Database Study of Curcuma Longa (Haridra) Mentioned in Charak and Susruta Samhita

Khagen Basumatary¹*, L. Sujalata Devi²

¹Professor and HOD, Department of Samhita and Siddhanta, Government Ayurvedic College, Jalukbari, Assam, India
²P. G Scholar, Department of Samhita and Siddhanta, Government Ayurvedic College, Jalukbari, Assam, India

*Corresponding Author
Khagen Basumatary

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Abstract: Haridra (Curcuma longa Linn, Family- Zingiberaceace) is the dried and ground rhizomes or tuberous underground stems of a perennial plant, used for the management of different diseases in classical texts. It has antimicrobial, anti-inflammatory, antiseptic, anti-oxidant, etc. properties, which has been proved by various studies and experiments. In Charak samhita, Haridra is mentioned in Lekhaniya mahakashaya, Kusthagna mahakashaya, mentioned in compound formulations like Mahatiktaka ghrita, Mahakhadira ghrita for Skin disease. In Susruta samhita, it is mentioned under Haridradi, Mustadi, Lakshadi gana, described in ghee (gritha) preparation like Siddharthaka and Pancha gavya; and in the management of Diabetes (pramehas). In Astanga hrdaya, it is mentioned in Haridradi, Mustadi gana, Tikta rasa dravya and as one of the best drug for Diabetes (Prameha). It is hoped, this paper will provide many important information related to Haridra which will help further researchers to search data of Haridra and in the treatment purpose.

Keywords: Haridra, Curcumin, Curcuma longa Linn.

INTRODUCTION

Haridra (turmeric) is the dried and ground rhizomes or tuberous underground stems of a perennial plant. Botanical name - Curcuma longa Linn.of Zingiberaceace family, is one of the important classical drug of Ayurveda. It has tikta (bitter) and katu (pungent) taste; ruksa (rough) and laghu (light) guna; usna (hot) virya (potency); katu (pungent) vipaka (taste of end product); its karma (action) is kapha- vatahara, lekhana (scraper), vishaghna (removes poison), varnya (gives complexion). Its main composition is CURCUMIN along with Camphor, Curcumenone, Eugenol, tumerones, curcuminoinds, nutrients, etc. It used part is Rhizome (khanda). It is commonly used as Spices in foods, home remedy in cold and arthritis, beauty products. It has anti-microbial activities, antiseptic, anti-inflammatory, anti-fungal, anti-bacterial, antioxidant, properties. In Bruhatrayees, haridra is mentioned as an important drug in the treatment of different diseases like Ulcer (Vrana), Skin disease (Kustha), Polyuria (Meha), Anaemia (pandu), swelling (sopha), jaundice (kamala), fever (jwara), Piles (arsha), Irritable bowel syndrome (Grahani), etc.

In Raja Nighantu, haridra comes under Pippalyadi varga. In Dhanvantari Nighantu, it comes in Guducyadi varga. In Charak samhita, Haridra is mentioned under Lekhaniya mahakashaya, Kusthagna mahakashaya, Visagna mahakashaya, Mahatiktaka ghrita, Mahakhadira ghrita and Triphaladi churna for Skin disease, Haridradi ghrita for jaundice, Amruta ghrita for poison. In Susruta samhita, it is mentioned under Haridradi gana, Mustadi gana, Lakshadi gana, Valli panchamula and Samsamana dravya. In Astanga hrdaya, it is mentioned under tikta gana, Vacaharidradi gana.

AIMS AND OBJECTIVES

1. To know the role of Curcuma longa (Haridra) in treatment purpose.
2. To get together the scattered topics of Haridra in Charak samhita and Susruta samhita.

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MATERIALS AND METHODS

Classical texts of Charak Samhita and Susruta Samhita.

