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A Review On *Amradi Varga* (Medicinal Fruits) w.s.r To *Dhanvantari Nighantu*

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ABSTRACT: -

Ayurveda treatment possesses herbal, mineral, animal origin products which mainly take part in the treatment of various health ailments. *Dhanvantari Nighantu* is one of them and is oldest Ayurvedic Materia medica placed between 8th -10th AD. The original name of this lexicon is *Dravyavali Samucchaya*. This book contains seven Vargas namely; *Guduchadi Varga*, *Shatapushpadi Varga*, *Chandanadi Varga*, *Karaviradi Varga*, *Amradi Varga*, *Suvarnadi Varga*, and *Mishrakadi Varga*, and the total numbers of drugs are 527. The *Amradi Varga* contains 74 drugs. The drugs are classified in this book are on the basis of *Rasa* (essence), *Guna* (quality), *Virya* (potency), *Vipaka* (post digestive effect) etc. The *Nighantu* starts with salutation to Lord *Dhanvantari*, then the author goes on narrating the synonyms and properties of the drugs. The *Amradi Varga* is fifth *Varga* of *Dhanvantari Nighantu*, This *Varga* specially contains various types of aromatic fruits, which are impressible. Particularly in this *Varga* there will be explanations of fruits, along with *Twak* (Bark), *Pushpa* (Flowers). Most of the drugs possess the pharmacological actions like *Krimihara* (Anthelmintic), *Kandughan* (Antipruritic), *Kusthagna* (Anti-leprosy), *Panduhra* (Haematinic), *Grahi* (Excess fluid absorbent), *Hridya* (Cardiac ailments), *Dantya* (Tooth disorders), *Chakshushya* (Eye diseases), *Trishnahara* (Relieves excessive thirst), *Truptikara* (Digest the excessive undigested food materials), etc.

Key Words- *Amra*, *Dhanvantari Nighantu*, Medicinal fruits, Botanical Name,



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INTRODUCTION

The word Nighantu means the group of drugs, properties and their description of part used. The *Dhanvantari Nighantu* is most popular and oldest Nighantu among all the History of Ayurveda. The Nighantu Period (approximately 700 C.E. to 1498 C.E.) witnessed the development of several compendia on the identification and therapeutic properties of medicinal substances. The *Dhanvantari Nighantu* is believed to have been written towards the latter part of the Nighantu Period, around the 13th century C.E. and after. It is often confused with the 10th century C.E. work Dravyavali (this text is no longer available) because it too starts with a salutation to the Lord Dhanvantari. The earlier works of the Nighantu Period focused more on the identification and synonyms of drugs, while the later works seem to have dived into greater details like therapeutic properties of the drugs. Academics believe that the content of Dravyavali has been absorbed into the current version of Dhanvantari Nighantu: the portions that list synonyms of drugs are assumed to be from Dravyavali, while the portions that deal with properties and actions of drugs are from the original Dhanvantari Nighantu.

About 74 drugs (mainly fruits) have been described in this *varga*. Fruits are generally considered healthy but still pose problems

when consumed recklessly. Among these adverse effects of 41 drugs are described and maximum fruits are considered as *durjara* (difficult to digest), *grahi* (stool binding) and *vistambhi* (constipated). The contra-indications in case of consumption of *Haritaki fruit* (*Terminalia chebula*) is unique and should be made applicable in clinical practice. Mango, one of the most favourite seasonal fruit, in unripe condition leads to vitiation of *Tridosha* and *Rakta Dhatu* (blood tissue) has been specified. Freshly collected leaves of *Tambula* (*Piper bettle* Linn.) when consumed more may cause *Mukharuja* (mouth pain), *Jadyata* (stiffness), *Daha* (burning), *Arochaka* (anorexia), *Vantikruta* (cause vomiting), *Sirasathilya* (varicosity of veins) and *Twakadosha* (skin disorders).

Aim and Objectives –

To evaluate all drugs described in *Amaradi varga* in *Dhanwantri Nighantu* with their *Rasa* (essence), *Guna* (quality), *Virya* (potency), *Vipaka* (post digestive effect), *Karma* and Family.

MATERIALS AND METHODS

The drugs were reviewed from *varga* of *Dhanwantri Nighantu* of Sharma P.V. We have selected only the drugs of *Amradi varga*.

Table 1 shows pharmacological actions of medicinal fruits of *Amradi Varga* can be discussed elaborately

