacterial, anti pyretic, immunomodulator, insecticide, respiratory stimulant and anti- malarial. The hot water extract and chloroform extract of nyctanthes show the presence of tannins, terpenoids, steroids, flavonoids, glycosides & saponins. The antimicrobial extract of activities of the various solvent Nyctanthes

arbor-tristis is observed. The extracts of the leaves show maximum antimicrobial activity specially on Pseudomonas aeruginosa (PA), Salmonella typhi (ST). Traditional healers use primarily water as the solvent but in present studies the plant extracts in organic solvent (ethanol) provided more consistent antimicrobial activity compared to those extracted in water.

**Flowers:** Essential oil, nyctanthin, d- mannitol, tannin, glucose, carotenoid & glycosides are present in flowers.

**Seeds:** The seeds contain Arbotristoside A and B, glycerides of linoleic, oleic, stearic, palmitic and myristic acids, nyctanthic acid.

**Leaves:** The leaves contain B- sitosterol, tannic acid, ascorbic, flavonol, triterpenoids.

**Flower oil:**  $\alpha$  –Pinene, P- cymene, ascorbic acid, flavonol, and triterpenoids.

**Stem:** glycosides, B – glucopyranosyl,  $\alpha$  – xylo – phranoside.

**Bark:** arbotristoside A, B, C, methyl D – mannose, glycoside & alkaloids.

#### Chemical Constituents:

**D – Mannitol :** Mannitol is an organic compound mannitol is used clinically to reduce acutely raised intracranial pressure and used as an osmotic diuretic agent and a weak renal vasodilator.

**Tannin:** Tannins are astringent, bitter plant polyphenols that either bind or shrink proteins & Organic compounds including amino acids and alkaloids.

**Linoleic acid:** unsaturated omega -6 fatty acid.

#### CONCLUSION:

Parijat has been used for various medical, ritual and domestic purposes since the ancient time. It has a multi directional effect in many health problems as well as in improvement of various faculties of an individual. The description of plant and its use in treatment of disease is available in all most all ancient texts. The active ingredients present in different parts of the plant may be the cause of its multi dimensional therapeutic use.

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