



## Review Article

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### AN AYURVEDIC REVIEW OF ARJUNA FROM SAMHITA

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#### ABSTRACT

Arjuna is introduced into Ayurveda as a treatment for various diseases in 7th century AD. According to different samhitas Arjuna is used in the treatment of different diseases like Dant dhawan (cleaning of teeth), Medoroga (obesity), Kaphaja Prameha, Mutraghat (urinary disorder), Mukharog (mouth disease), Pittaja Prameha, Vataja and Kaphaja prameha. samhitas says that Arjuna different Ayurvedic formulations like lepa, churna, ghrita, tail, kwath, asava, aristha, dhupa, phanta and modaka etc are found. Arjuna plant has traditionally been used to treat heart diseases for centuries, which is why it got the nickname "Guardian of the heart." Arjuna (terminalia arjuna) is an evergreen tree of the family combretaceae, which grows along the rivers of West Bengal in the drained beds of central and southern India. The generic name Terminalia is derived from the Latin terminus or terminalis (ending), referring to the habit of its leaves being crowded at the tips of the shoots. The name Arjuna for the tree occurs in the Rig Veda and Atharva Veda and means white or bright, probably denoting its creamy-white flowers or the shining quality of its bark. One of the tree's Sanskrit names is Kakubha which means beauty or fascination. It also means several flowers held together in a cluster.

**Keywords:** Arjuna, Kakubha, Charak samhita, Sushrut samhita, Vagbhata.

#### INTRODUCTION

##### Historical Review

In the four Vedas, Atharvaveda has quoted the drug at five different places. With the purpose of study, historians have grossly divided the period into-Ancient period (4000 B.C. to 6<sup>th</sup> Cent. A.D.), Medieval period (7<sup>th</sup> to 15<sup>th</sup> Cent. A.D.) and Modern period (16<sup>th</sup> Cent. A.D. onwards). As for the Atharvaveda, it seems to be a specialized collection of certain items and incidents in the folklore of the age of which the culture lore was collected in the three other Samhitas. "Normally speaking, we should hold that the material of the Atharvaveda is as old as that of the Rigveda.

##### Arjuna in Vedic compendium

In Rigveda, this word means "white" but in later samhitas and other texts it denotes a small herb also known as "Phalgun" and used as a substitute for soma. In Kathuka samhita, it is mentioned as two types-Lohita tula (having red spikes) and Babhru tula (white grey spikes). Arjuna has been described as the essence of herbs and is originated from the flowers of soma. Soma where Sayana has alternately interpreted it as Arjuna tree but it is not relevant. Sayana has interpreted it as Harita varna and at some places as Shyamala trina. In Kaushika sutra the kanda part of Babhruvarna Arjuna, it is useful in regional diseases. Anyway, from above it is clear that, it indicates a plant of Graminae family, but not Arjuna as a tree. On the other hand, at many places Sayana has indicated Arjuna for Arjuna tree. Yet in many places, Harita and Arjuna are mentioned together, this show that these are two plants or two varieties of same plant.

Arjuna tree is clear cut mentioned in Srimada Bhagavadapurana 10<sup>th</sup> Skanda. While mentioning in Krishna bal-lila, there is a situation, where Lord Krishna was tied to a mortar (okhali) by his mother Yasoda, after being tied Lord Krishna drags the mortar (okhali), along with him and was stuck between two Arjuna trees standing in his courtyard. Tree was so strong that he forcefully pulled the mortar (okhali) to the other side, such that, both the Arjuna trees get uprooted and fall. In this way Arjuna is mentioned in the form of tree here.

##### Arjun in Brahattraya Charaka samhita (1000 BC)<sup>1</sup>

Among the existing old medical treatises of India, Charaka samita could be considered as the oldest one. This text has been given by Agnivesh (4<sup>th</sup> Cent. AD). This samhita is mainly concerned with Kayachikitsa. The drug Arjuna has been widely and frequently described in samhita period. Charaka described it by the names of Arjuna, kakubha and dhananjaya (Chakrapani has commented dhananjaya as Arjuna). It has been used for hridroga (heart related diseases) from the very beginning of samhita period in avaleha form. It is recommended in the patients of skin diseases, like kilasa, kitibha, dadru, pama etc. In Charaka, Arjuna has been mentioned in Udarda mahakasaya. Its bark is used to prepare "Asava". It has been included in "Kasaya skandha". Arjuna has been used in kaphaja prameha, paittika prameha, rajyakshma, atisara and kita damsha. It is a plant of Jangala desh as referred in Charaka samhita. Pusanuga churna also consist Arjuna. Arjuna has been also used in the treatment of arsa, damsa, vrana and vatarakta. Dhananjaya has been used in raktapitta with chandana.