Name	Botanical Name and Family	Pharmacological action
AMRA	Botanical Name- <i>Mangifera Indica</i> Linn, Family- Anacardiaceae	The flower of the mango is <i>Sheeta Virya</i> (Cold in potency), <i>Atisaragna</i> (cures diarrhoea), <i>Kapha</i> and <i>Pitta</i> diseases, <i>Prameha</i> (Urinary disorders), <i>Asragdhara</i> (Diseases caused by vitiation of <i>Rakta</i>), The flowers are <i>Ruchiprada</i> (Promotes taste perception), <i>Grahi</i> (Absorbent), and increases <i>Vata</i>
KSHUDRAMRA-	Botanical Name- <i>Schleichera trijuga</i> Willd Family- Sapindaceae	The <i>Kshudramra</i> is <i>Amla</i> (Sour), <i>Katu Vipaka</i> (Pungent at post digestive effect), <i>Ushna Virya</i> (Hot in potency), <i>Vatashamaka</i> (Subsides <i>Vata Dosh</i> a), <i>Kapha Pitta Vardhaka</i> (Aggravate <i>Kapha</i> and <i>Pitta Dosh</i> a), <i>Ruchikara</i> (Taste promoter), <i>Rakta Samshodhaka</i> (Acts as blood purifier), and alleviates <i>Kustha</i> (Skin diseases).
RAJAMRA		It is variety of <i>Mangifera Indica</i> Linn. It is <i>Amla</i> (Sour), <i>Ushna Virya</i> (Hot in potency), <i>Pittavardhaka</i> (Aggravates <i>Pitta Dosh</i> a).
Amrataka	Botanical Name- <i>Spondias mangifera</i> Family- Anacardiaceae	The <i>Amrataka</i> is <i>Shukravardhaka</i> (Increases semen), <i>Dipana</i> (Appetizer), <i>Raktapittakara</i> and <i>Kapahakara</i> (Aggravates Bleeding diseases and <i>Kapha Dosh</i> a), It is <i>Sheeta Virya</i> (Cold in potency), <i>Kashaya</i> (Astringent), <i>Madhura</i> (Sweet) in taste, <i>Kinchit Vatavardhaka</i> (Mild aggravates <i>Vata Dosh</i> a), and is <i>Guru</i> (Heavy).
Jambeera	Botanical Name- <i>Citrus limon</i> Linn Family- Rutaceae	<i>Jambeera</i> is <i>Ushna</i> (Hot in potency), <i>Amla</i> (Sour), <i>Kinchit Madhura</i> (Slightly sweet) in taste, <i>Guru</i> (Heavy), Relieves <i>Vibandha</i> (Constipation), <i>Vata-Kapha Shamaka</i> (Subsides <i>Vata-Kapha</i>). It alleviates <i>Shoola</i> (Colic), <i>Kasa</i> (Cough), <i>Kapha Utklesha</i> (Regurgitation), <i>Chardi</i> (Vomiting), <i>Trishna</i> (Thirst), <i>Ama Dosh</i> a(Undigested food material), <i>Asyavairasya</i> (Distaste), <i>Hritpeeda</i> (Heart burn), <i>Krimi</i> (Worms), <i>Agnimandya</i> (Loss of appetite), <i>Vibandha Nashaka</i> (Cures constipation).
MADHUU JAMBEERA		It is a variety of <i>Citrus limon</i> Linn. This type of lemon is <i>Madhura</i> (Sweet), <i>Sheeta Virya</i> (Cold in potency), subsides <i>Kapha</i> and <i>Pitta Dosh</i> as, It is <i>Shosha Nashaka</i> (Cures emaciation), <i>Tarpaka</i> (Nourishing), <i>Shukravardhaka</i> (Increases semen), <i>Pusthikarak</i> (Gives strength).

NARANGA	Botanical Name- <i>Citrus reticulata</i> Blanco Family- Rutaceae	The <i>Narangi</i> fruit is <i>Amla</i> (Sour), <i>Madhura</i> (Sweet), <i>Hridya</i> (Cardio tonic), <i>Vishada</i> (Cleansing), <i>Ruchikaraka</i> (Taste Promoter), <i>Vatashamaka</i> (Subsides <i>Vata Dosha</i>), <i>Kathina</i> and <i>Guru</i> (Hard and heavy in digestion).
BEEJAPURA	Botanical Name- <i>Citrus medica</i> Linn Family- Rutaceae	The fruit is <i>Swadu</i> (Palatable), <i>Amla</i> (Sour) in taste, <i>Hridya</i> (Good for heart), <i>Dipana</i> (Appetizer), <i>Laghu</i> (Light), <i>Raktapittahara</i> (Controls haemorrhage), <i>Kantha-Jivha-Hridaya Shodhaka</i> (Clears the throat-tongue-and good for heart), Cures <i>Shwasa</i> (Dyspnoea), <i>Kasa</i> (Cough), <i>Trishna</i> (Thirst), <i>Hikka</i> (Hiccough), <i>Shoola</i> (Colic), <i>Vamana</i> (Acts as anti-emetic).
MADHU KARKATI	Botanical Name- <i>Citrus decumana</i> Linn Family- Rutaceae	The <i>Fruit</i> is <i>Madhura</i> (Sweet), <i>Sheeta Virya</i> (Cold in potency), <i>Raktapittashamaka</i> (Subsides Blood diseases), It is <i>Tridoshahara</i> (Alleviates all the three <i>Doshas</i> ; <i>Vata</i> , <i>Pitta</i> and <i>Kapha Doshas</i>), <i>Ruchikara</i> (Tasty), <i>Kathina</i> (Heavy to digest).
AMLIKA	Botanical Name- <i>Tamarindus indica</i> Linn Family- Legumonoseae	<i>Chincha</i> is <i>Amla</i> (Sour) in taste, <i>Guru</i> (Heavy), reduces <i>Vata</i> , increases <i>Pitta</i> , <i>Kapha</i> and <i>Rakta</i> . The ripe fruit is <i>Ushna</i> (Hot in potency), <i>Ruksha</i> (Drying), <i>Dipana</i> (Appetizer), <i>Sara</i> (Laxative), pacifies <i>Kapha</i> and <i>Vata</i> .
KSHUDRAMLIKA		It is a variety of <i>Tamarindus indica</i> Linn. It is <i>Ushna Virya</i> (Hot in potency), <i>Grahi</i> (Absorbent), <i>Kaphavatashamaka</i> (Subsides <i>Kapha</i> and <i>Vata Dosha</i>), <i>Pittavardhaka</i> (Aggravates <i>Pitta Dosha</i>), It alleviates <i>Grahani</i> (Sprue syndrome), <i>Asrha</i> (Haemorrhoids), <i>Amavata</i> (Rheumatoid arthritis), <i>Kapha Dosha</i> .
ARUKAM	Botanical Name- <i>Prunus persica</i> Batsch Family- Rosaceae	<i>Aruka</i> is <i>Hridya</i> (Cardio tonic), alleviates <i>Prameha</i> (Urinary diseases including diabetes), <i>Arsha</i> (Haemorrhoids).
BHAVYA-	Botanical Name- <i>Dillenia indica</i> Linn Family- Dilleniaceae	The <i>Bhavya</i> is <i>Amla</i> (Sour), <i>Vatahara</i> (Subsides <i>Vata Dosha</i>), <i>Picchila</i> (Sticky), <i>Mukha Shodhaka</i> (Cleanses the oral cavity).

