

A HISTORICAL REVIEW ON *VRUSHYA DRAVYA PRASHNIPARNI*

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**ABSTRACT**

*Prashniparni*, *Uraria picta* Desv. is one of the cardinal *Ayurveda* herb which is one among *Dashamoola*. It offers endless health benefits including antiseptic, anti-inflammatory, anti-microbial, analgesic, cardiovascular, expectorant, anti-emetic, and aphrodisiac properties<sup>1</sup>. This herb is used effectively in the healing of fractured bones. Phytochemical compounds like alkaloids, flavonoids, steroids, terpenoids, phenols, and saponins are present in this herb. This study focuses on a historical review of this herb *Prashniparni* based on its description given in *brihatrai*, *laghutrai*, *nighantus*, and other classical texts. This helps in comparing past and present indications of this herb which will facilitate the researchers for further studies of the herb.

**KEYWORDS:** *Ayurveda*, *Prashniparni*, Aphrodisiac, *Nighantu*, etc.

**INTRODUCTION**

The botanical name of *Prashniparni* is *Uraria picta* Desv. and it belongs to the family, Fabaceae.<sup>[2]</sup> Being a part of *Dashmoola*, it is invariably utilized in numerous medicinal preparations. History is concerned with both current and past events. Previous drug experiences are extremely beneficial in terms of consistency, individuality, uniqueness, and other factors, making it more fruitful for future generations. Main aim of this study is to apply the critical thought approach to social issues that have yet to be solved by historical discoveries.

## AIMS AND OBJECTIVES

1. To study the herb, *Prashniparni* from all classical texts.
2. To study and compare the current indications of this herb by studying their use from the *Ayurveda* texts.

## MATERIAL AND METHODS

Interpretative study of the herb, *Prashniparni* from the classical texts like *Charaka Samhita*, *Sushruta Samhita*, *Ashtanga Hridayam*, *Ashtanga Sangrahanam*, *Sharangdhar Samhita*, *Nighantus* and other available literature is done.

### Distribution<sup>[3]</sup>

It is widely distributed throughout India, Bangladesh, Sri Lanka, Australia, Africa, Dry-grass fields, waste places, and plains all over India, including Sub-Himalayan tracts from Kashmir to West Bengal and Assam, up to an altitude of 1800 m, are typical habitats. Nepal, Sri Lanka, North-West Tropical Africa, Malaysia, China, Burma, Northern Australia, and the Philippines are all home to this tropical species.

It has the status of VU (vulnerable)<sup>[4]</sup>

### Vernacular Names<sup>[5]</sup>

Sr. No.	Language	Names
1.	Hindi	<i>Dabra, Pithvan, Shankaraja</i>
2.	Marathi	<i>Pitvan, Prashniparni, Ranganja</i>
3.	Gujarati	<i>Pilavan, Pitavan, Pitvan</i>
4.	Bengali	<i>Sankarjata</i>
5.	Bombay	<i>Prashniparni</i>
6.	Punjab	<i>Deterdane</i>
7.	Tamil	<i>Sittirappaladai, Kolaponna</i>
8.	Uriya	<i>Ishworojota, Sonkorojota</i>

### Vedic Kala

According to the *Atharvaveda*, *Prashniparni* is an essential herb and its synonyms include *Kanvajambhani*, *Sahasvati*, and *Sahamana*. *Charmarogahara*, *Rakshoghna*, *Raktashodhaka*, *Brimhana*, *Garbhaposhaka*, and *Deepana-Pachana* are some of the other names given to it. It is generally used externally to treat few skin conditions.<sup>[6]</sup>

**Medicinal qualities**

*Rasa* (Taste) – *Madhura* – sweet, *Tikta* – Bitter

*Guna* (qualities) – *Laghu* (light to digest), *Snigdha* (unctuous, oiliness)

*Vipaka* – taste conversion after digestion – *Madhura* – sweet

*Veerya* – Hot potency

Effect on *Tridosha* – balances all the three *Doshas*.

