Jambu Jatamansi, Jateephala & Jeeraka dwaya

- Syzygium jambolana
- Myrtaceae
- Kokileshta, Pitabhaksha Surabhipatra, Jambava
- Charaka: Mootra sangrahaneeya, Pureesha virajaneeya, charddi nigrahana
- Susrutha: Nyagrodhadi
- Vagbhata : Nyagrodhadi
- “**Jamboo vatajananaanaam shreshtam”(Cha. Su)**

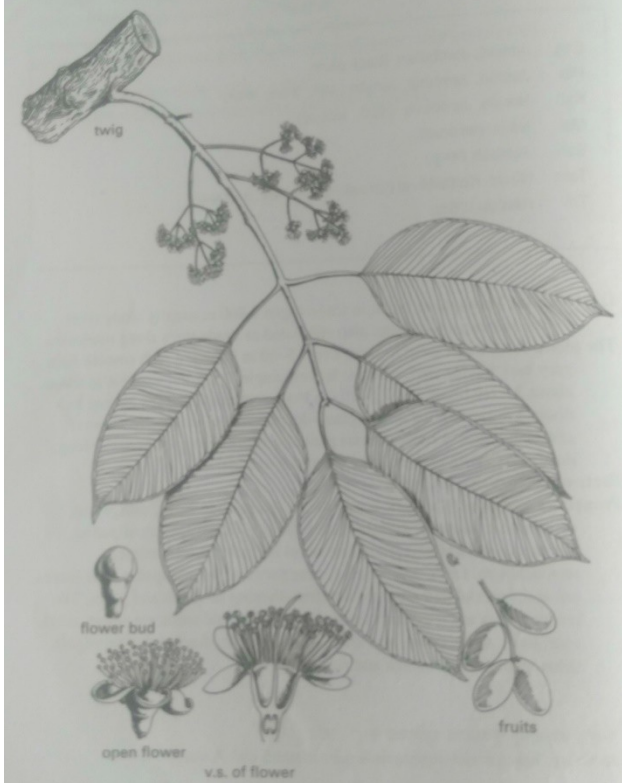
Varieties

- Raja jambu(Eugenia jambos)
- Kaka jambu (Eugenia jambolana)
- Jala jambu (Eugenia heyneana)
- Sodhala : Raja jambu, Kaka jambu
- BP, Kayyadeva and Raja nighantu- Mentioned above

Morphology

- Moderate sized glabrous tree
- Leaves- Coriaceous, shining , entire, oval, oval oblong or lanceolate oblong, numerous lateral nerves , parallel, confluent near the margin.
- Flowers : Greenish, tetramerous , arrange din broad trichotomous panicles , funnel shaped calyx tube
- Fruit : Sub globose or oblong berry, purple or black, succulent smooth when ripe

Syzygium cumini



Rajaṃa rajaphala

"रूक्षा कषाया रक्तघ्नी रक्तसंग्रहणी तथा ।
पक्वातिसारशमनी जाम्बवं कफपित्तजित् ॥" (म.नि.)
["Rūkṣā kaṣāyā raktaghnī raktasaṁgrahaṇī tathā
Pakvātisāraśamanī jāṁbavaṃ kaphapittajit" (Ma.ni.

"जम्बू संग्राहणी रूक्षा कफपित्तास्रदाहजित् ।" (भा.प्र.)
["Jaṁbū saṁgrāhaṇī rūkṣā kaphapittāsṛadāhajit" (

"जम्बूः कषायमधुरा श्रमपित्तदाह–
कण्ठार्तिशोषशमनी कृमिदोषहन्त्री ।
श्वासातिसारकफकासविनाशनी च
विष्टम्भिनी भवति रोचनपाचनी च ॥" (रा.नि.)