TINDUKA	Botanical Name- <i>Diospyros embryopteris</i> Pers Family- Ebenaceae	The unripe <i>Tinduka</i> is <i>Kashaya</i> (Astringent), <i>Grahi</i> (Absorbent), aggravates <i>Vata Dosha</i> . The ripe <i>Tinduka</i> is <i>Guru</i> (Heavy at post digestive effect), <i>Madhura</i> (Sweet), <i>Kapha-Pitta Shamaka</i> (Subside <i>Kapha</i> and <i>Pitta Doshas</i>).
Vikantaka	Botanical Name- <i>Flacoutia ramonthii</i> Herit Family- Flacourtiaceae	The <i>Vikantaka</i> is <i>Tikta</i> (Bitter), <i>Sheeta Virya</i> (Cold in potency), <i>Shothagna</i> (Anti inflammatory), subsides aggravated <i>Kapha Dosha</i> and aggravated bleeding disorders.
MADHUKA-	Botanical Name- <i>Bassia latifolia</i> Roxb Family- Sapotaceae	<i>Madhuka Pushpa</i> is <i>Madhuara</i> (Sweet), <i>Sheetala</i> (Cold), <i>Guru</i> (Heavy), <i>Brimhana</i> (Nourishing), <i>Balashukrakara</i> (Tonic and increases semen), subsides <i>Vata-Pitta</i> . Its fruit is <i>Sheeta</i> (Cold), <i>Guru</i> (Heavy), <i>Swadu</i> (Sweet), <i>Shukrala</i> (Promotes semen), subsides <i>Vata-Pitta</i> . It is <i>Ahridya</i> (Not good for heart), It cures <i>Trishna</i> (Thirst), <i>Asra</i> (Blood), <i>Daha</i> (Burning sensation), <i>Shwasa</i> (Dyspnoea), <i>Kshata</i> (Injury), <i>Kshaya</i> (Emaciation).
JALAJA		It is variety of <i>Madhuka</i> . It is <i>Madhura</i> (Sweet), <i>Vrinanashaka</i> (Heals wounds and ulcers), <i>Shukravardhaka</i> (Increase's semen), <i>Vantihara</i> (Subsides Vomiting), <i>Sheeta Virya</i> (Cold in potency), <i>Balavardhaka</i> (Strength promoter), <i>Rasayana</i> (Rejuvenates the body cells).
PEELU	Botanical Name- <i>Salvadora persica</i> Linn Family- Salvadoraceae	The <i>Peelu</i> alleviates <i>Raktapitta</i> (Bleeding diseases), It is <i>Katu Vipaka</i> (Pungent at post digestive effect), <i>Snigdha</i> (Demulcent), <i>Madhura</i> (Sweet), <i>Teekshna</i> (Penetrating), alleviates <i>Arsha</i> (Haemorrhoids), <i>Basthi Vikara</i> (Bladder diseases), <i>Kapha</i> and <i>Vata Doshas</i> .
KHARJURA	Botanical Name- <i>Phoenix sylvestris</i> Family- Palmae	<i>Kharjura</i> is <i>Sheetala</i> (Cold), <i>Madhura</i> (Sweet) in taste, and <i>Madhura Vipaka</i> (Sweet in post digestive effect), <i>Snigdha</i> (Demulcent), <i>Ruchikara</i> (Tasty), <i>Hridya</i> (Good for heart), <i>Kshatakshayahara</i> (Heals wounds and emaciation), <i>Guru</i> (Heavy), <i>Tarpana</i> (Nourishing), <i>Raktapittagna</i> (Pacifies

		haemorrhage), <i>Pusthikara</i> (Promotes bulkiness), <i>Vistambhakara</i> (Promotes constipation), <i>Shukrala</i> (Promotes semen), <i>Kostha Marutahara</i> (Relieves flatus), <i>Balya</i> (Tonic), <i>Vanti</i> (Controls vomiting), <i>Vata-Kapha Hara</i> .
PINDA KHARJURA	Botanical Name- <i>Phoenix dactylifera</i> Linn Family- Palmae	<i>Kharjura</i> is <i>Sheetala</i> (Cold), <i>Madhura</i> (Sweet) in taste, and <i>Madhura Vipaka</i> (Sweet in post digestive effect), <i>Snigdha</i> (Demulcent), <i>Ruchikara</i> (Tasty), <i>Hridya</i> (Good for heart), <i>Kshatakshayahara</i> (Heals wounds and emaciation), <i>Guru</i> (Heavy), <i>Tarpana</i> (Nourishing), <i>Raktapittagna</i> (Pacifies haemorrhage), <i>Pusthikara</i> (Promotes bulkiness), <i>Vistambhakara</i> (Promotes constipation), <i>Shukrala</i> (Promotes semen), <i>Kostha Marutahara</i> (Relieves flatus), <i>Balya</i> (Tonic), <i>Vanti</i> (Controls vomiting), <i>Vata-Kapha Hara</i> ,
DRAKSHA	Botanical Name- <i>Vitis vinifera</i> Linn Family- Vitaceae	<i>Draksha</i> is <i>Swadu</i> (Sweet), <i>Kashaya</i> (Astringent) in taste, <i>Madhura Vipaka</i> (Sweet in post digestive effect), <i>Sara</i> (Laxative), <i>Sheeta</i> (Cold in potency), <i>Chakshushya</i> (Good for eyes), <i>Brimhani</i> (Nourishing), <i>Guru</i> (Heavy), <i>Swarya</i> (Improves voice), <i>Srithamutravit</i> (Acts as diuretic and helps easy evacuation of stool), <i>Kosth Marutakara</i> (Causes Flatus), <i>Vrishya</i> (Aphrodisiac), <i>Pushtikara</i> (Nutritive), <i>Ruchiprada</i> (Promotes taste).
UTTARA PATHIKA-		It is a variety of <i>Vitis vinifera</i> Linn. It is <i>Madhura</i> (Sweet), <i>Snigdha</i> (Demulcent), <i>Sheeta Virya</i> (Cold in potency), <i>Shukravardhaka</i> (Increases semen), <i>Anulomaka</i> (Helps to downward movement of <i>Vata</i>). It alleviates <i>Raktavikara</i> (Blood diseases), <i>Vata Dosh</i> , <i>Shwasa</i> (Dyspnoea), <i>Kasa</i> (Cough), <i>Bhrama</i> (Confusion), <i>Trishna</i> (Excess thirst), <i>Jwara</i> (Fever).
AKSHODAKA-	Botanical Name- <i>Juglans regia</i> Family- Juglandaceae	The <i>Akshodaka</i> is <i>Madhura</i> (Sweet), <i>Madhura Vipaka</i> (Sweet at end of the digestion), <i>Pusthikara</i> (Nourishing), <i>Pittakaphakaraka</i> (Aggravate <i>Pitta</i> and <i>Kapha Dosh</i>), <i>Balavardhaka</i> (Strength promoter), <i>Snigdha</i> (Demulcent), <i>Ushna Virya</i> (Hot in potency), <i>Guru</i> (Heavy), <i>Brimhana</i> (Helps to gain the weight).