**Classification**

Sr. No.	Grantha	VARGA / GANA
1.	<i>Charaka Samhita</i>	<i>Sandhaneeya dashemani, Shothahara dashemani, Angamardaprashamana dashemani, Madhura skandha, Deepan-sangrahi gana</i>
2.	<i>Sushruta Samhita</i>	<i>Vidarigandhadi gana, Panchamoola, Haridradi gana</i>
3.	<i>Ashtanga Sangraha</i>	<i>Shirovirechanopayogi gana, Vidaryadi gana,</i>
4.	<i>Ashtanga Hridaya</i>	<i>Shakavarga, Vataghna gana, Vidaryadi gana</i>
5.	<i>Harita Samhita</i>	<i>Shaka Varga</i>
6.	<i>Dhanvatari Nighantu</i>	<i>Guduchyadi Varga</i>
7.	<i>Sodhala Nighantu</i>	<i>Guduchyadi Varga</i>
8.	<i>SiddhaMantra Prakasha</i>	<i>Doshaghna Varga</i>
9.	<i>Hridayadipaka Nighantu</i>	<i>Chatushpada Varga</i>
10.	<i>Madanapala Nighantu</i>	<i>Abhayadi Varga</i>
11.	<i>Kaiyadeva Nighantu</i>	<i>Oshadhi Varga</i>
12.	<i>Bhavaprakasha Nighantu</i>	<i>Guduchyadi Varga</i>
13.	<i>Raj Nighantu</i>	<i>Shatahvadi Varga</i>
14.	<i>Rajavallabh Nighantu</i>	<i>Nanaushadhi Varga</i>
15.	<i>Shaligrama Nighantu</i>	<i>Guduchyadi Varga</i>
16.	<i>Priya Nighantu</i>	<i>Haritakyadi Varga</i>
17.	<i>Sarasvati Nighantu</i>	<i>Utapaldi Varga</i>
18.	<i>Nighantusara Samgraha</i>	<i>Guduchyadi Varga</i>

**SYNONYMS**

In various *Nighantu*, *Prashniparni* has the following synonyms:

Sr. No.	Paryaya	DN	So N	Ab R	HD N	M N	K N	BP R N	Sh N	P N	S N
1.	<i>Prithakparni</i>	+	+	+	+	+	+	+	+		+
2.	<i>Kalashi</i>	+	+	+	+		+	+	+		

3.	<i>Dhavani</i>	+	+			+	+	+				+
4.	<i>Guha</i>	+	+	+			+	+	+			+
5.	<i>Shrugalavinna</i>	+		+	+		+		+			
6.	<i>Anghribala</i>	+	+									
7.	<i>Anghriparni</i>	+	+									
8.	<i>Kroshtukapuchch Hika</i>	+	+	+		+	+		+	+	+	
9.	<i>Prishtiparni</i>		+									
10.	<i>Shrugalaparnika</i>		+									
11.	<i>Parni</i>		+			+	+					+
12.	<i>Vishnuparni</i>		+									
13.	<i>Languli</i>		+	+			+		+			
14.	<i>Chitraparni</i>		+					+	+		+	+
15.	<i>Upachitra</i>		+						+			
16.	<i>Udanahva</i>		+									
17.	<i>Shrugali</i>		+						+			
18.	<i>Sinhapuchchhi</i>		+		+		+		+			+
19.	<i>Klitani</i>			+			+					
20.	<i>Mahaguha</i>			+					+			
21.	<i>Prishthaparni</i>					+						
22.	<i>Kalasharuha</i>					+						
23.	<i>Shrugalavritta</i>					+						
24.	<i>Ahitila</i>					+						
25.	<i>Snigdhaparnika</i>						+					
26.	<i>Vrutila</i>						+					
27.	<i>Ahiparni</i>							+				
28.	<i>Dhamani</i>								+			
29.	<i>Mekhala</i>								+			
30.	<i>Tanvi</i>									+		
31.	<i>Triparni</i>									+		
32.	<i>Purnaparni</i>									+		
33.	<i>Kroshtuvinna</i>							+				+
34.	<i>Anshumati</i>											+
35.	<i>Dirghaparni</i>								+			
36.	<i>Dirgha</i>								+			
37.	<i>Kroshtukamekhala</i>								+			
38.	<i>Shvapuchchha</i>								+			
39.	<i>Sinhalanguli</i>									+		

There are 39 synonyms for *Prashniparni* included in this table. The majority of synonyms are based on its morphological structure, karma, upama, etc.

