

**PADMA (NELUMBIUM SPECIOSUM WILLD) - A REVIEW****Dr. Swarup De MD (Ayu) and Dr. Baby Ganeriwala MD (Ayu)\***

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**ABSTRACT**

Padma (*Nelumbium speciosum* Willd) is perennial aquatic herb bearing the famous red flower. It is found in ponds, lakes, marshes and flooded fields. Padma have been known by these name as scared lotus, Indian lotus, or Asian lotus, lotus root, east Indian lotus etc,. It is extensively described in almost all classical of Ayurveda *that* reflects its great medicinal value. It is edible used for food and medicine both. It is a perennial aquatic herb with rhizomes growing in the mud at the bottom. It has miraculous cooling effect and anti-hemorrhagic property other than ant diabetic, antiplatelet, hepato-protective and ant estrogenic effect. Its flowers, seeds, leave and root contains several alkaloids and flavonoids which are beneficial in treating different

morbidities. The plant as a whole is also used to treat many pathological conditions. This article review the Ayurvedic literature, photochemistry, traditional uses, alkaloids present in different parts of the plant and its therapeutic benefits of *N. nucifera*.

**KEYWORDS:** Ayurveda, Padma, *Nelumbium Spciosum*, Indian Lotus.

**INTRODUCTION**

Padma is a handsome perennial aquatic herb with stout, creeping rhizome found throughout India, up to an altitude of 1800 mt, leaves peltate 60-90cm or more in diameter, orbicular, glaucous with petioles very long, smooth or with small prickles. Fruit is an aggregate of indehiscent nut-let. Ripe nutlets are ovoid, roundish or oblongish with hard smooth, brownish or greyish black pericarp. It has got many medicinal properties and is mentioned in many Ayurvedic classics in detailed.

Table 1: Showing Classical Categorization/Gana of Padma.

<b>Caraka Samhita</b>	Mutravirajaniya Dasamani, Purisavirajaniya Dasamani
<b>Susruta Samhita</b>	Utapaladi Gana, Pittasansaman Varga
<b>Astanga Hridaya</b>	Priangavadi Gana, Anjanadi Gana, Padmakadi Gana, Pittasansaman Varga
<b>Astanga sangrah</b>	Purisavirajaniya Dasamani
<b>Saligram Nighantu</b>	Puspa Varga
<b>Bhava Prakash</b>	Pushpa Varga
<b>Dhanvantari Nighantu</b>	Karaviradi Varga
<b>Raja Nighantu</b>	Karaviradi Varga
<b>Kaiyadeva Nighantu</b>	Ousadhi Varga
<b>Priya Nighantu</b>	Satapuspadi Varga
<b>Mahaushadhi Nighantu</b>	Sammisra Varga
<b>Nighantu Adarsha</b>	Kamaladi Varga
<b>Sousruta nighantu</b>	Anjanadi gana, Utpaladi gana, Kakoladi gana
<b>Sarswati nighantu</b>	Ulpa varga
<b>Sodhala nighantu</b>	Karaviradi Varga

Table. 2: Showing synonyms of Padma.<sup>[1]</sup>

<b>Dhanvantari nighantu</b> <sup>[1]</sup>	Pundarika, Svetapadma, Sitabja, Svetavarija, Harinetra, Saratpadma, Sarada, Sambhuvallabha.
<b>Raja nighantu</b> <sup>[1]</sup>	Pathoja, Kamala, Nabhanca, Nalina, Ambhoja, Bujanm, Sripadma, Amburuha, Abjapadmajalaja, Anyambhoruha, Sarasa, Pankeja, Sarasiruha, Kutapam, Pathorua, Puskar, Varija, Tamarasa, Kusesayakaj, Kanja, Arvinda, Satpatra, Visakusuma, Sahastrapatra, Mahotpal, Variruha, Sarasija, Salilaja, Pankeruha, Rajiva.
<b>Adarsa nighantu</b> <sup>[2]</sup>	Kamal, Padama, Aravinda, Pundarika, Taamrasa, Rajiva, Nalina, Pushkara, Sarasiruha, Pankaja, Pankeruha, Kusheshaya, Pamposha.
<b>Bhavaprakash nighantu</b> <sup>[3]</sup>	Padama, Nalini, Aravinda, Mahotpal, Sahastrapatra, Kamal, Shatapatra, Kusheshaya, Pankeruha, Taamrasa, Saarasa, Sarasiruha, Bisaprasuna, Rajiva, Pushkar, Ambhoruha( puspa varga, pg 478, )
<b>Sodhal nighantu</b> <sup>[1]</sup>	Pundarika, Sita, Padma, Kamal, Pushkara, Dala, Pankaja, Nalini, Padmaambuja, Rajiva, Raktapadma, Shatapatra, Saroruham, Arvinda, Shriniketan.
<b>Prayay nighantu</b> <sup>[1]</sup>	Kamala, Pankaja, Padma amabaja, Nalinam ambuja, Kusesayanca, Rajiva, Arvindam, Sarorua.
<b>Sarswati nighantu</b> <sup>[1]</sup>	Sahasrapatra, Kamal, Arvinda, Mahotpala, Nalina, Puskar, Padma, Sarasam, Sarasiruha. Pankeruha, Tamarasa, Rajiva, kusesaya.