DISCUSSION

HARIDRA MENTIONED IN CHARAK SAMHITA

1. Charak.Sutrasthan. 4/3: Curcuma longa (Haridra) comes under Decoction of drugs with scraping action (Lekhaniya mahakashaya)
2. Cha.Su. 4/13: Haridra comes under Decoction of drugs which can alleviate skin diseases (Kusthagna mahakashaya)
3. Cha.Su. 4/16: Haridra comes under Decoction of drugs which can alleviate poison (Vishagna mahakashaya)
4. Cha. Vi.8/143: Haridra comes under Group of bitter drugs (Tikta skanda)
5. Cha.Su.3/3-7: Compound formulation-Powder and paste for external application (Bahya prayoga churna and lepa) for skin diseases (kustha roga), alopecia (indralupta), etc.
6. Cha. Su.3/ 8-9: Kusthyadi lepa for skin diseases (kustha), swelling (sopha), etc.
7. Cha.Su.3/14: Haridradi lepa for skin diseases (kustha)
9. Cha.Su.23/12: Decoction- Mustadi kwath for skin disease (twacha roga)
10. Cha.Su.23/19-21: Vyosadha saktu for Diabetes (prameha), Skin diseases (kustha), etc.
12. Cha. Si. 4/18-22: In enema- Anuvasana basti
14. Cha.Chi. 1/41-57: Prathamah brahma rasayana helps in longevity, strength, prevent from early aging, helps in intellect, memory, etc.
16. Cha.Chi.6/26: Prameha nasak samanya yoga
17. Cha.Chi.6/27-29: 10 yoga of kaphaja mehanasak
18. Cha.Chi.6/30-32:10 yoga of pittaja pramehanasak
21. Cha.Chi.7/100-101: Triphaladi kwath for Skin diseases (kustha roga)
23. Cha.Chi.7/144-150: Mahatiktaka ghrita for Skin disease (kustha), Haemorrhagic diseases (raktapitta), etc.
24. Cha.Chi.7/152-156: Mahakhadira ghrita for Skin disease (kustha)
25. Cha.Chi.7/161: Kustha nasak lepa, snana , pana
27. Cha.Chi.13/158-161: Pippalayadi lavana for heart disease (hryagaroa), Swelling (sotha), etc.
28. Cha.Chi.13/119-123: Patolamuladya churna for Swelling (sotha), etc
30. Cha.Chi.15/156-159: Mulasa va for abdominal distension (Anaha), heart disease (Hrugroga) etc.
32. Chi.Chi.16/47-49: Katukadhyam ghrita for fever (jwara), burning sensation (daha), etc.
35. Cha.Chi.16/97-98; 16/99: linctus (lehya) for jaundice (kamala)
36. Cha.Chi.17/77-80: Hikkasawasa dhumapan
37. Cha.Chi.17/145: Manasiladi ghrita for Dyspepsia (swasa)
40. Cha.Chi.23/54-60: Murutasanjivani agada for Poison (visa), Fever (jwara), prevents from Evil spirits, etc.
41. Cha.Chi.23/70-76: Gandhahasthi namak agada for Poison (visa), Fever (jwara), etc.
42. Cha.Chi.23/77-94: Mahagandhahasthi namak agada
43. Cha.Chi.23/101-104: Kshara agada
44. Cha.Chi.23/185: Pakvasyayagata visa chikitsa cures intestinal poison
45. Cha.Chi.23/190: Sarvasvisagna and sothagna mamsyadi yoga acts as antidote for poison and cures swelling.
46. Cha.Chi.23/191-192: Sarvasvis nasaks a chandanadi yoga acts as antidote for poison
47. Cha.Chi. 23/198: Vasuki sarpadastha chikitsa, antidote for snake bite
49. Cha.Chi.23/216: Gruhagodha visa chikitsa for room poison
50. Cha.Chi.23/220: Nakha danta ksatajanya visa chikitsa for poison due to nails, teeth, etc.
Results
It will provide knowledge of Haridra in better manner and will help further researchers to search data of Haridra.

Conclusion
Haridra is an important herbal medicine, which occupies a special place in Ayurveda. It is often referred as ‘QUEEN OF SPICES’, used in many cuisines as colouring and flavouring agent. So, Haridra is very beneficial as medicine as well as food ingredient. This paper will help to provide newer knowledge and better updates of the Haridra (turmeric) and will able to manage many different diseases by knowing various formulations mentioned in Charak and Susruta samhita. It will further help researchers to search data of Haridra in a better manner, as one can easily get any information regarding Haridra, using a particular criteria.
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