**Table 1: Arjuna in Charaka samhita**

References	Name and Synonyms	Useful part, Preparation and MahaKasaya	Uses
C.S.Su. 3/5	Arjuna	Churna/Pradeha	Tvak roga
C.S.Su. 4/43	Arjuna	Udardamaha kasaya	Udarada prasaman
C.S.Su. 5/73	Kakubha	Sakha	Dantadhavana
C.S.Su. 25/49	Arjuna	Asava	Sarasava
C.S.Vi. 8/144	Arjuna	Kasaya Skanda	-
C.S.Ci. 3/258	Kakubha	Chandanadi taila	Daha and Jvara
C.S.Ci. 4/75	Dhananjaya	Kriatatiktadi churna	Raktapitta
C.S.Ci. 6/27	Arjuna	Kwatha	Kaphaja Prameha
C.S.Ci. 6/31	Arjuna	Kwatha	Pittaja Prameha
C.S.Ci. 6/38	Arjuna	Trikantakadhya ghrita	Kaphaja and Vataja prameha
C.S.Ci. 7/129	Kakubha	Twak	Kustha
C.S.Ci. 8/129	Arjuna	Yusha	Rajyaksama and Atisara
C.S.Ci. 14/214	Kakubha	Kwatha	Arsas
C.S.Ci. 23/100	Kakubha	Churna	Krimi
C.S.Ci. 23/204	Arjuna	Kwatha	Kita and Luta damsha, Vrana
C.S.Ci. 25/95	Arjuna	Patra	Vrana
C.S.Ci. 25/113	Kakubha	Churna	Twak Sanjanana
C.S.Ci. 26/98	Arjuna	Leha	Kaphaja Hridroga
C.S.Ci. 26/272-73	Arjuna	Nilataila	Palitya
C.S.Ci. 29/143	Kakubha	Pushp/Kalka Pralepa	Vatarakta
C.S.Ci. 30/92	Arjuna	Pushyanuga churna	Yoni and Rajo dosa

In Charaka samhita Arjuna has been used in kaphaja hridroga in the form of udumbaradi leha but not found its single use. In Charaka Samhita at most of the places its bark has been used. Leaves, flowers and other parts are also used medicinally also. Leaves have been used in rajyaksama, atisara and vrana. Flower as pralepa in vatarakta. These are the only single uses of Arjuna in Charaka samhita. Arjuna has also been recommended for dantadhavana.

#### Sushruta samhita (1000 B.C.)<sup>2</sup>

This samhita is composed by Vrddha Susruta, Chiefly, concerned with Salya Chikitsa. This treatise was redacted by Susruta 2<sup>nd</sup> Century AD. Later it is revised by Nagarjuna, the greatest of Buddhist era, during the 5<sup>th</sup> Cent. AD. In the existing

form, it appears to be much later than Charaka samhita because of the fact that its emendation (Pathasuddhi) was done by Chandrata in 10<sup>th</sup> Century.

Sushruta has also described the use of Arjuna in various forms for many diseases other than hridroga. The words partha, kakubha are also referred in Sushruta samhita. It has been used to stop "raktatipravritti". In dravya sangrahaniya adhyaya, Arjuna has been enumerated in "Salasaradigana". Its utility has been accepted at other places also in vrana, pattika grahani, upadamsa and palitya. Semen abnormalities were also treated by Arjuna. Kakubha which has been commented by Dalhana as Arjuna belongs to nyagrodhadigana. Rewati pratisedha and shita-putna pratisedha are also cured by it. Sushruta has used the flower of partha in maha-sugandhi agada.

**Table 2: Arjuna in Sushruta samhita**

References	Name and Synonyms	Useful part, Preparation and Gana	Uses
S.S.Su.-14/36	Arjuna	Churna	Raktatipravrtti
S.S.Su.-38/12	Arjuna	Salasaradigana	Kapha-Medodhatu shoshaka
S.S.Sa.-2/8-9	Arjuna	Ghrita	Kunapgandhi sukra dosha
S.S.Ci.-1/98	Arjuna	Twak	Vrana
S.S.Ci.-2/65	Arjuna	Taila	Vrana ropaka
S.S.Ci.-3/6	Kakubha	Twak	Bhagna
S.S.Ci.-9/7	Kakubha	Ghrita	Pittaja kustha
S.S.Ci.-11/8	Kakubha	Kwatha	Sukrameha
S.S.Ci.-11/9	Kakubha	Kwatha	Prameha
S.S.Ci.-15/23	Kakubha	Twak	Sutika vedana
S.S.Ci.-18/10	Arjuna	Lepa	Pittaja Granthi
S.S.Ci.-19/31	Arjuna	Kalka	Pittaja upadamsa
S.S.Ci.-25/28	Arjuna	Nilitaila	Palitaya
S.S.Ci.-25/32	Arjuna	Saireyakadi taila	Blackening of hair
S.S.Ka.-6/3	Arjuna	Ksara agada	Sarpadamsa
S.S.Ka.-6/22	Partha	Maha-sugandhi Agada	Sarpavisa
S.S.Ka.-8/114	Arjuna	Kalka	Rakta Luta damsas
S.S.UT.-12/11	Arjuna	Arjuna	Raktabhisyanda
S.S.UT.-39/252	Arjuna	Ksira vraksadi taila	Jeernajwara
S.S.UT.-40/96	Arjuna	Churna	Atisara
S.S.UT.-45/23	Arjuna	Shita Kasaya	Raktapitta
S.S.UT.-45/35	Arjuna	Pushp	Raktapitta
S.S.UT.-45/36	Arjuna	Phanta	Raktapitta