**Vernacular Names**<sup>[3,4,5,6]</sup>**Name of the region- regional names**

English – Sacred lotus, Indian lotus, Chinese lily

Tamil – Ambal, Tamarai, Thamaraipoo, Aravindan, Padumansarajam, Kamalam

Malayalam – Tamar, Venthamara, Chenthamara, Senthamara.

Hindi – Kamal, Kanwal, Kanval

Marathi – Kamal

Gujarat – Kamal, Suryakamal

Bengali – Padma, Padma phool, Sala phool

Oriya – Padam

Panjabi – Kavalkatari, Pamposh, Kanwal

Kannad -Biliya tavare, Naidile, Tavaregedd, Tavaribija

Telagu- Kaluva, Tamarapuvow

Arabi – Katilunnahala, Nilufer, Ussulnellufir

Assam – Podum

Pharsi – Nilufer, Nilufu, Beykhneelufir

Sind- Pabban, Paduro, Nilofir

Sing – Nelum

Urdu – Kamal

### **Taxonomy**<sup>[7]</sup>

Kingdom: Plantae plants

Subkingdom: Tracheobionta(vascular plants)

Superdivision: Spermatophyte(seed plants)

Division: Magnoliophyta(flowering plants)

Class: Magnoliopsida –Dicotyledons

Subclass: Magnoliidae

Order: Nymphaeales

Family: Nymphaeaceae

Genus: Nelumbo

Species: Nelumbo nucifera Gaertn and Nelumbo lutea

### **Names of different parts of Padma**

**1. Kanda:** It is called **Shaluka** or **Padmakanda**

**Karma:** Raktapitta<sup>[8]</sup>, Kashghna, Pittaghna, Trishna-Daha nibaran.<sup>[9]</sup>

Vrisya, Pittadashrajit, Stanyanilakaphaproda, Sangrahi.<sup>[3]</sup>

**2. Naal:** It is called **Mrinal** or **Bisa**

**Karma:** Vrisya, Pittadaharshrajit, Stanya-anila Kaphaproda, Sangrahi.<sup>[3]</sup> Pitta-daha-jit,

Mutrakrichha-vikarghna, Rakta-bantihara param.<sup>[9]</sup> Raktapitta-prosadanam.<sup>[8]</sup>

**3. Dala (Nabadala):** It is known as **Sambartika**

Karma: Daha-trit pronut, Mutrakrichha, Gudavyadhi, Raktapitta vinasha.<sup>[3]</sup>

**4. Beej-kosha:** It is known as **Karnika**<sup>[3]</sup>

**Karma:** Trishna, ashra-kapha-pittanash

**5. Beej:** Known as **Kamalakshya**<sup>[3]</sup>

**6. Padma-keshar:** It is known as **Kinjjalka**

**Karma:** Raktapitta shamak, Dahaproshaman, Rakta-arsha & Rakta-prodar nashak.<sup>[3]</sup>

**7. Puspa-rasa:** It is known as **Makarand**<sup>[3]</sup>

**8. Padma Beeja-kosha**

### **Botanical description**<sup>[10]</sup>

Water is its life. Its root is dipped in mud

Plant: Aquatic herb with creeping stem, rooting at the nodes

Leaf- Leaves are shiny, thin, round & 30 to 100 cm in diameter.

