

AN AYURVEDIC REVIEW OF PADMAKASHTA (PRUNUS CERCOIDES D DON) FROM OF SAMHITA AND NIGANTU**Kotmire Tejaswini S.***

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ABSTRACT

Padmakashsta (*Prunus cercoides* D Don) is described in the different samhitas like Charak samhita, Sushrut samhita, Astanghridaya, and Nighantu etc. According to Indian Herbal System (Ayurveda), Padmakashsta (*Prunus cercoides* D Don) is considered one of the most important herb used widely in Raktapitta, Dahaprashmana, Vednasthapan, Garbhashysthapan. Padmakashsta (*Prunus cercoides* D Don) possesses Anti-micorbial, Anti-oxidant, Diuretic, BPH protective, Antispasmodic activity, Cytotoxic activity of plant. The objective of this paper is to review the literature regarding Padmkashta (*Prunus ceracoides* D Don) a commonly used herb in Ayurvedic system.

KEYWORDS: Padmkashta, Garbhashyasthapan, Anti-spasmodic.**INTRODUCTION**

Ayurvedic knowledge originated in India more than 5,000 years ago and is often called the “Mother of All Healing.” The nighantu literature is one of the important aspects in study of ancient Ayurveda and specially in the subject of dravyaguna. Earlier Nighantu were limited to explain the synoymys only. After some time the description of properties, action and indications are also included in the Nigantu along with synonyms.

Padmakashsta (*Prunus ceracoides* D Don) is one of the important drug in ayurveda. Padmakasht (*Prunus ceracoides* D Don)a is medium to large tree grown in temperate Himalaya extending from Kashmir to Bhutan, Assam, Manipur altitude of 900-2300m, in

Himachal Pradesh upto 1800m. Its synonyms are *Cerasus cerasoides* Buch.-Ham. ex D.Don; *Prunus puddum* Roxb. ex Wall. Brandis; *Prunus majesticca* Koehne

It is also called as Wild Himalayan Cherry, Dwarf cheery. In some areas of Darjeeling hills *Var.rubeus* Ingram and *Var.majestica* Ingram are used as substitute or an adulterant.

Taxonomic classification

Kingdom	:	Plantae
Subkingdom	:	<i>Tracheobi</i> (vascularplants)
Infrakingdom	:	Streptophyta (Land plants)
Superdivision	:	<i>Spermatophyta</i> (Seed plants)
Division	:	<i>Magnoliophyta</i> (Flowering plants)
Subdivision	:	Spermatophytina (Spermatophytes)
Class	:	<i>Magnoliopsida</i> (Dicotyledons)
Subclass	:	<i>Rosidae</i>
Superorder	:	Rosanae
Order	:	<i>Rosales</i>
Family	:	Rosaceae (Rose family)
Subfamily	:	<i>Amygdaloideae</i> The heartwood is bitter, acrid, refriagent, demulcent, antipyretic, vulnerary, and causes flatulence. It is useful in erysipelas, burning, vomiting, skin disease and thirst.

Literary review

Charaka Samhita (1000 B.C-4th century AD.)^[3]

- In Charak samhita, Padmaksakta is included in Varnya & Vednasthapan Mahakashaya
- The preparation & their indications in different disease which have been mentioned in Charak samhita are given below:

Sr. no	Reference	Adhikar	Yoga / Formulation (Padmakashta as a content)
1	Cha.Su. 3/26	Argagwadhiya	Shewaladi lepa
2	Cha.Su.3/27	Argagwadhiya	Shittadi lepa
3	Cha.Su.4/8	Shadvirechanshataashrita	Varnya
4	Cha.Su.4/46	Shadvirechanshataashrita	Vednasthapan
5	Cha.Su.5/21	Matrashitiya	Dhumpan vidhi
6	Cha.Su.5/144	Rogbhishagayajatiya	Kashyaskhandha
7	Cha.Chi.3/258	Jwara	Chandandi tail
8	Cha.Chi.4/67	Raktapitta	Padmakadi yoga
9	Cha.Chi.4/73	Raktapitta	Ushiradi churna
10	Cha.Chi.6/30	Prameha	Musthadi Kwatha
11	Cha.Chi.6/38	Prameha	Goksuradi ghrut