### Raspanchak<sup>[7]</sup>

A drug's potency refers to all of the qualities that it possesses, including *Guna*, *Rasa*, *Vipaka*, *Veerya*, and *Prabhava*. According to *Acharya Charaka*, some substances functions according to their *Rasa* (taste), some according to their qualities or post-digestive effects (*Vipaka*),

some according to their *Veerya* (potency), and some according to empirical action (*Prabhava*).<sup>[8]</sup>

The *Rasapanchaka* of *Prashniparni* along with its *Panchamahabhoot sangathan* is given below-

Sr. no.	Rasapanchaka	Panchamahabhuta constitution	
1.	Rasa	Madhura	Prithvi + Aap
		Tikta	Vayu + Aakasha
2.	Guna	Laghu	Vayu + Aakasha
3.	Veerya	Ushna	Vayu + Agni
4.	Vipaka	Madhura	Prithvi + Aap

#### Raspanchak according to different Nighantus

Sr. No.	Rasapanchaka	DN	MN	KN	BP	RN	ShN	PN
1.	Rasa	Madhura	+	+	+	+	+	
		Amla					+	
		Katu					+	
		Tikta					+	
2.	Guna	Laghu	+	+				
3.	Veerya	Ushna	+	+	+	+	+	
4.	Vipaka	Madhura						
5.	Prabhava							

(DN- Dhanvantari Nighantu, MN- Madanpal Nighantu, KN- Kaideva Nighantu, BP- Bhavaprakash Nighantu, RN- Raj Nighantu, ShN- Shaligram Nighantu, PN- Priya Nighantu.)

#### Rogagnata As Per Different Nighantus<sup>[9-16]</sup>

Sr. No.	Rogagnata	DN	SoN	MN	KN	BP	RN	ShN	PN
1.	Atisara						+		+
2.	Chhardi			+	+	+		+	
3.	Daha	+		+	+	+	+	+	
4.	Jwara	+		+	+	+	+	+	+
5.	Kasa	+					+		
6.	Pittashleshmatisara		+						
7.	Raktatisara			+	+	+		+	
8.	Shwasa	+			+	+		+	
9.	Trishna	+		+	+	+		+	
10.	Unmada						+		
11.	Vataroga						+		
12.	Vrana						+		

## EFFECT ON *DOSHA*, *DHATU* AND *MALA*

### Action on *Dosha*

*Prashniparni* is referred to as *Tridoshashamaka* among all the *Nighantus* and *Samhitas*. It performs *vatashamana* and *pittashamaka* action due to its *Madhura rasa* and *Madhura vipaka*. It also shows the *kaphashamaka* property since it is *Ushna* in *veerya*. Hence, *Prashniparni* engages in *Tridoshashamana* action.

It is defined as a principle drug (*Agrya dravya*) for *Vatahara* action in the *Charaka Samhita*<sup>[17]</sup> whereas *Ashtanga Hridaya* considered this under *pittashamaka dravyas*.

### Action on *Dhatu*

*Vrushya* property is mentioned in all the *Nighantus*. *Acharya Charaka* classified it under *Sandhaneeya dravyam* reflecting its overall action on *Asthi Dhatu*. *Priya Nighantu* refer it as *Balaprada*.<sup>[18]</sup> Emphasizing *Rasagata aamapachana* action, most *nighantus* have mentioned it as *Jwaraghana* and due to its *Rakta sthambhak* action, it is used as *sangrahana* in *Raktatisara*.

### Action on *Mala*

All *Nighantukaras* agree with *Acharaya Charaka* for referring *Prashniparni* as *Sangrahika dravya* since they consider this as *Asara*. *Kaideva Nighantu* is the only *Nighantu* contradicting all and considering *Prashniparni* having *Sara guna*.<sup>[19]</sup>

### *Karma of Prashniparni*<sup>[20]</sup>

*Deepan*, *Grahi*, *Anuloman*, *Vaathara*, *Angamardaprashamana*, *Hridaya*, *Sandhaneeya*, *Shothhara*, *Shonitasthapana*, *Dahaprashamana*, *Balya*, *Mutrala*, *Vrishya*, *Jawaraghna*, *Kaphanissaraka*, and *Vishaghna karmas* are seen in *Prashniparni*.