Chemical constituents

- Parts used- Fruit, stem bark
- Fruit- Eugenia triterpenoids A and B, Oleanolic acid, malic acid
- Stem bark- Kaempferol, Myricetin, Quercetin
- Fresh juice- 10-20 ml
- Powder- 3-6 gms

Self work

- Write Rasa panchaka, BK, DK and RK based on evidence

Yogas :Jambavasava , Jambavadi taila

Jatamansi

- Nardostachys jatamansi
- Valerianaceae
- Tapasvini, Nalada,Pisita, Bhutajata,Jata, Mamsi
- Charaka- Sajnaa sthapana , Kandughna, tikta skandha
- Susruta- Elanjanadi gana, Eladi gana
- Vagbhata – Anjanadi gana, Eladi gana

Varieties &Morphology

- Jatamansi, Gandhamamsi (Selinium tenurolium)
- Raja nighantu – Akasha mamsi
- An erect perennial herb, 60cms high
- Stem pubescent upwards, glabrous below
- Radical leaves:15-20,cauline 1-2 pairs, sessile obovate or subovate
- Flowers- Pale pink/ blue in dense cymes 1,3 or 5
- Fruits covered with acsending white hairs

Nardostachys grandiflora

Chemical constituents

- Part used – Rhizome
- Dosage – Powder 1-3 gms

- Actinidine , Carotene, Aristolens, Calarene, Jatamols,Jatamansinol , Nardol.
- Yogas – Maha paishachika ghrita, Kulutthadi ghrita , Khadiradi gutika , Bala taila

"मांसी तिक्ता कषाया च मेध्या कान्तिबलप्रदा ।
स्वाद्वी हिमा त्रिदोषास्रदाहवीसर्पकुष्ठनुत् ॥" (भा.प्र.)
["Māṁsī tiktā kaṣāyā ca mēdhyā kāntibalapṛadā
Svādvī himā tṛidōṣāsṛadāhavīsaṛpakuṣṭhanut" (Bhā.p

Write Rasa panchaka, BK, DK and RK based on evidence .

Jatiphala

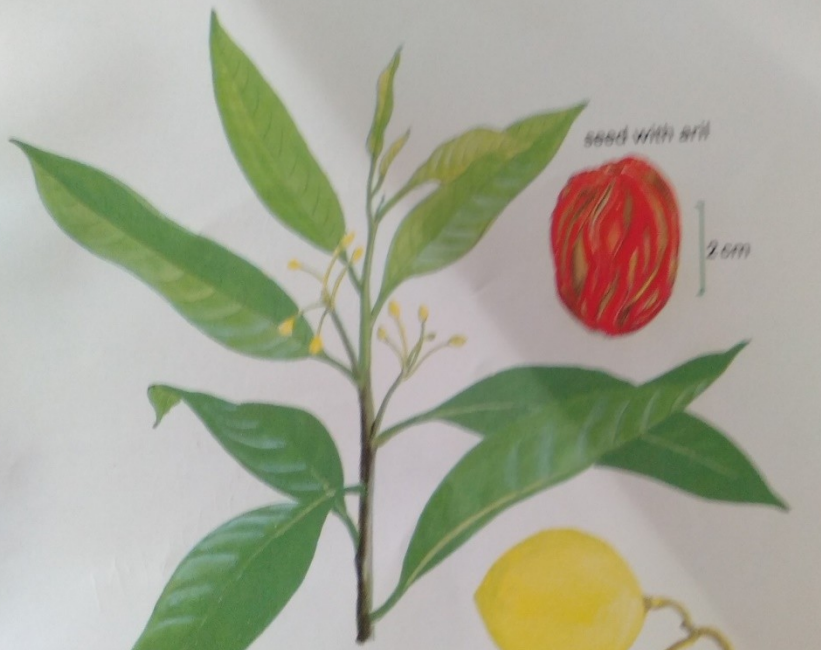
- Myristica fragrans
- Myristicaceae
- Synonyms : Puta, Madasounda, Malatiphala ,Majjaasaaram,Soumanasayini, Maalateesuta
- Not mentioned in classics

Morphology

- Evergreen aromatic tree , usually dioecious
- Greyish black bark
- Leaves- Coriaceous,elliptic or oblong lanceolate, deep green above and greyish beneath
- Flowers – Creamy yellow, fragrant, borne in umbellate cymes
- Fruits- Globose or broadly pyriform, glabrous, often drooping yellow , fleshy pericarp
- Seed- Arillate, albuminous , broadly ovoid with a shell like purplish brown testa