12	Cha.Chi.7/68	Kushta	Triphaladi churna
13	Cha.Chi.7/131	Kushta	Yasthadi kwath
14	Cha.Chi.7/145	Kustha	Mahatiktak ghrut
15	Cha.Chi.8/83	Rajkshama	Padmakadi pradeha
16	Cha.Chi.9/36-41	Unmada	Kalanyka ghrut
17	Cha.Chi.11/31	Shatashina	Nyoghradhadi ghrut
18	Cha.Chi.12/65	Shauthi	Shailadi tail
19	Cha.Chi.12/68	Shauthi	Vetasadi tail
20	Cha.Chi.14/216	Arsha	Madhukadi kwath
21	Cha.Chi.15/126	Grahani	Chandandi ghrut
22	Cha.Chi.15/138	Grahani	Kiratikadi churna
23	Cha.Chi.17/79	Hikkashwas	Manashiladi ghrut
24	Cha.Chi.18/87	Kasa	Pippalyadi leha
25	Cha.Chi.18/172	Kasa	Drakashadi leha
26	Cha.Chi. 18/178	Kasa	Jivanthadi leha
27	Cha.Chi .21/74	Visarpa	Kaliyadi Pralepa
28	Cha.Chi.21/74	Visarpa	Triphaladi Pralepa
29	Cha.Chi .23/206	Vishachikitsa	Chandanadi churna
30	Cha.Chi. 23/242	Vishachikitsa	Amruta ghrut
31	Cha.Chi. 26/208	Trimarmiya	Khadiradivati
32	Cha.Chi.26/216	Trimarmiya	Dhatryadi churna
33	Cha.Chi.26/233	Trimarmiya	Padmakadi churna
34	Cha.Chi. 27/30	Urusthamba	Musthadi kashya
35	Cha.Chi. 28/150	Vatavyadhi	Bala tail
36	Cha.Chi.29/65	Vatarakta	Jivaniya ghrut
37	Cha.Chi.29/53	Vatarakta	Madhuyashatdi tail
38	Cha.Chi.29/110	Vatarakta	Mahapadma tail
39	Cha.Chi.29/114	Vatarakata	Khudakpadmakadi tail
40	Cha.Chi.29/134	Vatarakta	Prapaundrikadhi lepa
41	Cha.Chi.29/146	Vatarakta	Padmakadi ghrut
42	Cha.Si.3/48	Bastisutriya	Chandandi niruha basti
43	Cha.Si.10/22	Bastisiddhi	Chandanadi basti

Sushruta samhita (100 B.C.-4th century AD)^[4]

- In Sushrut samhita, Under pushpa varga, Padmakashta is included in Kakoladi gana, Sarivadi gana(Su.Su 38).
- Sushrut samhita illustrates therapeutic action in various disease mentioned below

Sr. no	Reference	Adhikar	Yoga / Formulation (Padmakashta as a content)
1	Su.Su. 38/35	Dravyasangraniya	Kakoladi gana
2	Su.Su.38/39	Dravyasangraniya	Sarivadi gana
3	Su.Chi.2/38	Sadhyovarnya	Chandanadi vranropan tail
4	Su.Chi.2/40	Sadhyovarnya	Amrutadi vrana ropan tail
5	Su.Chi.2/68	Sadhyovarnya	Kalansuradi tail
6	Su.Chi.2/75	Sadhyovarnya	Talisadi tail
7.	Su.Chi.2/83	Sadhyovarnya	Samgadi tail

