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Ayurvedic overview of *Aragwadha* (*Cassia fistula* Linn.).

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ABSTRACT:

Ayurveda is not only a life science but also a spiritual science that deals with how to maintain a healthy life and prevent the onset of disease. In *Dravyaguna*, a branch of *ayurveda* many drugs are used in many diseases. One of these *dravyas* is *Aragwadha*, Latin named *Cassia fistula* Linn. of the *Leguminosae* family. In *Ayurveda* it is called *Rajvrushka* due to its beautiful flowers. It is a common plant in India and also known as Golden Shower, traditionally its various parts, including the bark, leaves, flowers, and fruits are used for various medicinal and therapeutic purposes. This review aims to provide a comprehensive overview of the medicinal properties and therapeutic applications of *Aragwadha*, based on available scientific literature and traditional knowledge.

Keywords: *Aragwadha*, *Cassia fistula* Linn., *Ayurveda*, *Dravyaguna*

INTRODUCTION

The Latin name of the *Aragwadha* is *Cassia fistula* of the *Leguminosae* Family. In *Ayurveda* it is called *Rajvrushka* due to its beautiful flowers. It is growing all over India and as it is a beautiful plant, it is cultivated in gardens. Leaves are alternate, petiolate, compound, paripinnate, with pulvinus base, leaflets are 4-8 pairs, stalked, ovate, wavy, acute, glabrous, and entire. The venation of the leaflets is unicostate and reticulate. Stem is erect, branched, cylindrical, woody, solid and the bark is greenish in color. The flower is pedicellate with long pedicels. Yellow corolla with 5 petals, the posterior petal is the small and innermost in the bud. Fruit in legume form is very long (1-2 feet) and cylindrical (diameter is one inch). Seeds are flat, albuminous, embedded in soft pulp. In *Dravyaguna* lexicons morphological or pharmacological properties of

drugs are coined by various synonyms for appropriate identification or to gain knowledge about their medicinal value. *Kritmala*, *Chaturangula*, *Dirghaphala*, *Rajvrushka*, *Swarnaang*, *Pragraha* all are the synonyms of *Aragwadha*. It is *Guru*, *Snigdha* in *guna*, *Mdhura*, *Tikta* in *Rasa*, *Madhura* in *Vipaka* and *Sita* in *Veerya*. All such disorders are mostly caused by *Vata* and *Pitta* or after determining the nature of the patient and all other factors we can use *Argawadha* in these disorders for eg. *Jwar*, *Hrdroga*, *Raktapitta*, *Daha*, *Udavrita*, *Sula*, *Kushtha*, *Visarpa*, *Kamala*, *Prameha* etc. *Aragwadha* has potency (*veerya*) to do various actions (*Karma*) like *Sramsana*, *Sulahara*, *Ruchya*, *Kostha suddhikara*, *Pramehaghna*, *Jwaraghna*, etc.¹ In *Charaka Samhita* *Aragwadha* mentioned as a *Kusthaghna*, *Kandughna*, *Virechan Dravya* and in *Tikta Skandha*.^{2,3} In *Sushruta Samhita* mentions *Aragvadhadi*,



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Shyamadi, Lakshadi Gana, Tikta Varga and *Adhobhagahar dravyas*.^{4,5,6,7,8} In *Ashtanga hrudya dravya* is mentioned in *Virechanakarak Dravya, Aragwadhadi gana and Shyamadi Gana*.⁹ In the chemical constituency, Sugar, mucilage, pectin and anthraquinone are present in *aragwadha*. Root bark, Leaf, Flower and Fruit pulp are used as useful parts for different medicinal and therapeutic purposes.¹⁰ Various formulations of *Aragwadha* are *Aragwadhadi Kwatha Churna, Aragwadhadi Taila, Aragwadhadi Avaleha, Aragwadhadyarista, Aragwadha Ghrita*.^{10,25}

MATERIAL AND METHODS

Aragwadha (*Amalatas*) descriptive information has been provided by using several Ayurvedic lexicons and presented in a tabular form that would be simple to understand.

Table 1: Showing the *Gana/Varga* according to the various *Nighantus*, Table 2: Showing the Synonyms and their interpretation according to the various *Ayurveda* lexicons, Table 3: Showing the *Rasa Panchaka and Doshakarma* according to the various *Nighantus* and Table 4: Showing the Varieties according to the various *Nighantus*.