PARUSHAKA-	Botanical Name- <i>Grewia asiatica</i> Linn Family- Tiliaceae	The <i>Parushaka</i> ripened fruit is <i>Neelavarna</i> (Blue colour), <i>Madhura</i> (Sweet), <i>Amla</i> (Sour) in taste, <i>Guru</i> (Heavy), <i>Ruchiprada</i> (Palatable and Tasty), <i>Sheetala</i> (Cold in potency). It subside <i>Vata-Pitta Doshas</i> , alleviate <i>Rakta-Pitta</i> (Haemorrhage), <i>Jwara</i> (Fever), <i>Trishna</i> (Thirst), <i>Vidaha</i> (Burning sensation).
TOODA	Botanical Name- <i>Morus indica</i> Griff Family- Moraceae	The <i>Tooda Phala</i> is <i>Vata-Pittashamaka</i> (Subside <i>Vata</i> and <i>Pitta Doshas</i>), <i>Anulomaka</i> (Helps to downward movement of <i>Vata</i>), <i>Dahanashaka</i> (Subsides burning sensation), <i>Shukra Vardhaka</i> (Increases semen), <i>Kashaya</i> (Astringent), <i>Kaphanashaka</i> (Subsides <i>Kapha Dosh</i>).
PALEVATA-		The <i>Palevata</i> is <i>Madhura</i> (Sweet), <i>Snigdha</i> (Demulcent), <i>Hridya</i> (Cardio tonic), <i>Vatahara</i> (Subsides <i>Vata Dosh</i>).
TAALA-	Botanical Name- <i>Borassus flabellifer</i> Linn Family- Palmae	The <i>Taala</i> fruit is <i>Madhura</i> (Sweet), <i>Madhura Vipaka</i> (Sweet at post digestive effect), <i>Guru</i> (Heavy), <i>Pittanashaka</i> (Subsides <i>Pitta Dosh</i>), The seed is <i>Madhura Vipaka</i> (Sweet ate post digestive effect), and root alleviates <i>Raktapitta</i> (Bleeding disorders).
MAADA		The <i>Maada</i> is variety of <i>Taada</i> tree. It is <i>Sheeta Virya</i> (Cod in potency), <i>Ruchikara</i> (Tasty), <i>Kashayya</i> (Astringent), <i>Pittavardhaka</i> (Aggravates <i>Pitta Dosh</i>), <i>Dahakaraka</i> (Causes burning sensation), <i>Trishna Shamaka</i> (Relieves excess thirst), <i>Vatavardhaka</i> (Aggravates <i>Vata Dosh</i>), <i>Shramahara</i> (Relieves lethargy), <i>Kaphavardhaka</i> (Increases <i>Kapha Dosh</i>)
PRIYALA-	Botanical Name- <i>Buchanania latifolia</i> Roxb Family- Anacardiaceae	The <i>Priyala</i> is <i>Vatapittahara</i> (Subsides <i>Vata</i> and <i>Pitta Doshas</i>), <i>Shukravardhaka</i> (Increases semen), <i>Guru</i> (Heavy), <i>Sheeta Virya</i> (Cold in potency), The ripe fruit is <i>Madhura</i> (Sweet), <i>Amla</i> (Sour), <i>Durjara</i> (Heavy to digest), <i>Swadista</i> (Tasty), The rind is <i>Madhura</i> (Sweet), <i>Shukrajanaka</i> (Spermatogenesis), subside <i>Pitta</i> and <i>Vata Doshas</i> .
NARIKELA-	Botanical Name- <i>Cocos nucifera</i> Linn	The <i>Narikela</i> is <i>Guru</i> (Heavy), <i>Snigdha</i> (Demulcent), <i>Pittashamaka</i> (Subsides <i>Pitta Dosh</i>), <i>Madhura</i> (Sweet), <i>Sheeta Virya</i> (Cold in potency), <i>Bala</i> ,