8	Su.Chi.5/8	Mahavatvyadhi	Bisadishirpaka
9	Su.Chi.5/10	Mahavatvyadhi	Mastutadi ghrut
10	Su.Chi.5/10	Mahavatvyadhi	Suhadevadi ghrut
11	Su.Chi.8/44	Bhagandhar	Pipalyadi tail
12	Su.Chi.9/8	Kushta	Mahatikita ghrut
13	Su.Chi.9/50	Kushta	Rodhradhi churna
14	Su.Chi.16/14	Vidhardi	Prapundrakadi ghrut
15	Su.Chi.17/8	Visarpa,Nadi,Sthana	Prapundrakadi lepa
16	Su.Chi.19/30	Vrudhhi,Upadansha,Slipada	Gaikrikadi lepa
17	Su.Chi.22/12	Mukharog	Triphaladi lepa
18	Su.Chi.25/16	Misarak	Manjisthadi tail
19	Su.Chi.25/39	Misarak	Hemangadi lepa
20	Su.Chi.37/27	Anuvusattar basti	Madhukadi tail
21	Su.Chi.38/52	Niruhoupkarma chikitsa	Kushadipanchamala niruha
22	Su.Chi.38/56	Niruhoupkarma chikitsa	Lodhradi nruha
23	Su.Kalp.5/68	Sarpdashta vish chikitsa	Manasadi churna
24	Su.Kalp.6/8	Dundhubhispaniyam	Kalyanak ghrut
25	Su.Kalp.6/15	Dundhubhispaniyam	Mahasughandhi agad
26	Su.Kalp.8/49	Kitakalpadhya	Kumkumadi agad
27	Su.Kalp.8/106	Kitakalpadhya	Padmakadi churna
28	Su.Kalp.8/108	Kitakalpadhya	Kitajadi churna
29	Su.Kalp.8/112	Kitakalpadhya	Manshiladhi
30	Su.Kalp.8/114	Kitakalpadhya	Chandhandi churna
31	Su.Kalp.8/119	Kitakalpadhya	Krushna
32	Su.Utt.10/4	Pittadhisyanda pratishedham	Gundradhi ghrut
33	Su.Utt.12/7	Raktabhisyanda pratishedham	Niloutpaladi churna
34	Su.Utt.17/90	Drastigataroga pratishedham	Darupsdmakadi lepa
35	Su.Utt.17/93	Drastigataroga pratishedham	Shatavri lepa
36	Su.Utt.26/14	Shirog pratishedham	Naladi lepa
37	Su.Utt.30/4	Shakuni pratished	Madhukadi lepa
38	Su.Utt.39/42	Jwara pratishedham	Padmakadi parushit
39	Su.Utt.39/236	Jwara pratished	Mahakalyanak ghrut
40	Su.Utt.39/311	Jwara pratished	Utpaladi kashya
41	Su.Utt.40/121	Atisar pratished	Manjisthadi shirapa
42	Su.Utt.45/32	Raktapitta	Drakashdi shirapaka
43	Su.Utt.47/22	Panatyaya pratished	Karavir seka

Ashtanga hrudaya (700 A.D.)^[6]

- Ashtanga Hrudaya samhita mainly known for its easy access in Sanskrit, and moreover a compile form of Charaka samhita and Sushruta samhita described.
- Padmakashta is included in Padmakadi and Sarivadi gana.
- Astang Hrudya illustrates therapeutic action in various disease mentioned below