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PREVIOUS RESEARCH WORK

Studies based on the animal model have confirmed that **C. fistula** and its constituents show a role in disease management via the modulation of biological activities. It does health management via antioxidant, anti-inflammatory, anti-diabetic, and other various biological activities.²⁶

It is an excellent source of glycosides, tannins, and flavonoids and Posses hepatoprotective and antitussive, antibacterial and antifungal characteristics. Also used for healing wounds and gastrointestinal illnesses.²⁷

Posology

Phalamajja Churna (Powder) – 5-10 gm²⁵

Mula Twak Kwatha (Decoction)- 50-100 ml²⁵

Pushpa (Flower) – 5-10 gm²⁵

DISCUSSION

Cassia fistula has long been used in traditional medical systems such as *Ayurveda*. for its therapeutic properties. Different parts of the tree including the bark, flowers, and fruit, are utilized for their medicinal benefits. This drug is used as a purgative drug which removes all the toxic elements present in the body in the form of purgative. The

pulp of the fruit is known for its laxative properties and is commonly used to treat constipation. Due to *Madhura rasa, Snigdha guna* and *Madhura vipaka* it is *vatashamaka* in nature and also due to *Madhura rasa* and *Sita Veerya* it is *Pittashamaka*. Due to its *Sramsana guna*, it is *Pitta Kapha Samsodhaka*.¹ In *Charaka Samhita*, in the treatment of *Kushtha, Kandu*, it has been described as bathing and eating.² Among the ten astringents mentioned in *Sushruta Samhita* for the treatment of *Prameha, Aragwadha* has been used along with *Triphala* in *Haridrameha*.⁵ This drug is used in many different forms like *churna, kwath, asava, arishta, avaleha, vati* etc. It is clearly mentioned in the *Ayurvedic* text that it is an effective medicine to cure diseases like *Jwar, Kustha, Prameha, Amavata, Updansha, Vran* etc.²⁵ Additionally, the tree's bark and flowers are believed to possess anti-inflammatory, antimicrobial, and antioxidant properties, making them useful in treating various ailments.

CONCLUSION

The Latin name of the *Argwadha* is *Cassia fistula* Linn. of the *Leguminosae* Family. On the basis of the *Raspanchaka* of *Aragwadha*, its use has been described in many places. It is *Guru, Snigdha* in *guna, Madhura, Tikta* in *Rasa, Madhura* in *Vipaka* and *Sita* in *Veerya*. Due to *Madhura rasa, Snigdha guna*, and *Madhura vipaka*, it is *vatashamak* in nature and also due to *Madhura rasa* and *Sita Veerya*, it is *Pittashamaka*. Due to its *Sramsana guna* it is *Pitta Kapha Samshodhaka*. *Aragwadha* is potent to do various actions and can be useful in the management of various diseases e.g *jwar, twakrogas, prameha* etc. It is used as a purgative to remove the toxins accumulated in the body. *Aragwadha* is used both internally and externally. In modern science also, *Aragwadha* has been described as anti-inflammatory, antibacterial and anti-diabetic. In different *Nighantus* three varieties of *aragwadha* are mentioned.

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Table 1: Showing the *Gana/Varga* according to the various *Nighantus*.

Name of <i>Nighantu</i> (<i>Ayurvedic lexicons</i>)	<i>Gana / Varga</i>
<i>Dhanvantri Nighantu</i> ^[11]	<i>Guduchyadi Varga</i>
<i>Shodhala Nighantu</i> ^[12]	<i>Namsamgrah, Guduchyadi Varga,</i>
<i>Madanpal Nighantu</i> ^[13]	<i>Abhayadi Varga</i>
<i>Raja Nighantu</i> ^[14]	<i>Prabhadradi Varga</i>
<i>Kaiydev Nighantu</i> ^[15]	<i>Aushadhi Varga</i>
<i>Bhavaprakash Nighantu</i> ^[16]	<i>Haritakyadi Varga</i>
<i>Shaligram Nighantu</i> ^[17]	<i>Asta Varga</i>
<i>Adarsha Nighantu</i> ^[18]	<i>Pootikaranjadi Varga</i>
<i>Saraswati Nighantu</i> ^[19]	<i>Mahavriksha Varga</i>
<i>Priya Nighantu</i> ^[20]	<i>Haritakyadi Varga</i>
<i>Brihatanighnturatnakar</i> ^[21]	<i>Aragvadhadi gana</i>
<i>Dravyaguna Hastamalaka</i> ^[22]	<i>Pootikaranjadi kula</i>
<i>Hridayadipaka Nighantu and Siddhamantra</i> ^[23]	<i>Vatapittaghna Varga, Kaphapittaghna Varga,</i>
<i>Abhidhanachintamani</i> ^[24]	<i>Tiryakakanda</i>