	Family- Palmae	<i>Mamsa</i> , <i>Shukra Vardhaka</i> (Increase the strength, muscle, and semen), <i>Brimhana</i> (Nourishing), <i>Sanshodhaka</i> (Cleanses the urinary bladder).
VATA-	Botanical Name- <i>Ficus bengalensis</i> Linn Family- Moraceae	The <i>Vata</i> is <i>Sheeta Virya</i> (Cold in potency), <i>Kashaya</i> (Astringent), Astringent property, <i>Rukshana</i> (Dry), <i>Trishna</i> (Excess thirst), <i>Vamana</i> (Vomiting), <i>Murcha</i> (Giddiness), and alleviates <i>Raktapitta</i> (Bleeding disorders).
ASHWATTHA-	Botanical Name- <i>Ficus religiosa</i> Linn Family- Moraceae	The <i>Ashwattha</i> is <i>Sheeta Virya</i> (Cold in potency), <i>Kashaya</i> (Astringent), Astringent property, <i>Rukshana</i> (Dry), <i>Trishna</i> (Excess thirst), <i>Vamana</i> (Vomiting), <i>Murcha</i> (Giddiness), and alleviates <i>Raktapitta</i> (Bleeding disorders).
PLAKSHA-	Botanical Name- <i>Ficus infectoria</i> Roxb Family- Moraceae	The <i>Plaksha</i> is <i>Katu</i> (Pungent), <i>Kashaya</i> (Astringent), <i>Sheeta Virya</i> (Cold in potency), <i>Raktapittashamaka</i> (Subsides Bleeding diseases). Specifically alleviate <i>Murcha</i> (Giddiness), <i>Shrama</i> (Lethargy), <i>Pralapa</i> (Excess talking).
JAMBU-	Botanical Name- <i>Eugenia jambolana</i> Lam Family- Myrtaceae	The <i>Jambu Phala</i> is <i>Vatavardhaka</i> (Aggravates <i>Vata Dosha</i>) <i>Grahi</i> (Absorbent), <i>Madhura</i> (Sweet), <i>Amla</i> (Sour), <i>Kapha-Pittahara</i> (Subsides <i>Kapha</i> and <i>Pitta Dosha</i>), The <i>Kshudra Jambu</i> smaller variety is <i>Kashaya</i> (Astringent), <i>Hridya</i> (Cardio tonic), <i>Kanthakasha</i> (Stretching in throat).
UDUMBARA-	Botanical Name- <i>Ficus glomerata</i> Roxb Family- Moraceae	The <i>Udumbara</i> is <i>Kashaya</i> (Astringent), The ripe fruit is <i>Madhura</i> (Sweet), <i>Sheeta Virya</i> (Cold in potency), <i>Krimikrit</i> (Induces worm infestation), <i>Raktapittahara</i> (Subsides Bleeding diseases), <i>Murcha</i> (Giddiness), <i>Daha</i> (Burning sensation), <i>Trishna</i> (Excess thirst).
KAKODUMBARIKA-	Botanical Name- <i>Ficus hispida</i> Linn Family- Moraceae	The <i>Kakodumbarika</i> alleviate <i>Shwitra</i> (Leucoderma), <i>Kandu</i> (Itching), <i>Kustha</i> (Skin diseases), <i>Vrina</i> (Wound and ulcers), <i>Raktapitta</i> (Bleeding diseases), <i>Shopha</i> (Edema), <i>Pandu</i> (Anemia), <i>Kapha Dosha</i> .

RAJADANA-	Botanical Name- <i>Mimusops hexandra</i> Roxb Family- Sapotaceae	The <i>Rajadana</i> is <i>Madhura</i> (Sweet), <i>Amla Vipaka</i> (Sour at post digestive effect), <i>Sheeta Virya</i> (Cold in potency), <i>Ruchikaraka</i> (Tasty), <i>Vatanashaka</i> (Subside Vata Dosha).
SHLESHMATAKA-	Botanical Name- <i>Cordia myxa</i> Roxb Family- Boraginaceae	The <i>Shleshmataka</i> is <i>Sheeta Virya</i> (Cold in potency), <i>Madhura</i> (Sweet), <i>Ruksha</i> (Dry), <i>Picchila</i> (Sticky), <i>Shuchi</i> (Cleansing).
Shami	Botanical Name- <i>Prosopis spicigera</i> Linn Family- Leguminosae	The <i>Shami</i> fruit is <i>Guru</i> (Heavy), <i>Madhura</i> (Sweet), <i>Ruksha</i> (Dry), <i>Ushna Virya</i> (Hot in potency), <i>Kesha Nashana</i> (Causes baldness).
BADARA-	Botanical Name- <i>Zizyphus jujuba</i> Lam Family- Rhamnaceae	It is <i>Amla</i> (Sour), <i>Vata-Kapha Nashak</i> (Subside Vata and Kapha Doshas), The ripe fruit is <i>Pitta-vata Shamaka</i> (Subside Pitta and Vata Doshas), The old fruit is <i>Trishnanashaka</i> (Alleviates excess thirst), <i>Amahara</i> (Removes toxins) <i>Dipana</i> (Appetizer), <i>Laghu</i> (Light).
KARIRA-	Botanical Name- <i>Capparis aphylla</i> Roth Family- Capparidaceae	It is <i>Vatakapaha Shamaka</i> (Subside Vata and Kapha Doshas), <i>Ruchikaraka</i> (Taste promoter), <i>Ushna Virya</i> (Hot in potency), <i>Katu</i> (Pungent), alleviates <i>Arsha</i> (Haemorrhoids), <i>Madhura-Tikta</i> (Sweet and bitter in taste), <i>Adhmanakaraka</i> (Aggravates distension of the abdomen).
KARAMARDAKA-	Botanical Name- <i>Carissa carandas</i> Linn Family- Apocynaceae	The <i>Karamarda</i> is <i>Amla</i> (Sour), <i>Trishna Shamaka</i> (Subsides excess thirst), <i>Ruchikaraka</i> (Taste promoter), <i>Pittakara</i> (Aggravates Pitta Dosha), when ripe it is <i>Madhura</i> (Sweet), <i>Sheeta Virya</i> (Cold in potency), alleviates <i>Raktapitta</i> (Bleeding disorders).
KADAMBA-	Botanical Name- <i>Anthocephalaus cadamba</i> Mig Family- Rubiaceae	<i>Kadamba</i> is <i>Kashaya</i> (Astringent), <i>Sheetavirya</i> (Cold in potency), <i>Vrinaropana</i> (Wound healer), alleviate <i>Kasa</i> (Cough), <i>Daha</i> (Burning sensation), <i>Visha</i> (Poison effect).
KARANJA-	Botanical Name- <i>Pongamia pinnata</i> (Linn)	The <i>Karanja</i> is <i>Ushna Virya</i> (Hot in potency), <i>Tikta</i> (Bitter), Alleviate <i>Kapha-Pitta Doshas</i> , <i>Rakta Dosha</i> , <i>Vrina</i> (Wounds and Ulcers),