### Astanga Hridaya (7<sup>th</sup> Cent. A.D.)<sup>3</sup>

This book was written by Vagbhata who was a great scholar, a dialect, the great authority, in the field of Ayurveda. Vagbhata has also described Arjuna; he has given four synonyms such as kakubha, dhananjaya, partha, and svetavaha. Arjuna has been used in kaphaja hridroga as an ingredient of avaleha. Besides the

uses prescribed by Charaka and Sushruta, Vagbhata has used the drug in various other diseases. It has been used in 'Asthi bhagna' (fracture of bones) and 'Bhagna' are also treated by this drug. Arjuna has been used in dantadhavana, mudhagarbha, mutraghata and for bringing the normal skin over a scar at other places. Dhananjaya is used in mukha roga in the form of gutika.

**Table 3: Arjuna in Astanga Hridaya**

References	Name and Synonyms	Useful part, Preparation and Gana	Uses
A.H.Su. 2/2	Kakubha	Shakha	Dant dhawan
A.H.Su. 15/41	Arjuna	Nyagrodhadigana	Medoroga
A.H.Su. 29/72	Arjuna	Patra	Vrana
A.H.Sa. 1/13	Arjuna	Ghrita	Kunaparetas
A.H.Sa. 2/44	Kakubha	Kwatha and Pichu	Mudagarbha
A.H.Ci. 6/53	Arjuna	Churna/Leha	Kaphaja Prameha
A.H.Ci. 11/37	Kakubha	Kwatha	Mutraghata
A.H.Ci. 12/7	Arjuna	Kasaya	Kaphaja Hridroga
A.H.Ci. 12/8	Arjuna	Kasaya	Pittaja Prameha
A.H.Ci. 12/17	Arjuna	Trikantakadi Taila	Vata and Kaphaja prameha
A.H.UT. 22/28	Arjuna	Kwatha	Sheetada
A.H.UT. 22/82	Dhananjaya	Gutika	Mukharoga
A.H.UT. 25/59	Kakubha	Churna	Vrana
A.H.UT. 27/14	Arjuna	Twak	Sandhi Roga
A.H.UT. 32/16	Arjuna	Lepa	Vyanga, Twakroga
A.H.UT. 34/47	Arjuna	Pusyanuga churna	Raktaja Yoni and Rajodosha
A.H.UT. 37/36	Arjuna	Lepa	Vrischika dams

### ARJUN IN OTHER SAMHITA

#### Astanga Sangraha (6<sup>th</sup> cent. A.D.)<sup>4</sup>

It is also one of the important treaty of Ayurveda, written by Vagbhata and stands earlier to Astanga Hridaya. The author has mentioned use of Arjuna in various diseases and has also given

different synonyms for its. The synonyms are- kakubha, shvetavaha.

References of Arjuna by different names, as an ingredient of different preparation or member of various ganas (classified groups of drugs) in Astanga Samgraha are cited below:

**Table 3: Arjuna in Astanga Sangraha**

References	Name and Synonyms	Useful part, Preparation and Gana	Uses
A.S.Su.-3/13	Kakubha	Shakha	Danta Dhavana
A.S.Su.-8/117	Arjuna	Dhupa	Visaghna
A.S.Su.-16/13	Svetavaha	Asanadigana	Medoroga
A.S.Su.-16/35	Arjuna	Nyagrodhadigana	Meda, Raktapitta daha, Yoniroga
A.S.Su.-18/25	Arjuna	Kasaya Skandha	-
A.S.Su.-33/8	Arjuna	Putapaka	Netraroga
A.S.Su.-36/10	Arjuna	Churna	Sirogataroga
A.S.Sa.-1/33	Arjuna	Sarpi	Kunapa Retasa
A.S.Sa.-4/48	Kakubha	Kwatha	Mudhagarbha
A.S.Ci.-3/35	Kakubha	Kwatha	Raktapitta
A.S.Ci.-8/62	Arjuna	Kwatha	Kaphaja Hrdaroga
A.S.Ci.-13/22	Kakubha	Kasaya	Mutraghata
A.S.Ci.-14/6	Arjuna	Kasaya	Pittaja Prameha
A.S.Ci.-14/12	Arjuna	Trikantakadi Sneha	Sarva Prameha
A.S.Ci.-14/16	Arjuna	Dasamul Arista	Prameha
A.S.Ci.-21/3	Kakubha	Sarpi	Pittaja Kustharoga
A.S.Ci.-21/14	Arjuna	Yogaraj Rasayana	Kustharoga
A.S.Ci.-21/57	Arjuna	Lepa	Kustharoga
A.S.Ci.-23/32	Arjuna	Lepa	Vatavyadhi
A.S.UT.-6/40	Arjuna	Sarpi	Sita putana graha, Atisara
A.S.UT.-6/52	Kakubha	Lepa	Revati graha pratishedha
A.S.UT.-10/17	Kakubha	Sairisha Taila	Apasmara, Graha, Unmada Rasayana, Vajikarana
A.S.UT.-12/15	Arjuna	Kasaya	Vartmaroga
A.S.UT.-19/54	Arjuna	Gutika and Anjana	Abhishyanda and Adhimantha
A.S.UT.-28/39	Arjuna	Lepa	Khalitya
A.S.UT.-28/53	Arjuna	Lepa	Palitya
A.S.UT.-30/66	Kakubha	Churna	Vrana
A.S.UT.-30/74	Arjuna	Lepa	Vrana
A.S.UT.-31/40	Kakubha	Taila	Sadyovrana
A.S.UT.-32/23	Arjuna	Shakha	Bhagna
A.S.UT.-35/15	Arjuna	Lepa	Pittarbuda