Table 2: Showing the Synonyms and their interpretation according to the various *Ayurveda lexicons*.

Sr. No.	NAME OF SYNONYMS	INTERPRETATION (MEANING)
1.	<i>Aragwadha</i> ^[12]	It completely eradicates the ailments, leaving no traces behind in the body.
2.	<i>Kusthasudan</i> ^[14]	Reducing <i>Kustha</i> .
3.	<i>Aamaha</i> ^[12]	Reducing <i>Ama</i> .
4.	<i>Aarevata</i> ^[12]	It is a safe and gentle purgative.
5.	<i>Arogyashimbi</i> ^[13]	It brings happiness.
6.	<i>Karnabharan</i> ^[14]	Ear decorations made of flowers.
7.	<i>Kritmala</i> ^[16]	Garlanded with a garland.
8.	<i>Chaturangula</i> ^[16]	Where the marrow is separated at a distance of four fingers.
9.	<i>Rajavriksha</i> ^[16]	Resembles the king of trees.
10.	<i>Shampak</i> ^[16]	It brings happiness.
11.	<i>Jwrantak</i> ^[14]	Reducing fever.

12.	<i>Pragrah</i> ^[12]	The bears are lovely.
13.	<i>Swarnang</i> ^[16]	Gold-coloured flowers.
14.	<i>Vyadhighata</i> ^[16]	Reducing the severity of numerous illnesses.
15.	<i>Karnikara</i> ^[16]	It has an inflorescence with many flowers.
16.	<i>Suvarnaka</i> ^[16]	It has lovely flowers that are a golden yellow tint.
17.	<i>Drumotpala</i> ^[12]	Flowers have a lotus-like form.
18.	<i>Karivyadha</i> ^[12]	The <i>rogas</i> are expelled from the body via this.
19.	<i>Dirghaphala</i> ^[12]	Its fruit looks like long sticks.

Table 3: Showing the *Rasa Panchaka* and *Doshakarma* according to the various *Nighantu*.

Characterstics	<i>BPN</i>	<i>D.N.</i>	<i>M.N.</i>	<i>K.N.</i>	<i>R.N.</i>	<i>Sha.N.</i>	<i>AA.N.</i>
RASA							
<i>Madhur</i>	+	-	+	-	+	+	-
<i>Tikta</i>	-	+	-	-	-	-	-
<i>Madhur Tikta</i>	-	-	-	-	-	-	+
<i>Tikta Madhur</i>	-	-	-	+	-	-	-
GUNA							
<i>Guru</i>	+	+	+	+	+	-	-
<i>Snigdha Guru</i>	-	-	-	-	-	+	-
<i>Madhur</i>	-	-	+	-	+	+	+
VEERYA							
<i>Sheeta</i>	+	-	+	+	+	+	+
<i>Ushna</i>	-	+	-	-	-	-	-
DOSHA KARMA							
<i>Pittanashaka</i>	-	-	-	-	-	+	-
<i>Kaphapittashamaka</i>	-	-	-	-	-	-	+
<i>Tridoshashamaka</i>	+	+	+	+	+	-	-

Table 4: Showing the Varieties according to the various *Nighantu*.

<i>Nighantu</i>	No. & Name of Varieties
<i>Raja Nighantu</i> ^[11]	2- <i>Aragwadha</i> <i>Karnikara</i>
<i>Dhanvantari Nighantu</i> ^[14]	2- <i>Aragwadha</i> <i>Karnikara</i>
<i>Shaligram Nighantu</i> ^[17]	2- <i>Aragwadha</i> <i>Karnikara</i>