

Original Research Article

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

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**Abstract:** Haridra (*Curcuma longa* Linn, Family- Zingiberaceae) 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 anti-microbial, 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 hridaya, 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 Zingiberaceae 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, curcuminoids, nutrients, etc. Its 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 (Kusta), 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 Dhanwantari 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, Laksadi gana, Valli panchamula and Samsamana dravya. In Astanga hridaya, 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.Sutrasthana. 4/3: Curcuma longa (Haridra) comes under Decoction of drugs with scrapping 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 (sotha), etc.
7. Cha.Su.3/14: Haridradi lepa for skin diseases (kustha)
8. Cha.Su.3/25: Paste- Parswasula nasak lepa for pain in lateral side of trunk (parswa sula).
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.
11. Cha.Ka.7/15-16: yoga of Trivrut
12. Cha. Si. 4/18-22: In enema- Anuvasana basti
13. Cha.Chi.1/25-28: Samsodhana dravya
14. Cha.Chi.1/41-57: Prathama brahma rasayana helps in longevity, strength, prevent from early aging, helps in intellect, memory, etc.
15. Cha.Chi.1/77: Haritakyadi yoga prevents from early ageing, toxins,diseases.
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
19. Cha.Chi.6/38-39: Trikantakadya sneha for Diabetes (Prameha).
20. Cha.Chi.7/68-69: Triphaladi churna for Skin diseases (kustha roga)
21. Cha.Chi.7/100-101: Triphaladi kwath for Skin diseases (kustha roga)
22. Cha.Chi.7/108-110: Tikta ikswakadi taila for allergic/itching (kandu), Skin diseases (kustha).
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
26. Cha.Chi.12/41-42: Kusthadi churna for Swelling/ oedema (sotha)
27. Cha.Chi.13/158-161: Pippalyadi lavana for heart disease (hrdyaroga), Swelling (sotha), etc.
28. Cha.Chi.13/119-123: Patolamuladya churna for Swelling (sotha), etc
29. Cha.Chi.14/52-57: Arsha prayojya lepa for piles (arsha).
30. Cha.Chi.15/156-159: Mulasava for abdominal distension (Anaha), heart disease (Hrugroga) etc.
31. Cha.Chi.15/182: Haridradya kshara increases digestive fire (jatharagni).
32. Chi.Chi.16/47-49: Katukadhyam ghrita for fever (jwara), burning sensation (daha), etc.
33. Cha.Chi.16/53: Haridradi ghrita for jaundice (kamala).
34. Cha.Chi.16/93-96: Punarnava mandura for anaemia (pandu).
35. Cha.Chi.16/97-98; 16/99: linctus (lehya) for jaundice (kamala)
36. Cha.Chi.17/77-80: Hikkaswasa dhumapan
37. Cha.Chi.17/145: Manasiladi ghrita for Dyspnea (swasa)
38. Cha.Chi.18/161-162: Guduchyadi ghrita for Dyspnea (swasa), Cough (kshayaja kasa).
39. Cha.Chi.22/49: Vamana peya for trusna upadrava
40. Cha.Chi.23/54-60: Mrutasanjivani agada for Poison (visa), Fever (jwara), prevents from Evil spirits, etc.
41. Cha.Chi.23/70-76: Gandhahasti namak agada for Poison (visa), Fever (jwara), etc.
42. Cha.Chi.23/77-94: Mahagandhahasti namak agada
43. Cha.Chi.23/101-104: Kshara agada
44. Cha.Chi.23/185: Pakvasayagata visa chikitsa cures intestinal poison
45. Cha.Chi.23/190: Sarvavisagna and sothagna mamsyadi yoga acts as antidote for poison and cures swelling.
46. Cha.Chi.23/191-192: Sarvavisa nasaksa chandanadi yoga acts as antidote for poison
47. Cha.Chi. 23/198: Vasuki sarpadasta chikitsa, antidote for snake bite
48. Cha.Chi.23/212-214: Param agada for poison
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.