A.S.UT.-37/24	Arjuna	Lepa	Vyangeroga
A.S.UT.-39/61	Arjuna	Pusyanuga churna	Yonidosha, Rajodosha
A.S.UT.-30/70	Arjuna	Kwatha	Yonistrava
A.S.UT.-43/64	Arjuna	Lepa	Vrischika Damsa
A.S.UT.-44/88	Arjuna	Lepa	Vatika Visa
A.S.UT.-44/87	Arjuna	Twak, Kalka and Churna	Luta Vrana
A.S.UT.-45/3	Kakubha	Nasya, Anjana and Lepa	Kapilaluta damsas
A.S.UT.-45/6	Arjuna	Nasya, Anjana and Lepa	Pita Luta, Visa
A.S.UT.-45/20	Arjuna	Nasya, Anjana and Lepa	Rakta Luta Visa
A.S.UT.-46/31	Kakubha	Kwatha	Musaka, Visa Jwara
A.S.UT.-47/38	Kakubha	Ksara	Sthavara Visa
A.S.UT.-47/72	Arjuna	Mahasugandha Agada	Vasuki Visa
A.S.UT.-50/59	Arjuna	Kshira and ghrita	Vajikarana

#### Arjuna in Harita samhita (12<sup>th</sup> Cent A.D.)<sup>5</sup>

In Harita samhita, Arjuna has been described with the name of Arjuna, kakubha and gandiva for the treatment of different diseases as described below:

**Table 4: Arjuna in Harita samhita**

References	Name and Synonyms	Useful part preparation and Gana	Uses
H.S.T.A.-2/159	Arjuna	Twak	Vranarohana
H.S.T.A. 4/26	Kakubha	Twak	Yakrataroga
H.S.T.A.-4/27	Arjuna	Twak	Amdosha
H.S.T.A.-8/34	Gandiva	Patra	Panduroga
H.S.T.A.-12/66	Arjuna	Twak	Chardi
H.S.T.A.-26/39	Arjuna	Kshira	Gulma Udarsula
H.S.T.A.26/72	Arjuna	Kwatha	Raktaja Gulma
H.S.T.A.-28/8	Arjuna	Kwatha	Kaphaja Prameha
H.S.T.A.-28/9	Arjuna	Kwatha	Takrameha
H.S.T.A.-28/13	Arjuna	Kwatha	Pittaja Prameha
H.S.T.A.-28/14	Arjuna	Kwatha	Kaphaja Prameha
H.S.T.A.-28/18-21	Kakubha	Churna	Madhumeha
H.S.T.A.-28/26	Arjuna	Kwatha	Prameha pidika
H.S.T.A.-28/27	Arjuna	Kwatha	Prameha pidika
H.S.T.A.-28/42	Arjuna	Kwatha	Pittaja Prameha
H.S.T.A.-33/8	Arjuna	Kwatha	Kaphaja visarpa
H.S.T.A.-33/18	Arjuna	Lepa	Vrana
H.S.T.A.-33/20	Arjuna	Kwatha	Vrana
H.S.T.A.-39/37	Arjuna	Kwatha	Vrana
H.S.T.A.-39/39	Arjuna	Kwatha	Kustha
H.S.T.A.-39/54	Arjuna	Kalka	Mahakustha
H.S.T.A.-40/20	Arjuna	Lepa	Shiroroga
H.S.T.A.-43/7	Arjuna	Kwatha	Indralupta
H.S.T.A.-46/22	Arjuna	Kwatha	Dantroga, Mukhapaka
H.S.T.A./53-1	Arjuna	Kwatha	Sutikaroga
H.S.T.A.-54/20	Arjuna	Lepa	Twakroga
H.S.T.A.-57/34	Arjuna	Lepa	Asthibhagna

#### ARJUNA IN CHIKITSA GRANTHA

##### Siddha Sara samhita (7<sup>th</sup> Cent. A.D.)<sup>6</sup>

This important treatise is written by Acharya Ravi Gupta in 7<sup>th</sup> Cent. A.D. This book is and available in the manuscript form. There are few references about Arjuna as mentioned below:

**Table 5: Arjuna in Sidda Sara samhita**

References	Name and Synonyms	Useful part, Preparation and Gana	Uses
S.S.S.Chap. 2/3-4	Partha	Nyagrodhadi gana	Pitta, Rakta, Prameha, Vrana, Daha, Yoniroga
S.S.S.Chap. 2/32-33	Arjuna	Shaladigana	Kapha, Pandu, Kustha, Prameha
S.S.S.Chap. 5/115	Arjuna	Dhupa	Sarvajvarhara
S.S.S.Chap. 6/38	Arjuna	Twak	Atisara
S.S.S.Chap. 11/6	Arjuna	Kwatha	Prameha
S.S.S.Chap. 11/7	Arjuna	Kwatha	Prameha
S.S.S.Chap. 11/12	Arjuna	Kwatha	Pittaja Prameha

##### Arjuna in Vrinda Vaidyaka (9<sup>th</sup> Cent. A.D.)<sup>7</sup>

The plant Arjuna has been described with the synonyms of kakubha and indra, for the treatment of hridroga with the preparation of kshira paka. Some others use of Arjuna also have been described which are given below:

**Table 6: Arjuna in Vrnda Vaidyaka**

References	Name and Synonyms	Useful part preparation and Gana	Uses
Vr.V.-HridrogAdhikAra/8	Arjuna	Kshirapaka	Hridroga
Vr.V.-Hrid/9	Kakubha	Churna	Hridroga, Jirna jwara, Raktapitta
Vr.V.-Hrid/15	Kakubha	Kshirapaka	Hridroga
Vr.V.-Hrid/16	Kakubha	Churna	Hridroga, shvasa
Vr.V.-Hrid/28	Arjuna	Kwatha	Hridroga, Raktapitta, Vatarakta
Vr.V. Pramehapidika/6	Arjuna	Kwatha	Pittaja Prameha
Vr.V.- Pramehapidika/30	Kakubha	Churna	Pramehapidika
Vr.V.-Udara roga/16	Indra	Twak	Udara Roga
Vr.V.- Galganda/22	Arjuna	Twak	Galaganda
Vr. V.- Updansa/11	Arjuna	Ghrta	Updansa

**Chikitsa Kalika (10<sup>th</sup> cent. A.D.)<sup>8</sup>**

This book was written by Acharya Tisatcharya in 10<sup>th</sup> Cent. A.D. and it was further corrected by Chandrata in 13<sup>th</sup> Cent. A.D. In this book Arjuna has been mentioned only once by its synonym kakubha in varunadi gana.

**Chakradatta (11<sup>th</sup> Cent. A.D.)<sup>9</sup>**

Chakrapani Datta, son of Narayana Datta has written commentary “Ayurveda Dipika” on Charaka samhita, chikitsa sangraha (commonly known as Chakradatta) Dravyaguna Samgraha and Bhanumati commentary on Sushruta samhita. Well known and famous scholar Chakrapanidatta is the author of this book, which belongs to the 11<sup>th</sup> Cent. A.D. Arjuna has been described in different formulations to treat various disorders. Besides this, different synonyms for Arjuna have also been used in this book. References of Arjuna in Chakradatta are mentioned below:

**Table 7: Arjuna in Chakradatta**

References	Name and Synonyms	Useful part, Preparation and Gana	Uses
C.D.-3/69	Arjuna	Kshira	Raktatisara
C.D.-9/52	Kakubha	Kakubhadya ghrta	Raktapitta
C.D.-10/19	Kakubha	Kakubhadya modaka	Yaksama, Kasa
C.D.-10/26	Arjuna	Sringarjunadya churna	Yaksama
C.D.-10/95	Arjuna	Baladya ghrta	Hridroga, Sula, Ksata, Raktapitta, Kasa, Vata Rakta
C.D.-28/16	Kakubha	Kasaya	Mutra Nirodha
C.D.-31/9	Arjuna	Arjunadhi Kshirayoga	Pittaja Hridroga
C.D.-31/10	Kakubha	Arjuna churna	Hridroga, Jwara, Raktapitta, Rasayana
C.D.-31/16	Kakubha	NagabalArjuna Prayoga	Hridroga, Swasa, Kasa Rasayana, Balya
C.D.-31/32	Arjuna	Baladya ghrta	Hridroga, Sula, Ksata, Raktapitta, Vatika Kasa
C.D.-31/33	Partha	Arjuna ghrta	All types of Hridroga
C.D.-33/23	Kakubha	Nyagrodhadya churna	All types of Prameha
C.D.-35/6	Arjuna	Kaphamehahara Kwatha	Kaphaja Prameha
C.D.-35/11	Arjuna	Kasaya	Pittaja Prameha
C.D.-35/28	Arjuna	Trikantakadya Taila, Ghrta	Prameha
C.D.-41/41	Arjuna	Haritaki Churna Madhukadi pralepa	Paittika Granthi
C.D.-41/51	Arjuna	Kalka	Pittarbuda
C.D.-47/14	Arjuna	Karanjadya ghrta	Upadamsa
C.D.-49/8	Arjuna	Asthisamharadi Churna, Kshira	Bhagna
C.D.-49/11	Arjuna	Laksadi Churna	Bhagna
C.D.-49/12	Arjuna	Laksa Guggulu	Bhagna
C.D.-50/10	Arjuna	Aragvadhadi Churna	Kustha
C.D.-65/19	Arjuna	Katabhyadi	Visa
C.D.-79/2	Kakubha	Shakha	Dantadhavana