	Family- Leguminosae	<i>Pleeharoga</i> (Diseases of Spleen), <i>Yoniroga</i> (Genital disorders).
UDAKIRYA-A variety of <i>Karanja</i> .		The <i>Udakirya</i> is <i>Katu-Tikta</i> (Pungent and Bitter), <i>Ushnavirya</i> (Hot in potency), <i>Vishgna</i> (Anti Poisonous), Alleviate <i>Kandu</i> (Itching), <i>Vicharchika</i> (Skin disease), <i>Kustha</i> (Skin diseases), <i>Vrina</i> (Wounds and Ulcers).
SHIRISHA-	Botanical Name- <i>Albizia lebeck</i> Benth Family- Leguminosae	<i>Shirisha</i> is <i>Tikta</i> (Bitter), <i>Ushna Virya</i> (Hot in potency), <i>Varnya</i> (Improves complexion), subside <i>Vata-Pitta</i> and <i>Kapha</i> , <i>Laghu</i> (Light), It alleviate <i>Kustha</i> (Skin diseases), <i>Kandu</i> (Itching), <i>Shwasa</i> (Dyspnoea), <i>Kasa</i> (Cough).
ARJUNA-	Botanical Name- <i>Terminalia arjuna</i> Family- Combretaceae	Actions- The <i>Arjuna</i> is <i>Kashaya</i> (Astringent), <i>Ushna Virya</i> (Hot in potency), <i>Kapha Shamaka</i> (Subsides <i>Kapha Dosh</i>), <i>Vrina Nashaka</i> (Cures wound), It subsides <i>Pitta</i> , <i>Shrama</i> (Lethargy), <i>Trishna</i> (Excess thirst), <i>Vata Vikara</i> .
VETASA	Botanical Name- <i>Salix caprea</i> Linn Family- Salicaceae	It is <i>Sheeta Virya</i> (Cold in potency), <i>Rakshogna</i> (Anti Viral), <i>Vrinashodhaka</i> (Cleanses wound), <i>Tikta-Kashaya</i> (Bitter-Astringent). Subside <i>Raktapitta</i> (Bleeding diseases).
VARUNA-	Botanical Name- <i>Crataeva nurvala</i> Buch-Ham Family- Capparidaceae	It is <i>Sheeta</i> (Cold in potency), <i>Vata Nashaka</i> , <i>Tikta-Katu</i> (Bitter and Pungent), alleviate <i>Vidhradhi</i> (Abscess), <i>Krimi</i> (Worms), <i>Raktdosha</i> (Diseases of Blood).
SHINSHIPA-	Botanical Name- <i>Dabergia sissoo</i> Roxb Family- Leguminosae	<i>Shinshipa</i> is <i>Varnya</i> (Improves complexion), Subside <i>Hikka</i> (Hiccough), <i>Shoatha</i> (Edema), <i>Daha</i> (Burning sensation). Provides <i>Balya</i> (Strength promoter), <i>Ruchikaraka</i> (Tasty).
SARJA-	Botanical Name- <i>Vateria indica</i> Linn Family- Dipterocarpaceae	<i>Sarja</i> is <i>Kashaya</i> (Astringent), <i>Varnya</i> (Improves complexion), <i>Ruksha</i> (Dry). It alleviate <i>Kustha</i> (Skin diseases), <i>Krimi</i> (Worms), <i>Kapha</i> , <i>Vata</i> and <i>Pitta</i> diseases.
ASANA-	Botanical Name- <i>Pterocarpus marsupium</i> Roxb Family- Fabaceae	The <i>Asana</i> is <i>Kashaya</i> (Astringent), <i>Kapha-Pitta</i> and <i>Rakta Vikara Nashaka</i> .

SHALMALI	Botanical Name- <i>Bombax malabaricum</i> DC Family- Bombacaceae	<i>Shalmali</i> is <i>Sheeta Virya</i> (Cold in potency), <i>Snigdha</i> (Demulcent), <i>Shukravardhaka</i> (Increases semen), <i>Kaphakara</i> (Aggravates <i>Kapha Dosha</i>), The <i>Shalami Niryasa</i> is called <i>Mocha Rasa</i> . It is <i>Grahi</i> (Absorbent).
ROHITAKA-	Botanical Name- <i>Tecomella undulata</i> Seem Family- Bignoniaceae	<i>Rohitaka</i> cures <i>Yakrit</i> (Liver), <i>Pleeha</i> (Spleen), <i>Gulma</i> (Visceral organ diseases), <i>Udara Roga</i> (Abdominal diseases). The <i>Rohitaka</i> is <i>Katu</i> (Pungent), <i>Ushna Virya</i> (Hot in potency), used in <i>Karna Roga</i> (Ear diseases), <i>Visha</i> (Poison effects).
MUSHKAKA	Botanical Name- <i>Schrebera swietenoides</i> Roxb Family- Oleaceae	<i>Mushkaka</i> is <i>Vata-Kapha Shamaka</i> (Subsides <i>Vata</i> and <i>Kapha Dosha</i>), best among alkali, <i>Grahi</i> (Absorbent), <i>Gulmahara</i> (Subsides <i>Gulma Roga</i>).
IRIMEDA	Botanical Name- <i>Acacia farnesiana</i> Willd Family- Leguminosae	The <i>Vitkhadira</i> or <i>Irimeda</i> is <i>Mukharogahara</i> (Subsides mouth diseases), <i>Sheeta Virya</i> (Cold in potency), it sops the <i>Rakta</i> (Blood) and <i>Ama</i> (Toxins).
MALLIKA-	Botanical Name- <i>Jasminum sambac</i> Ait Family- Oleaceae	<i>Mallika</i> is <i>Ushna Virya</i> (Hot in potency), <i>Katu</i> (Pungent), <i>Madhura</i> (Sweet), It alleviates <i>Mukharoga</i> (Mouth diseases), <i>Netra Roga</i> (Eye diseases), <i>Pitta</i> and <i>Vata Doshas</i> .
VARSHIKI-	Botanical Name- <i>Jasminum</i> sp Family- Oleaceae	The <i>Varshiki</i> is <i>Sheeta Virya</i> (Cold in potency), <i>Hridya</i> (Good for heart), <i>Sugandhi</i> (Aromatic), <i>Pittahara</i> (Subsides <i>Pitta Dosha</i>)
JAATI	Botanical Name- <i>Jasminum grandiflorum</i> Linn Family- Oleaceae	<i>Jaati</i> is <i>Chakshushya</i> (Good for eyes), <i>Mukharoga</i> (Mouth diseases), <i>Vrina</i> (Wounds and Ulcers), <i>Kustha Roga</i> (Skin diseases), The flowers are <i>Kapha-Pitta Shamaka</i> (Subsides <i>Kapha</i> and <i>Pitta Doshas</i>), <i>Sugandhi</i> (Aromatic), <i>Manojna</i> (Impresses the mind).
VAASANTI	Botanical Name- <i>Jasminaum</i> sp Family- Oleaceae	<i>Vaasanti</i> is <i>Sheeta Virya</i> (Cold in potency), <i>Hridya</i> (Good for heart), <i>Sugandhi</i> (Aromatic), <i>Sweda Nashini</i> (Subsides excessive perspiration).
GRAISHMI	Botanical Name- <i>Jasminum</i> sp Family- Oleaceae	<i>Graishmi</i> is <i>Tikta</i> (Bitter), <i>Ushna Virya</i> (Hot in potency), alleviates <i>Vata</i> and <i>Pitta Doshas</i> , and <i>Netra Rogas</i> (Eye diseases).