Patra-nal is long covered with small spike.

Flowers –solitary, flowers are white & red, fragrant having diameter 10 to 15 cm. The plant bears flowers at the height of 30 to 35cm from the stalk of flower. The ovary is a sponge like compartment, containing round and soft seeds of 4 cm length, are known as Kamal Kakadi (Karnika).

Flowering: Flowering seasons are summer and rainy season.

Flowering time: Flowers bloom in the morning and close in the evening.

### **Origin and distribution**

It is native of India, China and Japan. It is found all over India, extending to N.W Himalaya, Kashmir, west Bengal, Central and southern areas of Bihar, Orissa, Maharashtra, in most districts of south India in Still Water especially in the hotter localities.

### **Useful part**<sup>[9]</sup>

Panchanga, Puspa, Patra, Beeja, Kanda, Mrinal.

### **Pharmacological character**<sup>[4]</sup>

Rasa: Tikta, Kasay & Madhur

Guna: Picchil, Snigdha, Laghu

Virya: Sita

Vipak: Madhur,

Dosa-karma: Kapha – Pitta samana

❖ **Type of Padma**<sup>[3]</sup>

3 types

**1. Pundarika**

Swet Kamal (*Nymphaea alba* linn.)

Properties: Hima, Tika, Madhur

Pittashamak, Daha – Arsa – Shrama hara

**2. Kokanada**

Rakta Kamal (*Nymphaea rubra*)

Properties: Katu, Tikta, Madhur

Raktadosahara, Tridosahara, Vrisyam Santarpankaraka

**3. Indivara**

Neel Kamal (*Nymphaea stellata* willd.)

Properties: Shita, Madhur

Rasayanashresta, Dehadardhyakar

Pittaghana, Ruchya

➤ Acharya Charaka has mentioned 7 types of padma in The description of **Mutravirajanio Dashamani**<sup>[11]</sup>

1. Padma, 2. Utpal, 3. Nalin, 4. Kumud, 5. Sougandhik, 6. Pundarika & 7. Satapatra.

**Srotogamitva**<sup>[10]</sup>

1. Dosa: Kaphagnha, Pittaghna (Seeda – Tridosahara)

2. Dhatu: Rakta (Visarpa, Varnyakar), Rasa, Shukra (Seeds – Vrisya)

3. Mala: Purisa (Seeds – Kasaya, Grahi)

4. Ashaya: Garbhasaya (Seeds – Garbhasthapak)

5. Prabhav: Visagnya

**Chemical constitute**<sup>[12]</sup>

**1. In leaf**

Nuciferin, Romerin, Neoro nuciferin

**2. In Puspa & Patra vrinta: Nelumbin****3. Compoition of Dry Lotus seed**

Protein – 17.2% m Fat- 2.4%, Carbohydrate – 66.6%

Others – Ca<sup>+2</sup>, Ph, Fe<sup>+2</sup>, Ascorbic acid

**4. Kamal naal (visa) contain**

Water – 83.80%, Protein – 2.70%, Fat – 0.11%

Starch – 9.25%, Sucrose – 0.41%, Aspirin – 2%

**Pharmacological activity<sup>[13]</sup>**

Hypotensive, CNS depressant, diuretic, anticonvulsant, analgesic, anti-inflammatory, haemostatic, antifertility, antifungal, antipyretic, Hypoglycaemic, bacteriostatic.

Oxoushinsunine showed tumour inhibitory activity against nasopharynx, carcinoma. Nuciferine reduced amplitude of extracellularly recorded action potentials in isolated cat dorsal horn interneurons and renshaw cells from lumber segments.

Quercitrin coagulated blood like vitamin K.

**Toxicology<sup>[13]</sup>**

LD50 of the ethanolic extract of the plant was >1000mg/kg *i.p.* in albino mice.

**Therapeutic uses<sup>[14]</sup>****• Charak**

1. **Raktapitta:** Ca. Su. 25/40, Ca. Chi – 4/44, 67, 74, 80, 89, 94,101, 102.