Sr. No	Reference	Adhikar	Yoga / Formulation (Padmakashta as a content)
1.	A.H.Sut. 7/18-19	Annaraksha	Sevayachandandi lepa
2.	A.H.Sut.15/12	Shodhanandigana sangraha	Padmakadi gana
3.	A.H.Sut.15/16	Shodhanadigana sangraha	Sarivadi gana
4.	A.H.Sut.19/57	Bastividhimadhyaya	Padmakadi gana
5.	A.H.Sut.21/16	Dhupanavidhimadhyaya	Madhyam dhupam
6.	A.H.Sut.22/20	Gandhushadividhmadhyaya	Kalikadi lepa
7.	A.H.Chi.1/56	Jwara	Drakashadi kashaya
8.	A.H.Chi.2/27	Raktapitta	Patoladi kwatha
9.	A.H.Chi.3/11	Kasa	Ashokbeej ghrut
10.	A.H.Chi.3/88-89	Kasa	Nygrodhadhi shirpak
11.	A.H.Chi.3/170-171	Kasa	Padmakadi churna
12.	A.H.Chi.4/10-13	Shwas Hiddma	Padmaka dhumpan
13.	A.H.Chi.5/70	Rajyakshma	Padmakadi pradeha
14.	A.H.Chi.8/113	Arsha	Yashtaydi kalka
15.	A.H.Chi.10/34-36	Grahani	Patoladi churna
16.	A.H.Chi.10/41-44	Grahani	Chandanadi ghrut
17.	A.H.Chi.12/17-18	Prameha	Trikanatadi ghrut
18.	A.H.Chi.13/4	Vidharadhi Vrudhi	Manjisthadi ghrut
19.	A.H.Chi.14/66	Gulama	Drakashadi kalka
20.	A.H.Chi.17/22-23	Shawahatu	Shailadi tail
21.	A.H.Chi.18/11	Visarpa	Triphaladi lepa
22.	A.H.Chi.19/8	Kushta	Tiktak ghrut
23.	A.H.Chi.19/33-34	Kushta	Bhunimbadi churna
24.	A.H.Chi.21/76	Vatvyadhi	Balaguduchadi tail
25.	A.H.Chi.22/29	Vatarakta	Yashtyadi ghrut
26.	A.H.Kalp.4/12	Bastikalpa	Rasanavrushadi basti
27.	A.H.Utt.2/14	Balamaya	Padmakadi gana
28.	A.H.Utt.2/50	Balamaya	Yashtyadi ghrut
29.	A.H.Utt.5/19	Bhutpratished	Trikatuadi ghrut
30.	A.H.Utt.6/28	Unmad	Triphaladi ghrut
31.	A.H.Utt.13/64	Timir	Sarivadi varti
32.	A.H.Utt.13/74	Timir	Drakshadi varti
33.	A.H.Utt.14/28	Lignash	Padmakadi ghrut
34.	A.H.Utt.16/14	Sarvakshi rog	Jatamansadi kalka
35.	A.H.Utt.22/80	Mukharog	Lajjalu churna
36.	A.H.Utt.22/84	Mukharog	Khadiradi tail
37.	A.H.Utt.22/93	Mukharog	Khadiradi vati
38.	A.H.Utt.25/47	Vranavidhyna	Padmakadi gana
39.	A.H.Utt.26/55	Sadhyovarna	Vranaropan tail
40.	A.H.Utt.27/39	Baghna	Gandha tail
41.	A.H.Utt.28/35-36	Bhagandhar	Yashadi tail
42.	A.H.Utt.32/27	Shudrarog	Kumkumadi tail
43.	A.H.Utt.32/32	Shudrarog	Manjisthadi mishrak sneha
44.	A.H.Utt.36/63	Sarpavisha	Himvana agada
45.	A.H.Utt.36/79	Sarpavisha	Padmakadi gana
46.	A.H.Utt.37/82	Kitalutadi	Rodhradi churna

Nighantu**Dhanwantari nighantu** (1000-1300 A.D.)^[9]

In this Nighantu, Padmakashta occupies its place under the ‘Chandanadi Varga.’

Sodhala nighantu (1200 A.D.)^[10]

Padmakashta is grouped in Sodhala nighantu under ‘Chandanadi varga’. The synonyms are mentioned.

Madanapala nighantu (1400 A.D.)^[11]

In this Nighantu, Padmakashta is described in ‘Haritakadi varga’. Here in the properties of the drug and its effect over Doshas are also quoted.

Raja nighantu (1500 A.D.)^[12]

Padmakashta is grouped under ‘Chandanadi Varga’ in Raja Nighantu.

Kaiyadeva nighantu (Pathyabodhaka, 1500 A.D.)^[13]

In this text, Padmakashta is mentioned in ‘Aushadi Varga’. Other properties of mentioned Padmakashta are same as in Bhava prakash.

Bhavaprakasha/Haritakyadi Nighantu (1600A.D.)^[2]

In this classical text, Padmakashta has been placed in ‘Karpuradi Varga’ Bhavaprakasha Nighantu, mentioned Padmakashta as of Kashaya and Tikta rasa, Katu vipaka and Sheeta veerya. The properties are Laghu, Vatajanaka and pharmacological actions mentioned are Visarpa, Visphota, Daha, Kushta, Raktapitta, Garbhasansthapak., Varna, Trushnashamak etc.

Nighantu ratnakar (1900 A.D.)^[14]

Padmakashta is discussed under Gun doshprakaran in this text. .