CHAMPAKA-	Botanical Name- <i>Michhelia champaka</i> Linn Family- Magnoliaceae	The <i>Champa</i> is <i>Sheeta Virya</i> (Cold in potency), <i>Katu</i> (Pungent), <i>Hridya</i> (Good for eyes), <i>Sugandhi</i> (Aromatic), alleviates <i>Visha</i> (Poison), <i>Kapha</i> and <i>Pitta Doshas</i> .
TARUNI	Botanical Name- <i>Rosa</i> sp Family- Rosaceae	<i>Taruni</i> is <i>Kapha-Pitta Shamaka</i> (Subside <i>Kapha</i> and <i>Pitta Doshas</i>), <i>Grahi</i> (Absorbent), <i>Sheeta Virya</i> (Cold in potency), <i>Mandagikrara</i> (Reduces the digestive power).
KUBJAKA	Botanical Name- <i>Rosa moschata</i> Herrm Family- Rosaceae	The <i>Kubjaka</i> is <i>Sugandhi</i> (Aromatic), <i>Madhura</i> (Sweet), <i>Kashaya</i> (Astringent), <i>Rasayana</i> (Rejuvenative), alleviate three <i>Doshas</i> , <i>Shukrala</i> (Increases semen), <i>Sheeta Virya</i> (Cold in potency), <i>Sangrahi</i> (Absorbent).
YUTHIKA	Botanical Name- <i>Jasminum auriculatum</i> Family- Oleaceae	The <i>Yuthika</i> is <i>Madhura</i> (Sweet), <i>Sharkara Nashaka</i> (Subsides excess sugar in the blood), <i>Sugandhi</i> (Aromatic).
KUNDA	Botanical Name- <i>Jasminum pubescens</i> Family- Oleaceae	<i>Kunda</i> is <i>Hridya</i> (Good for heart), <i>Swalpa Gandha</i> (Mild aromatic), <i>Manohara</i> (Impressible).
SHATAPATRI	Botanical Name- <i>Rosa</i> sp Family- Rosaceae	<i>Shatapatri</i> is <i>Sheeta Virya</i> (Cold in potency), <i>Tikta</i> (Bitter) <i>Kashaya</i> (Astringent), <i>Kusthagna</i> (Subside skin diseases), <i>Mukhasphota Nashaka</i> (Subside mouth ulcers), <i>Ruchikara</i> (Tasty), <i>Sugandhita</i> (Aromatic), alleviates <i>Pitta</i> and <i>Daha</i> (Burning sensation).
ATIMUKTA-	Botanical Name- <i>Hiptage madablota</i> Gaertn Family- Malpighiaceae	The <i>Atimukta</i> is <i>Sugandhi</i> (Aromatic), <i>Hridya</i> (Good for heart), <i>Shobhajanaka</i> (Impressible).
BAKULA-	Botanical Name- <i>Mimusops elangi</i> Lam Family- Sapotaceae	The <i>Bakula</i> flower is <i>Madhura</i> (Sweet), <i>Kashaya</i> (Astringent), <i>Snigdha</i> (Demulcent), <i>Sangrahi</i> (Absorbent). It is <i>Dantya</i> (Good for teeth), <i>Vishada</i> (Non sticky).
KINKIRATA	Botanical Name- <i>Garuga pinnata</i> Roxb	<i>Kinkirata</i> is <i>Sugandhi</i> (Aromatic), <i>Harshakara</i> (Horripilation), <i>Pausthika</i> (Nourishing and Tonic).