2. **Daha due to raktapitta,** Ca. Chi- 4/108 & 109

3. **Pittaja Mutrakrichha,** Ca, Chi- 26/51

4. **Raktaja mutrakrichha,** Ca. Chi-26/73

**• Susruta**

5. **Danta chalan** in young person – milk boiled with Utpalnaal Su. Chi-3/42.

**• Chakradutta**

6. **Gudabhransa:** Padma patra and sitapal kalka (Kshudraroga chikitsa)

- **Bhavprokash**

7. **Jwar-atisaar:** Utpal, Dadimba twak and kamal keshar with tandul-udak

8. **Jwar due to Sukar(pig) danshan:** Kamal mool kalka with Grita

- **Harita**

9. **Mukha prabrita rudhir(Haematurria)**

Padma-kinjalka churna with sharkara. (Ha. Sam. – 3/10/47).

10. **Mutra-nirodha with severe pain**

Kamal – kanda process in oil and mixed with gomutra. (Ha. Sam.- 3/30/4).

- **Brinda**

11. **Kesh Krishnikaran (Blackening of hair)**

Padma puspa mixed with milk and kept under ground for 1 month then apply over head as paste form.

12. **Netraroga(Eye disorder):** Drink padma puspa with goat milk it will relief redness in eye, pain, burning sensation, stop excess water secretion from eye.

13. **Guda-bhransa:** One who takes tender leaves of lotus plant mixed with sugar does not suffer from prolapsed of rectum. B.M – 57/24

- **Sodal**

14. **Garbha-pat & Garbha-shrab nashak:** (In Habitual Abortion) – Kanda of Neelkamal churna with madhu and mishri and in Garbha shrab the patra kalka of Neel & Swet kamal mixed with madhu and sarkara.

(Garbhashrabadhikar chikitsa)

15. **Pittaja-kash:** Kamal beej churna with madhu (Kash-chikitsaahikar). G. Ni -2/10/34

- **Baidya Monoramā**

16. **Nasāgata raktapitta:** nasya with Padma patra swarasa

17. **Asthi-shrab and Somroga in female:** Kamal patra swarasa with oil.