**Arjuna in Chikitsa Sarasangraha (12<sup>th</sup> cent. A.D.)<sup>10</sup>**

Arjuna Kshira paka same as told by Vrnda. Kakubhadi Churna is the name given to the same compound preparation. A ghrta preparation of partha-kalka cooked in its own svarasa, called Arjuna ghrta is indicated in all hidayamaya by Vangasena.

**Table 8: Arjuna in Chikitsa Sara Sangraha**

References	Name and Synonyms	Useful Part, Preparation, Guna	Uses
Ci.S.S.-Hrid 18	Arjuna	Twak/Kshira Paka	Hridayamaya
Ci.S.S.-Hrid 19	Kakubha	Twak/Churna	Hridroga, Jirna Jwara and Raktapitta
Ci.S.S.-Hrid 46	Kakubha	Churna/Ghrta	Hridroga, Swasa, Kasa
Ci.S.S.-Hrid 53	Partha	Kalka and Swarasa/Ghrta	Sarva Hridayamaya

### Gada Nigraha (12<sup>th</sup> cent. A.D.)<sup>11</sup>

In this treatise, there are descriptions of Arjuna at various places in various forms. It is used mainly in hridroga, prameha, and atisara etc. All such references are cited below:

**Table 9: Arjuna in Gada Nigraha**

References	Name and Synonyms	Useful part, Preparation and Gana	Uses
G.N.-1/540	Arjuna	Sirisadi Dhupa	Jwara
G.N.-2/78	Arjuna	Sallakitvachadi yoga	Raktatisara
G.N.-4/70	Kakubha	Sirisamuladi kalka	Pittarsa
G.N.-4/82	Kakubha	Paribhadradi Ksara	Sleshmarsa
G.N.-5/62	Arjuna	Amritadi Kasaya	Visuchika
G.N.-5/68	Arjuna	Karanjadya Kasaya	Visuchika
G.N.-26/16	Arjuna	Arjuna takyoga Kshira	Hridroga
G.N.-26/17	Kakubha	Arjuna takyoga Kshira	Hridroga, Jirnajwara, Raktapitta
G.N.-26/21	Partha	Arjuna yoga	All types of Hridroga
G.N.-26/22	Kakubha	Arjuna yoga	All types of Hridroga
G.N.-26/23	Arjuna	Arjuna yoga	Hridroga, Swasa, Kasa
G.N.-30/47	Arjuna	Kasaya yoga	Kaphaja Prameha
G.N.-30/48-49	Arjuna	Kasaya yoga	Pittaja Prameha
G.N.-30/68-72	Kakubha	Nyagrodhadya	All types of Prameha
G.N.-31/32	Arjuna	Lepa	To remove foul smell from Sweda
G.N.-36/112	Arjuna	Sadalepa yoga	Kustharoga

### Arjuna in Sarangdhara samhita (13<sup>th</sup> cent. A.D.)<sup>12</sup>

This samhita is described in three Khandas-Purva, Madhya and Utara Khandas. In Purva Khandas, Ashwagandha is mention with Virya Vardhaka Kravyas. In other two Khandas their

preparations and indications are mention. Much more use of Arjuna is not found in Sarngadhara samhita but some uses of Arjuna are found with the name of kakubha for the treatment of yoniroga, raktapitta, prameha and flower used as kesha, which are given below:

**Table 10: Arjuna in Sarangdhara samhita**

References	Name and Synonyms	Useful part, preparation and Gana	Uses
S.S.M.Kh.-2/113	Kakubha	Nyogrodhadi	Yonirogas, vrana
S.S.M.Kh.-4/2	Kakubha	Kwatha	Raktapitta
S.S.M.Kh.-9/158	Arjuna	Amradi Hima Pusp	Kesha
S.S.M.Kh.-10/54	Arjuna	Devadaryadirista	Prameha

### Arjuna in Virasinghavaloka (14<sup>th</sup> cent. A.D.)<sup>13</sup>

Arjuna also described in Virasinghavaloka with the name of kakubha, partha, virtaru. Here, Arjuna in not only for the treatment of hridroga but also for the treatment of asmari, pradara and prameha