## PART USED

Root, leaf, and its pods are generally used for medicinal purposes, among which roots are used most.

### Substitutes and Adulteration<sup>[21]</sup>

The authentic source of *Prashniparni* is *Uraria picta* Desv. from the family, *Fabaceae* and is being substituted by *Alysicarpus longifolius* W. and *Alysicarpus Prodr.* from the family, *Fabaceae* by some folklore of Saurashtra region of Gujarat. Both the plants have similar physical characteristics concerning leaves and flowers. *Uraria lagopoids* DC. It is also used

as its substitute.

### **Ayurvedic Medicines with *Prashniparni* As An Ingredient**

It is used in innumerable *Ayurvedic* medicines like *Mahanarayan Oil* which is used mainly in neuro-muscular conditions as a massage oil; *Manasamitra Vatakam* which is used for sleep disorders and psychiatric conditions; and *Dhanvantharam Thailam* known for rheumatic conditions.

### **Description IN Various Reference Books**

- **Database on medicinal plants used in *Ayurveda* (Vol. 6)<sup>[22]</sup>**

*Uraria picta* is defined in based on its botanical description, vernacular names, distribution, pharmacognosy, pharmacological activities, parts used, activities and uses, chemical constituents, therapeutic indications, commercial usage, adulteration and substitution, propagation, and cultivation.

- **The *Ayurvedic Pharmacopoeia of India*<sup>[23]</sup>**

Synonyms, macroscopic and microscopic characters, identity, purity and strength, TLC, properties and actions, important formulations, therapeutic uses and dose of *Uraria picta* are mentioned in API.

### **Recent Research Works**

Research work done recently suggests that *Prashniparni* shows Acaricidal activity, Antianxiety activity, Antioxidant and anticholinesterase activities.

198. The Wealth of India, first supplement series, Vol-V: RZ. New Delhi; National institute of science communication and Information resources (NISCAIR) Council of scientific and Industrial Research (CSIR); 2012. p. 284.

199. Nitesh et al., Pharmacognostic, phytochemical studies and antianxiety activity of *uraria picta* leaves.

200. Veronica O et al., Antioxidant and anticholinesterase activities of aqueous extract of *Uraria picta* (Jacq.) DC. African Journal of Pharmacy and Pharmacology. 2013; Vol. 7 (41): 2768-2773.

As per our texts, *Prashniparni* is used effectively for many activities including *Pishacha nashana*, *Rakshoghna*, *Raktashodhana*, *Brimhana*, *Garbhaposhaka*, *Deepana Pachana*, and *Balya*.

## DISCUSSION AND CONCLUSION

*Prashniparni*, *Uraria picta* belongs to the family Fabaceae, part of *Dashmoola*. It is widely distributed throughout India, Bangladesh, Sri Lanka, Australia, Africa, Dry-grass fields, waste places, and plains all over India, including Sub-Himalayan tracts from Kashmir to West Bengal and Assam, up to an altitude of 1800 m. *Charak* has mentioned *Prashniparni* in *Sandhaneeya dashemani*, *Shothahara dashemani*, *Angamardaprashamana dashemani*, *Madhura skandha*, *Deepan-sangrahi gana* and *Sushruta* has mentioned it in *Vidarigandhadi gana*, *Panchamoola*, *Haridradi gana*.<sup>[24]</sup> It is *Tridoshashamaka* in *karma*. *Vrushya*, *Sandhaneeya* for *Asthi Dhatu*. *Balaprada*. One of its important *karma* is *Rasagata aamapachana* action, contributing as one of the important *Jwaraghana dravya* and due to its *Rakta sthambhak* action, it is used as *sangrahana* in *Raktatisara*. *Grahi*, *Anuloman*, *Vaathara*, *Dahaprashamana*, *Mutrala*, *Vrishya*, *Kaphanissaraka*, and *Vishaghna karmas* are chief action of *Prashniparni* that contributes in the vitality of the drug.

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