- **Raja-martanda**

18. **Krimidanta:** Chewing of Kamal mool

**Dose**<sup>[15]</sup>

Puspa: 10 – 20gm as Phanta

Beej churna: 3 – 6gm

Swarasa: 10 – 20ml

Padma keshar: 0.5 – 3gm

Kanda: 5 – 10gm as a form of Peaya

**Table. 3: Showing formulations containing Padma.**

<b>Caraka samhita</b> <sup>[16]</sup>	Dvitiya brahmarasayana <sup>(10)</sup> , indrokta rasayana <sup>(42)</sup> , chananadi taila <sup>(123)</sup> , chandanadi churna <sup>(159)</sup> , usiradi sitakasaya <sup>(152)</sup> , trayamanadha ghrita <sup>(175)</sup> , trikantakadha taila <sup>(190)</sup> , triphaladi churna <sup>(205)</sup> , kusthadha taila <sup>(209)</sup> , jivantyadi ghrita <sup>(234)</sup> , kalyanaka ghrita <sup>(254)</sup> , kutajaphaladi ghrita <sup>(368)</sup> , hiberadi ghrita <sup>(372)</sup> , sunishannachangeri ghrita <sup>(372)</sup> , nilotpaladi yoga <sup>(514)</sup> , visarpa nasaka kasaya <sup>(548)</sup> , udambaradi pradeha <sup>(550)</sup> , nyagrodhadadi lepa <sup>(550)</sup> , mritasanjivani agada <sup>(588)</sup> , mahagandahasti agada <sup>(592)</sup> , amrita ghrita <sup>(618)</sup> , baladi taila <sup>(700)</sup> , prapaundarikadi taila <sup>(715)</sup> , jivaniya ghrita <sup>(784)</sup> , dhatakyadi taila <sup>(811)</sup> .
<b>Susruta samhita</b> <sup>[17]</sup>	Pittja asmari nasak ghrita <sup>chi(52)</sup> , karanjadi ghrita <sup>chi(96)</sup> , gauryadi ghrita <sup>chi(97)</sup> , sairiyakadi taila <sup>chi(145)</sup> , daridraya nasaka rasayan yoga <sup>chi(156)</sup> , saubhagyakaraka Padma yoga <sup>chi(157)</sup> , madhukadi taila <sup>chi(199)</sup> . Patoladi ghrita <sup>ut(257)</sup> , kalyana ghrita <sup>ut(257)</sup> , mahakalyana ghrita <sup>ut(257,588)</sup> , triphaladi ghrita <sup>ut(260)</sup> , manjisthadi churna <sup>ut(293)</sup> , bala ghrita <sup>ut(548)</sup>
<b>Astanga hridaya</b> <sup>[18]</sup>	Jivantyadi ghrita <sup>(438)</sup> , prapaundrikadi siddha ghrita <sup>(440)</sup> , madhuyastayadi taila <sup>(578)</sup> , shishu shosha nasaka ghrita <sup>(624)</sup> , kalyana ghrita <sup>(644)</sup> , mahakalyana ghrita <sup>(644)</sup> , drakshadi ghrita <sup>(670)</sup> , mahatriphaladi ghrita <sup>(671)</sup> , drakshadi varti <sup>(677)</sup> , pashupata yoga <sup>(687)</sup> , khadiradi gutika <sup>(723)</sup> , mahamayura ghrita <sup>(733)</sup> , talisadi taila <sup>(746)</sup> , dhatakyadi taila <sup>(783)</sup> , makarivisha nasaka agada <sup>(807)</sup> , pancharavinda ghrita <sup>(817)</sup>
<b>Sarangdhara samhita</b> <sup>[19]</sup>	Viratarvadigana kwath <sup>151</sup> , britamadukapushpadi phanta <sup>(163)</sup> , nilotpaladi hima <sup>(166)</sup> , sudarshana churna <sup>(177)</sup> , lavangadi churna <sup>(182)</sup> , kamadev ghrita <sup>(219)</sup> , paniya kalyana ghrita <sup>(221)</sup> , mahatikta ghrita <sup>(222)</sup> , kasisadhi ghrita <sup>(222)</sup> , triphaladha ghrita <sup>(224)</sup> , gauradha ghrita <sup>(225)</sup> , nilikadha taila <sup>(236)</sup> , erimedadha taila <sup>(237)</sup> , jatyadi taila <sup>(237)</sup> , chandanadi taila <sup>(241)</sup> , dhaturadi taila <sup>(242)</sup> , ushirasava <sup>(247)</sup> , dasamularista <sup>(254)</sup> , amritarnava rasa <sup>(298)</sup> , kandarpa sundar rasa <sup>(311)</sup> , louha rasayana <sup>(312)</sup> , davryadi rasa <sup>(502)</sup> .
<b>Venga Sen</b> <sup>[20]</sup>	Madhukadi kwath <sup>(24)</sup> , kalyana ghrita <sup>(47)</sup> , mahakalyana ghrita <sup>(47)</sup> , padmaka taila <sup>(50)</sup> , drakshadi kwath <sup>(53)</sup> , vasadi ghrita <sup>(56)</sup> , mahalakshadi taila <sup>(59)</sup> , baladi taila <sup>(59)</sup> , kalyana avaleha <sup>(84)</sup> , satavari ghrita <sup>(99)</sup> , hiveradi ghrita <sup>(113)</sup> , lavangadi churna <sup>(224)</sup> , mahanili ghrita <sup>(516)</sup> , sahacharadi taila <sup>(569)</sup> , brihatkalyana ghrita <sup>(667)</sup> , brihatphala ghrita <sup>(668)</sup> , lakshadi ghrita <sup>(698)</sup> .
<b>Chakra Dutta</b> <sup>[21]</sup>	Lodhradi kwatha <sup>(9)</sup> , madhukadi shitakasaya <sup>(13)</sup> , vasadi ghrita <sup>(27)</sup> , utpalshataka peya <sup>(31)</sup> , guduchayadi kwath <sup>(32)</sup> , utpaladi churna <sup>(33)</sup> , hiveradi peya <sup>(40)</sup> , samangadi churna <sup>(64)</sup> , kutajadha ghrita <sup>(64)</sup> , durvadha ghrita <sup>(87)</sup> , kaamdev ghrita <sup>(88)</sup> , lavangadha churna <sup>(94)</sup> , cyavana prasha <sup>(96)</sup> , jivantyadha ghrita <sup>(97)</sup> , nagabala ghrita <sup>(98)</sup> , chandnadha taila <sup>(99)</sup> , padmabeeja churna <sup>(101)</sup> , pippalyadi leha <sup>(103)</sup> , padmadha ghita <sup>(117)</sup> , kashmaryadi sitakashaya <sup>(118)</sup> , vatasungadi vatika <sup>(120)</sup> , paniya kalyana ghrita <sup>(127)</sup> , ashvagandha taila <sup>(144)</sup> ,