Myristica fragrans

Plate 17



female flower

v.s. of male flower

v.s. of female flower

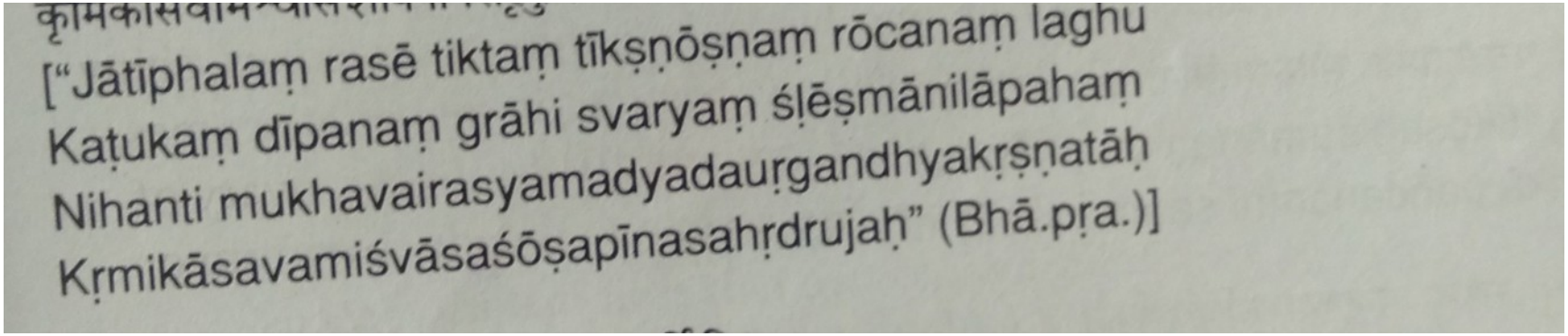
fruits

Chemical constituents

- Useful part: Seed, Seed coat (Jatipatri)
- Powder- 0.5-1 gm
- Beta pinene, Alpha pinene,Safrol, Methyl eugenol, Myristicin,Myristic acid, Epikatechinin etc

Self work

- Write RP, BK, DK and RK based on evidence


कृमिकासवमि

["Jātīphalaṃ rasē tiktaṃ tīkṣṇōṣṇaṃ rōcanaṃ laghu
Kaṭukaṃ dīpanaṃ grāhi svaryaṃ ślēṣmānilāpahaṃ
Nihanti mukhavairasyamadyadaurgandhyakṛṣṇatāḥ
Kṛmikāsavamiśvāsaśōṣapīnasahṛdrujaḥ" (Bhā.pṛa.)]

- Yoga :Jatiphaladi choorna, Jatiphaladi vati

Jeeraka

- Cuminum cyminum
- Umbelliferae
- Ajaji, Kana, Jarana , Dirgha jiraka
- Charaka- Sula prashamana
- Susrutha- Pippalyadi
- Vagbhata-Pippalyadi

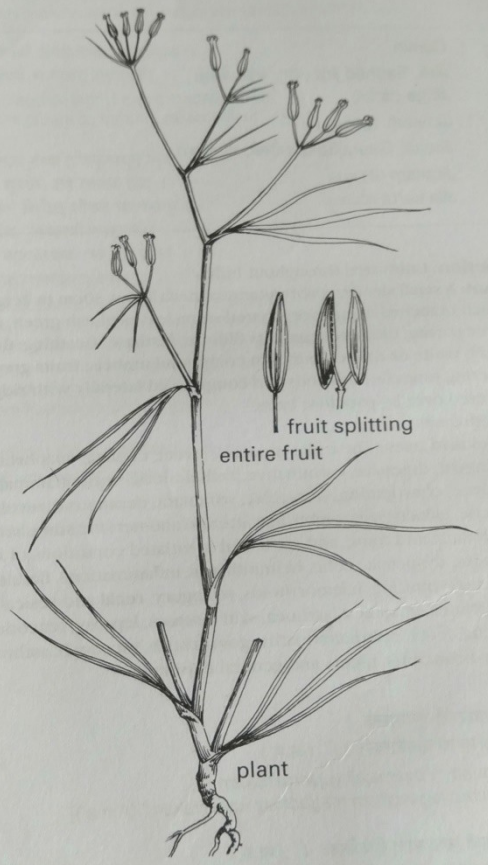
Varieites

- Susruta- Jeeraka dwaya
- Dhanwanthari Nighantu – 4 varieties:Jeeraka, Shukla jeeraka, Krishna Jeeraka, Vanya Jeera
- Sodhala-Upakunchika, Shukla Jeeraka, Krishna Jeeraka
- Kayyadeva- Jeeraka tritaya