Shaligrama nighantu (1900 A.D.)^[17]

Shaligrama Vaishya has described Padmakashta under ‘Karpuradi varga’ in this nighantu. The synonyms, properties and its therapeutic uses are mentioned in a systematic manner.

Nighantu adarsha (1928 A.D.)^[15]

Bapalalaji Vaidya has described Padmakashta in ‘Padmakadi Varga’. Furthermore, information about its historical background and therapeutic uses has also been specified.

Priya-Nighantu (1983 A.D.)^[16]

Acharya Priyavrat Sharma has described the properties and geographical distribution of Padmakashta in 'Haritakyadi Varga'. The synonyms, properties and its therapeutic uses are mentioned here.

Guna and Doshakarma of padmakashta in nighantu

Nighantu	Rasa	Guna	Veerya	Vipaka	Doshakarma
Dhanvanatari Nighantu	Kashaya	Snigdha	Sheeta	-----	Pithahara
Shodhala Nighantu	----	-----	-----	-----	KaphaPithahara
Madanpala Nighantu	-----	-----	Sheeta	-----	Pitthara
Kaiyadeva Nighantu	Kashaya, Tikta	Laghu	-----	Sheeta	Kapha pittahara, Vatala
Raja Nighantu	Tikta	Laghu	Sheeta	-----	Kaphara
Bhavaprakasha Nighantu	Kashaya, Tikta	Laghu	Sheeta	-----	Kaphapittahara, Vatavardhak
Shaligram Nighantu	Tikta, Kashaya Tikta	Laghu,	Sheeta	-----	Kapha-Pithara Vatala
Nighantu Ratnakara	Tikta, Kashaya	Laghu	Sheeta	-----	Kapha-Pithara Vatal
Priya Nighantu	Kashaya, Tikta	Laghu	Sheeta	-----	Kapha-Pithara
Priyavata Sharma	Kashaya ,tikata	Laghu ,Ruksha	Ushna	Katu	Kapha-pittahara

Karma (Pharmacological action) of Padmakashta found in various literatures.

Sr. No	Pharmacological Action	Ch. S.	Su. S.	A. H.	B. N.	D. N.	Shod N	K. N.	R. N.	M. N.	N. R.	Sha lN	P. N.
1.	Visarpa	+	+	-	+	-	-	+	-	+	+	+	-
2.	Visphota,	-	-	-	+	+	+	+	+	+	+	+	-
3.	Jwara	+	+	+	-	+	+	-	+	-	+	+	-
4.	Daha	-	-	-	+	+	+	-	+	+	+	+	+
5.	Trushna	-	-	-	+	-	-	+	-	+	-	+	+
6.	Raktapitta	+	+	+	+	-	-	-	+	+	+	+	+
7.	Kustha	+	+	+	+	+	+	+	+	+	+	+	+
8.	Chhardi	-	-	-	-	+	-	-	-	-	-	-	+
9.	Vishaghna	-	+	-	-	+	-	-	-	-	+	-	-
10.	Varna	+	-	-	-	-	+	+	-	-	+	+	-
11.	Garbhasanthapan	-	-	-	+	+	-	+	-	+	+	+	-
12.	Moha	-	-	-	-	+	-	-	+	-	+	+	-
13.	Vaminashak	-	-	-	+	-	-	+	-	-	+	+	-
14.	Rucha	-	-	-	+	-	-	-	-	-	+	+	-

DISCUSSION

As outlined above, results from various samhita and nighantus studies indicates Padmakashta is of Kashaya and Tikta rasa, Katu vipaka and Sheeta veerya. The properties are Laghu, Vatajanaka and pharmacological actions mentioned are Visarpa, Visphota, Daha, Kushta, Raktapitta, Garbhasansthapak., Varna, Trushnashamak, Jwarghna etc. Padmakashta possesses anti-micorbial, anti-oxidant, diuretic, BPH protective, antispasmodic activity, cytotoxic activity of plant.

CONCLUSION

Samhita and Nighantu are the basic literature for understand and identification of different medicinal plants. On review of Padmakashta in differenet samhita and nighantus we find the different synonyms and properties along with useful formulations and their medicinal uses.

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