	prasarani taila <sup>(151)</sup> , mahaprasharni taila <sup>(154)</sup> , amritadha ghrita <sup>(160)</sup> , khaddakapadmaka taila <sup>(161)</sup> , sthulapadma ghrita <sup>(239)</sup> , karanjadha ghrita <sup>(264)</sup> , gairikadi lepa <sup>(272)</sup> , drakshada ghrita <sup>(300)</sup> , prapaundrikadi lepa <sup>(301)</sup> , kasherukadi lepa <sup>(301)</sup> , triphaladi lepa <sup>(302)</sup> , mahapadmaka ghrita <sup>(305)</sup> , madhukadi lepa <sup>(309)</sup> , kaliyakadi lepa <sup>(316)</sup> , prathama kumkumadha taila <sup>(317)</sup> , nilotpaladi lepa <sup>(319)</sup> , bhringarajadha taila <sup>(319)</sup> , chandnadha taila <sup>(312)</sup> , sahachara taila <sup>(335)</sup> , irimedadha taila <sup>(335)</sup> , khadiradi gutika <sup>(336)</sup> , davryadi rasakriya, madhukadha ghrita <sup>(352)</sup> , vyoshadha varti <sup>(358)</sup> , vrihajjivakadha taila <sup>(373)</sup> , pusyanuga churna <sup>(378)</sup> , satavari ghrita <sup>(379)</sup> , vachadi lepa <sup>(381)</sup> , phala ghrita <sup>(384)</sup> , nilotpaladha ghrita <sup>(384)</sup> , kaservadi kshira <sup>(387)</sup> , changeri ghrita <sup>(400)</sup> ,
<b>Bhava Prakasha</b> <sup>[22]</sup>	Guduchayadi kwatha <sup>(39)</sup> , Mahalakshadi taila <sup>(45)</sup> , Maha drakshadi kwath <sup>(79)</sup> , Madhukadi hima <sup>(86)</sup> , Kiratadi spatika kwatha <sup>(126)</sup> , Parushakadi kwath <sup>(126)</sup> , Kaamjwara nasaka kwatha <sup>(143)</sup> , Padmakadi taila <sup>(162)</sup> ,
<b>Database on Medicinal Plants used in Ayurveda</b> <sup>[23]</sup>	Aravindasava, Hriberadya taila, Ekadash shatika prasarini taila, Mopharva, Lakshadya taila, Mahacandan taila, Raktapittakulakandana rasa, Pancharavinda ghrita, Brihadgokshuradyavaleha, Brihat grahni mihira taila, Poogakhanda, Satavaryadi ghrita, Asvagandha taila, Mrinaladi lepa Kamalakesaradiyoga, Utpaladi stram, Mahapadmaka taila, Padma madhu.

### Research Study

1. PHYTOCHEMISTRY, PHARMACOLOGICAL AND THERAPEUTIC APPLICATIONS OF NELUMBO NUCIFERA, Asian journal of Phytomedicine and Clinical Research, Sasikumar Dhanarasu. et al. / Asian Journal of Phytomedicine and Clinical Research. 1(2), 2013, 123 - 136.
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### CONCLUSION

Kamala is considered as one among the herbs which has got immense medicinal benefit. This herb can be grown easily and it flowers profusely in hot and rainy seasons. Every parts of the plant has its own importance which contains different alkaloids. It has anti platelet, antipyretic, anti inflammatory, antidiabetes, anti obesity, antiarrhythmic, antifertility, anti diarrhoeal and immunomodulatory effects. It is used in vitiated kapha-pitta dosa. Its

flower is considered as cardiac tonic. This article will provide detailed knowledge about the description, properties, pharmacological effects and medicinal uses of *N. nucifera* for further research purpose.

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