	Family- Burseraceae	
TILAKA	Botanical Name- <i>Wendlandia exerta</i> DC. Family- Rubiaceae	The <i>Tilaka</i> is <i>Kashaya</i> (Astringent), <i>Ushna Virya</i> (Hot in potency), <i>Pumsatwanashaka</i> (Causes infertility), <i>Danta Roga Nashaka</i> (Subside teeth diseases).
ASHOKA-	Botanical Name- Saraca asoka Linn Family- Legumiosae	<i>Ashoka</i> is <i>Sheeta Virya</i> (Cold in potency), <i>Madhura</i> (Sweet), <i>Sugandhi</i> (Aromatic), it alleviate <i>Arsha</i> (Haemorrhoids), <i>Krimi</i> (Worms), <i>Vrina</i> (Wounds and ulcers), <i>Sandhanakara</i> (Heals fracture).
KIMSHUKA	Botanical Name- <i>Butea frondosa</i> Koen ex Roxb Family- Leguminosae	The <i>Palasha</i> or <i>Kimshuka</i> is <i>Saraka</i> (Laxative), <i>Sangrahi</i> (Absorbent), <i>Agnidipaka</i> (Increases digestive fire), <i>Katu</i> (Pungent), <i>Snigdha</i> (Demulcent), <i>Ushna Virya</i> (Hot in potency). It subside <i>Krimi</i> (Worms), <i>Pleeha</i> (Spleen diseases), <i>Gulma</i> , <i>Grahani</i> (Dysentery), <i>Vata-Kapha Doshas</i> .

DISCUSSION

In this group 74 drugs have been enumerated. *Amra* (*Mangifera indica* Linn), *Kshudramra* (*Schleichera trijuga* Willd), *Rajamra*- An *Amra vishesha*, *Amrataka* (*Spondias mangifera* Willd), *Jambeera* (*Citrus limon* Linn), *Madhu jambeera*- A *Jambeera vishesha*, *Naranga* (*Citrus reticulata* Blanco), *Beejapura* (*Citrus medica* Linn), *Madhukarkati* (*Citrus decumana* Linn), *Amlika* (*Tamarindus indica* Linn), *Kshudramlika*- An *Amlika vishesha*, *Aruka* (*Prunus persica* Batsch), *Bhavya* (*Dillenia indica* Linn), *Tinduka* (*Diospyros embryopteris* Pers), *Vikantaka* (*Flacourtia ramontchii* Herit), *Madhuka* (*Bassia latifolia* Roxb), *Jalaja*- A *Madhuka vishesha*, *Peelu* (*Salvadora persica* Linn), *Kharjuri* (*Phoenix sylvestris* Roxb), *Pinda Kharjura* (*Phoenix dactylifera* Linn), *Draksha* (*Vitis vinifera* Linn), *Uttarapathika*- A *Draksha vishesha*, *Akshodaka* (*Juglans regia* Linn), *Parushaka*

(*Grewia asiatica* Linn), *Tooda* (*Morus indica* Griff), *Palevata*, *Taala* (*Borassus flabellifer* Linn), *Maad*- A *Taala vishesha*, *Priyala* (*Buchanania latifolia* Roxb), *Narikela* (*Cocos nucifera* Linn), *Vata* (*Ficus bengalensis* Linn), *Ashwattha* (*Ficus religiosa* Linn), *Plaksha* (*Ficus infectoria* Roxb), *Jambu* (*Eugenia jambolana* Lam), *Udumbara* (*Ficus glomerata* Roxb), *Kakodumbarika* (*Ficus hispida* Linn), *Rajadana* (*Mimusops hexandra* Roxb), *Shleshmataka* (*Cordia myxa* Roxb), *Shami* (*Prosopis spicigera* Linn), *Badara* (*Zizyphus sativa*, *Kola* (*Zizyphus jujube* Lam), *Karkandhu*, *Kshudra Badara* *Zizyphus nummularia* W&A), *Kareera* (*Capparis aphylla* Roth), *Karamarda* (*Carissa carandas* Linn), *Kadamba* (*Anthocephalus cadamba* Mig), *Karanja* (*Pongamia pinnata* Linn), *Udakirya*, *Angara valli*, - Are *Karanja vishesha*, *Shirisha* (*Albizia lebeck* Benth), *Arjuna* (*Terminalia arjuna* W & A), *Vetasa*

(*Salix caprea* Linn), *Varuna* (*Crataeva nurvala* BuchHam), *Shinshipa* (*Dalbergia sissoo* Roxb), *Sarja* (*Vateria indica* Linn), *Ashwakarana* (*Dipterocarpus alatus* Roxb), *Shala* (*Shorea robusta* Gaertn), *Asana* (*Pterocarpus marsupium* Roxb), *Shalmali* (*Bombax malabaricum* DC), *Rohitaka* (*Pecomella undulate* Seem), *Mushkaka* (*Schrebera swietenoides* Roxb), *Irimeda* (*Acacia farnesiana* Willd), *Mallika* (*Jasminum sambac* Ait), *Varshiki* (*Jasminum* sp), *Jati* (*Jasminum grandiflorum* Linn), *Vasanti* (*Jasminum* sp), *Graishmi* (*Jasminum* sp), *Champaka* (*Michelia champaka* Linn), *Taruni*, *Kubjaka* (*Rosa moschata* Herrm), *Yuthika* (*Jasminum auriculatum* Vahi), *Kunda* (*Jasminum pibescens* Willd), *Shatapatri*, *Atimukta* (*Hiptage madablota* Gaertn), *Bakula* (*Mimusops elengi* Lam), *Kinkirata* (*Garuga pinnata* Roxb), *Tilaka* (*Wendlandia exerta* DC), *Ashoka* (*Saraca ashoka* Linn), *Kimshuka* (*Butea frondosa* Koen ex Roxb).

CONCLUSION-

The *Amradi Varga* is fifth *Varga* of *Dhanwantari Nighantu*, This *Varga* specially contains various types of aromatic fruits, which are impressive. Particularly in this *Varga* there will be explanations of fruits, along with *Twak*(Bark), *Pushpa*(Flowers). Most of the drugs possess the pharmacological actions like *Krimihara* (anthelmintic), *Kandughan* (anti-itching), *Kusthagna*, *Panduhra*, *Grahi*, *Hridya* (Cardiac), *Dantya*, *Chakshushya* (good for vision), *Trishnahara* (to alleviate excessive thirst), *Truptikara* (provides immense satisfaction to person).

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