Morphology

- Annual herb up to 50 cms tall
- Stem slender, glabrous.
- Leaves- Bi or tri pinnate with ciliate ultimate segments
- Flowers – white, 3-5 in each partial umbel,pedicels stout , umbels compound, rays 1-5 , stout bracts , calyx subulate, petals obovate oblong
- Fruit – 0.4- 0.5 cms, ovoid oblong , setulose, primary ridges filiform , secondary ridges hispidulate , vittae large

Cuminum cyminum



Chemical constituents

- Useful part- Fruit
- Fruit powder: 3-6 gms
- Cuminin, Diacyl glycerol, Imperatorin, Isoimperatorin Apigenin
- Yogas- Jirakadyarishta, Jirakadi Modaka , Jiraka ghrita etc

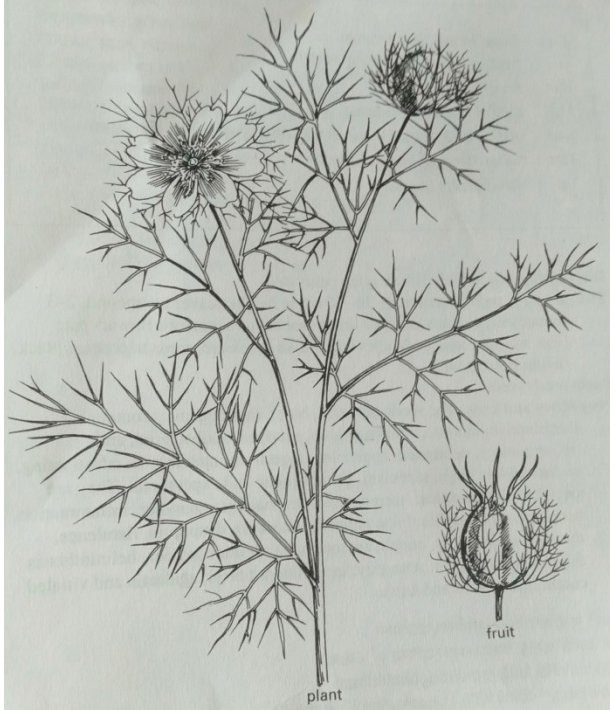
"जीरक (त्रितयं) रूक्षं कटूष्णं दीपनं लघु ।
संग्राहि पित्तळं मेध्यं गर्भाशयविशुद्धिकृत् ।।
ज्वरघ्नं पाचनं वृष्यं बल्यं रुच्यं कफापहम् ।
चक्षुष्यं पवनाध्मानगुल्मच्छर्द्यतिसारहृत् ।।" (भा.प्र.)

["Jīraka (tritayaṃ) rūkṣaṃ kaṭūṣṇaṃ dīpan

Krishna Jeeraka

- Nigella sativa
- Ranunculaceae
- Synonyms; Kalaajaji,Prithvika, Karavi,Brhat jeeraka
- A pretty small herb,30-60 cms long,2-3 pinnatisect, cut into linear or linear lanceolate segments , flowers pale blue, solitary , long peduncles without an involucre , black trigonous seeds

Nigella sativa



"रक्तपित्तहरं तिक्तं गर्भाशयविशोधनम् ।
कफपित्तहरं चैव शूलघ्नं कृष्णजीरकम् ॥" (म.नि.)
["Raktapittaharaṃ tiktaṃ garbhāśayaviśōdhana

Chemical constituents

- Useful part – Seed
- Poisonous saponin Melanthin,bitter alkaloid Nigellin, Cymine, Nigellone , Limonene, Nigellimine
- Write RP, DK, BK and RK
- Powder- 1-3 gms
- Yogas – Takrarishta,Ksharaagada