51. Cha.Chi.23/231-232: Chatuspada pasu viseila jantu dasta chikitsa for poison due to insects.
52. Cha.Chi.23/243-249: Amruta ghrita for poison
53. Cha.Chi.25/85: Vrana sodhanartha pralepa purifies the wound (vrana).
54. Cha.Chi.25/114: Paste (Lepa) for Skin purification (tvak suddhi)
55. Cha.Chi.26/63: Preparation (Yoga) for Calculi (Asmari and sarkara)
56. Cha.Chi.26/145: Nasya yoga for rhinitis (pakwa pinasa)
57. Cha.Chi.26/206-214: Khadiradi gutika and taila for skin diseases
58. Cha.Chi.27/30-32: Pancha yoga for Aortoiliac occlusion (urusthambha)
59. Cha.Chi.29/86: Decoction for Gouty arthritis (Vatarakta)
60. Cha.Chi.29/114: Khudduka padmaka taila and dahanasaka for burning sensation (daha) in arthritis
61. Cha.Chi.29/141-144: Lepa of murchista for Gout (vatarakta)
62. Cha.Chi.29/149: Vatakaphatara vatarakta chikitsa
63. Cha.Chi.30/42-43: Kasmariyadi ghrita for Gynaecological disorder (yonigata vatanasak)
64. Cha.Chi.30/273: Durgandhita stanya chikitsa for affected breast milk.

## HARIDRA MENTIONED IN SUSRUTA SAMHITA

1. Susruta.sutrasthana. 38/26-28: Haridra mentioned under group of drugs called Haridradi gana, which are able to cure abnormality in breast milk (sthanadosa), diarrhoea (amatisara).
2. Su.su. 38/54: Haridra mentioned under group of drugs called Mustadi gana, which are Kaphapitta samak, able to cure gynaecological disease (Yoni dosa) and abnormality in breast milk (sthanadosa).
3. Su.su. 38/64: Haridra mentioned under group of drugs called Laksadi gana, which has Astringent (Kashaya), Bitter (tikta) and sweet (madhura) taste; Kapha pitta nasak; able to cure germ infection (Krimi), Skin disease (kustha), ulcer (dusta vrana).
4. Su.su. 38/72: Haridra mentioned under group of drug's roots called Valli panchamula, able to cure haemorrhage (raktapitta), inflammation (sopha), diabetes (prameha), male genital disorder (sukradosa).
5. Su.su. 39/7: Haridra mentioned under group of Samsamana dravya, which are vata samak.
6. Su.su. 39/9: Haridra mentioned under group of Samsamana dravya, which are slesma samak.
7. Su.Sa. 10/45: Medicated ghee that gives strength, intellect, life span and growth of the child.
8. Su.Ka.2/44-46: Poison pacified ghee
9. Su.Ka.2/47-49: Vishagna ajeya ghrita
10. Su.Ka.3/17: Smoke for the treatment of visha
11. Su.Ka.5/61-62: Mahagada for Snakebite (Sarpadasta) visha
12. Su.U.44/17: Linctus (lehya) for anaemia (pandu roga)
13. Su.U.44/19: Medicated ghee (Siddha ghrita) for anaemia (pandu roga)
14. Su.U.44/22; Su.U.44/25: Linctus (lehya) for anaemia (pandu roga)
15. Su.U.44/31: Medicated ghee (Siddha ghrita) for anaemia (pandu roga)
16. Su.U.45/33: Linctus (lehya) for coagulating disease (raktapitta)
17. Su.U.52/19-20: Powder with goat's urine or water for cough (kasa roga)
18. Su.U.57/10; Su.U.57/13: Linctus (lehya) for indigestion (arochaka roga)
19. Su.U.60/43; Su.U.60/44: Collyrium (anjana) for Amaanusopasarga
20. Su.U.61/31-33: Sidharthaka ghrita for Psychosis (unmada), Epilepsy (apasmara), etc.
21. Su.U.61/ 34-37: Panchagavya ghrita for Epilepsy (apasmara), evil spirits (bhutabada), Fever (chaturthika jwara), 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 be 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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