

Aragwadha



Botanical Name: Cassia fistula Linn.

Family: Caesalpinaceae

Introduction: In Vedic literature the dried branches of Aragwadha are used for ritual performance. Several external applications containing Aragwadha are mentioned in Ayurveda (psoriasis etc.)

Scientific classification: Sennas belong to the subfamily Caesalpinioideae, family Fabaceae (formerly Leguminosae). Alexandrian senna is classified as Cassia acutifolia. The species from which tinnivelly, or Indian senna, is obtained is classified as Cassia angustifolia.

Names in different Indian languages:

English : Indian Laburnum, Purging Cassia, Golden Shower

Hindi: Amaltas, girimala

Kannada: Phallus, kakke, kakke mara

Malayalam: Konna, kanikonna

Sanskrit: Aaragwadha

Tamil: Sarakkonrai

Telugu: Rela, kondrakaya, aragvadamu

Synonyms:

Chaturaangula, Kritamaala, Kritmaalaka, Karnikaara, Shampaaka, Praagraha, Raajvrksha, Nripapaadapa, Raajadruma, Vyaadhighaataka, Aarevata.

Cassia rhombifolia Roxb

Classification according to Charaka, Susruta & Vagbhata:

Charaka: Kusthaghna, Kandüghna, Tiktaskandha, Virechana

Susrutha: Aragvadhadi, Syamadi, Slesmasamsamana, Adhobhagahara

Vagbhata: Aragvadhādi, syāmadi

Varieties & adulterants – (CV – controversy, AD – adulterants):

- 1.Karnikara
- 2.Pālevatam
3. Madhura (sweet)
4. Amla (sour)
5. praravata- Psidium guyava
6. Garcinia mangostan.

Cassia roxburghii – AD

Morphology:

It is moderate-sized tree, 10-12 m. in height.

Bark- greenish-grey, smooth when young then brick-red.

Leaves- paripinnate, 4-8 pairs, ovate, acute, bright green, glabrous above, silvery pubescent beneath. 10-15 cm long

Leaflets 4-8 pairs, about 2-5 cm, acuminate, ovate-lanceolate.

Flowers- in lax pendulous racemes, yellow, fragrant.

Pods- cylindrical, pendulous, indehiscent, 25-30 cm long and 2-3.0 cm diam.

Seeds- numerous, small, flat, smooth, yellowish-grey

surrounded by black pulp when ripen pulp will be sweet.

(Flowers in March-May and fruits in May).

Habitat & Distribution:

All over India, Srilanka, Nepal

Chemical composition:

Anthraquinone glycosides, sennosides A and B, rhein

Pulp glucose 60%, glutin. pectin, dyes, calcium oxalate. minerals. gum and water.

Seeds- sugars, galactomannan

Flowers- fistulin, leucopelargonidin tetraer, kaempfer oil

Pods- fistulic acid Bark & Heart wood- barbl Oil, fistucacidin, etc.

Leaves- Rhein, sennosides A & B

Properties:

Rasa : Madhura

Guna : Madura, Guru, Snigdha

Virya : Sita

(Usna: Dhanvañtari Nighandu)

Vipāka: Madhura

Karma : Kapha-pittahara , kushtaghna, arsoghna, vrana hara
Laxative, blood purifier, febrifugal, astringent, antibilious.

Indications:

Kustha, Prameha, Hrdroga, Amavāta, Gandamālā, Kāmalā, Udara,
Udāvarta, Vatarakta, Sula, Jvara

Constipation, colic, chlorosis and urinary disorders, gout, skin disease,
psoriasis, fever

External uses:

It is anti-inflammatory, analgesic.

The pulp and leaf paste are used in nodular oedema & gout. rheumatoid
arthritis etc.

The decoction is used for gargling in diseases of oral cavity and throat,

Leaf paste is used in skin disease and itching.

Internal uses:

Nervous system: It is analgesic by vatahara property, so useful in vata diseases.

Digestive system: It is bitter so improves taste, It is a liver stimulant and purgative by snigdha properties. It is a mild purgative drug and is useful in constipation and jaundice.

Circulatory system: It is cardioprotective, antiinflammatory, purifies blood so useful in heart disease, haemorrhagic disorders, gout and swellings.

Respiratory system: As it is madhur, snigdha, removes kapha and soothes internal organs by mridu property, in dry cough and dyspnoea flower's avaleha is given.

Urinary system: Diuretic by sheeta property. It soothes the urinary tract. Seeds are antidiabetic

Skin: Kushthaghna and refrigerant, so used in skin disease and burning.

Temperature: It is antipyretic, so used in fever and purgation. Its bitter taste works in digestion and is pittashamak. Bark of root is used in fever.

Srotogamitwa:

Dosha : Pitta. kaphaghatna ,liver stimulant

Mala: Purgative.

Parts used:

Root bark, leaves, flowers,fruit pulp

Dosage:

Decoction of root bark 75-100 ml.

Flower paste 6-10 g

Important Yogas or Formulations:

Aragvadhadi taila, Arngvadhadi leha, Aragvadharišta..

Therapeutic Uses:

1. Kāmalā- Aragvadhā (fruit pulp) is given with the juice of sugarcane or vidari or Amalaki after fortifying with Trikatu. (A.H.)
2. Gandamālā- Root bark of Aragvadhā is grinded with rice-water and used for Nasya and lepa (V.M.)
3. Kustha- Leaves of Aragvadhā are made into paste with Amālaka and applied externally.