**Table 11: Arjuna in Virasinghavaloka**

References	Name and Synonyms	Useful part, preparation and Gana	Uses
V.S.V.-Hrid/9	Kakubha	Twak	Hridroga, Raktapitta, Jirnajwara
V.S.V.-Hrid/10	Arjuna	Twak	Hridroga
V.S.V.-Hrid/11	Kakubha	Twak	Hrcchula, swasa, Kasa
V.S.V.-Hrid/14	Partha	Twak	Hridroga
V.S.V.-ADmari/8	Virtaru	VirtaruvAdi Kwatha	Ashmari
V.S.V.-Prameha/24	Kakubha	NygrodhAdi churna	Prameha
V.S.V.-Pradara/29	Arjuna	Pusyanuga churna	Pradara

### Arjuna in Bhavaprakash (16<sup>th</sup> cent. A.D.)<sup>14</sup>

Bhava Prakash, is said to be last book of medieval period, in this book Arjuna has been described in the form of its various preparation, indicated for various diseases/disorders, with different synonyms as cited below:

**Table 12: Arjuna in Bhavaprakash**

References	Name and Synonyms	Useful part, Preparation and Gana	Uses
B.P.M.Kh.-11/44	Kakubha	Kshira	Yakshmaroga
B.P.M.Kh.-12/29	Kakubha	Churna with Madhu and Ghrita	Kshayaaja Kasa
B.P.M.Kh.-34/11	Kakubha	Churna with Dugdha and Guda	Hridroga, Jirna Jwara, Raktapitta
B.P.M.Kh.-34/14	Partha	Taila, churna with Kshira	In all types of Hridroga
B.P.M.Kh.-34/15	Kakubha	Churna with goat Kshira, ghrita, Madhu and Sarkara	In all types of Hridroga
B.P.M.Kh.-34/16	Partha	Arjuna ghrita	In all types of Hridroga
B.P.M.Kh.-51/38	Arjuna	Karanjadya ghrita	Upadamsa associated with Daha,

			Paka, Srava
B.P.M.Kh.-63/221	Arjuna	Muktadimahanjana	Netraroga
B.P.M.Kh.-71/77	Kakubha	Ghrita	Revatighraha
B.P.M.Kh.-71/85	Arjuna	Dhupana	Putanagraha
B.P.M.Kh.-71/86	Kakubha	Dhupana	Putanagraha
B.P.M.Kh.-71/99	Kakubha	Ghrita	Sitaputanagraha
B.P.M.Kh.-34/17	Arjuna	Baladi Ghrita	Hridroga, Vatarakta, Raktapitta
B.P.M.Kh.-37/18	Viravrksa	Twak	Ashmari
B.P.M.Kh.-37/91	Viravrksa	Taila	Ashmari
B.P.M.Kh.-38/46	Arjuna	Twak	Prameha
B.P.M.Kh.-38/50	Arjuna	Kwatha	Prameha
B.P.M.Kh.-38/67	Kakubha	Nyagrodhadi Churna	Prameha
B.P.M.Kh.-38/101	Arjuna	Arjuna tiala	Prameha
B.P.M.Kh.-38/102	Arjuna	Arjuna Ghrita	Prameha
B.P.M.Kh.-48/16	Arjuna	Kusartha	Bhagna
B.P.M.Kh.-48/27	Arjuna	Twak	Asthibhagna
B.P.M.Kh.-48/29	Arjuna	Twak	Asthibhagna
B.P.M.Kh.-48/34	Kakubha	Laksadi Guggulu	Asthibhagna
B.P.M.Kh.-51/12	Arjuna	Twak	Upadamsa
B.P.M.Kh.-51/21	Arjuna	Churna	Upadamsa

### Yoga Ratnakara (17<sup>th</sup> cent. A.D.)<sup>15</sup>

In this text, various compound preparations of Arjuna are mentioned, mainly for hridroga, prameha, raktapitta, ksaya, kasa, visuchika etc. The following table shows references about its preparation and indication:

**Table 13: Arjuna in Yogaratnakara**

References	Name and Synonyms	Useful part, Preparation and Gana	Uses
Y.R. 1	Arjuna	Baladya ghrita	Hridroga, Raktapitta, Kasa, Vata
Y.R. 1	Kakubha	Twak	Yaksma and Kasa
Y.R. 5	Arjuna	Ksaya	Visuchika
Y.R. 8	Arjuna	Dugdhadhiyoga (1 <sup>st</sup> yoga)	Raktapitta
Y.R. 10	Kakubha	Dhupa	Krimi
Y.R. 22	Arjuna	Dugdhadhiyoga (2 <sup>nd</sup> yoga)	Raktapitta and Ksata
Y.R. 23	Arjuna	Dugdhadhiyoga (3 <sup>rd</sup> yoga)	Raktapitta and Ksata

### Arjuna in Bhaisajya Ratnavali (18<sup>th</sup> cent. A.D.)<sup>16</sup>

Arjuna described in Bhaisajya Ratnavali with the synonyms of kakubha, partha and Arjuna not only for the treatment of madhumeha but also some other diseases which has been detailed below:

**Table 14: Arjuna in Bhaisajya Ratnavali**

References	Name and Synonyms	Useful part preparation and Gana	Uses
Bh.R.-Hrid/6	Kakubha	Twak	Hridroga, Raktapitta, Jirnajwara
Bh.R.-Hrid/10	Partha	Churna	Swasa, Kasa, Hridroga
Bh.R.-Hrid/11	Kakubha	Churna	Hridroga
Bh.R.-Hrid/21	Partha	Ghrita	Sarva Hridroga
Bh.R.-Hrid/22	Kakubha	Kakubhadi churna	Sarva Hridroga
Bh.R.-Hrid/25	Partha	Prabhakara vati	Hridroga
Bh.R.-Hrid/29	Partha	Twak	Hridroga
Bh.R.-Grah/43	Arjuna	Jirakadi modaka	Grahani roga
Bh.R.-Masurika/9	Arjuna	Twak	Masurika
Bh.R.-Galgand/24	Arjuna	Karanjadhgarta	Updansa
Bh.R.-Bhagna/2	Arjuna	Twak	Galganda
Bh.R.-Bhagna/3	Kakubha	Twak	Bhagna
Bh.R.-Bahumutra/9	Arjuna	Laksa Guggulu	Bhagna
Bh.R.-Bahumutra/2	Arjuna	Nyogrodhadi Gana	Bahumutrata
Bh.R.-Netraroga/47	Arjuna	Twak	Sukrameha
Bh.R.-Ksudraroga/79	Arjuna	Twak	Netraroga

### Arjuna in Vangsen samhita (12<sup>th</sup> cent A.D.)<sup>17</sup>

The plant Arjuna has been described in Vangsen samhita for the treatment of many diseases including Hridroga with the synonyms of kakubha and partha, which has been mentioned below:

Table 15: Arjuna in Vangasen samhita

References	Name and Synonyms	Useful part, preparation and Gana	Uses
Vs.S.10/115	Arjuna	Twak	Raktatisara
Vs.S.16/15	Arjuna	Twak	Granthi
Vs.S.17/48	Arjuna	Twak	Prameha
Vs.S.17/49	Arjuna	Twak	Prameha
Vs.S.17/97	Arjuna	Arjuna taila	Kaphaj, Vataja Prameha
Vs.S.17/98	Arjuna	Arjuna Ghrita	Pittaja Prameha
Vs.S.18/51-56	Arjuna	Pusyanunga Churna	Striroga
Vs.S.19/275	Kakubha	Twak	Putana, Sitapvitana
Vs.S.32/163	Arjuna	Pusp	Ksudraroga
Vs.S.32/169	Arjuna	Pusp	Ksudraroga
Vs.S.46/100	Arjuna	Twak	Rajyaksma
Vs.S.66/17	Kakubha	Twak	Udavarta
Vs.S.69/18	Arjuna	Kshirapaka	Hridroga
Vs.S.69/19, 46	Kakubha	Twak	Hridroga, Rakta Pitta, Jirnajvara
Vs.S.69/49	Partha	Twak	Hridroga
Vs.S.69/50	Kakubha	Twak	Hridroga
Vs.S.69/53	Partha	Arjuna Ghrita	Hridroga
Vs.S.83/434	Arjuna	Vrddhadaru kalpa	Rasayana

### Arjuna in Vrinda Madhava (9<sup>th</sup> Cent A.D.)<sup>18</sup>

The plant Arjuna is described in Vrinda Madhava with the synonyms of kakubha and partha for the treatment of various diseases which are given below:

Table 16: Arjuna in Vrinda Madhava

References	Name and Synonyms	Useful part preparation and Gana	Uses
Vri M 3/68	Arjuna	Twak	Raktatisara
Vri M 6/90	Arjuna	Twak	Visuchika
Vri M 9/45	Kakubha	Twak	Raktapitta
Vri M 10/129	Arjuna	Baladya Ghrita-2	Hridroga, Raktapitta, Shosa
Vri M 31/17	Partha	Twak	Hridroga
Vri M 31/18	Kakubha	Twak	Hridroga
Vri M 31/19	Kakubha	Twak	Hridroga
Vri M 31/32	Arjuna	Baladya Ghrita	Hridroga
Vri M 31/33	Partha	Arjuna Ghrita	Hridroga
Vri M 35/9	Arjuna	Kwatha	Kaphaja Prameha
Vri M 35/10	Arjuna	Kwatha	Pittaja Prameha
Vri M 35/24-28	Kakubha	Nygrodhadi Churna	Prameha
Vri M 46/6	Arjuna	Kusha	Bhagna
Vri M 49/6	Arjuna	Churna	Upadamsa
VriM 57/45	Arjuna	Lepa	Vyanga
Vri M 63/18	Arjuna	Pusyanuga Churna	Pradeha

### DISCUSSION

The above study, result from the vedas and different Samhitas like Charaka samhita, Sushruta samhita Ashtang Vrinda Madhava, Bhavaprakash, Siddha Sara samhita, Astanga sangraha, Vangsen samhita, hirdye studies indicate Arjuna is very important medicinal plant and it possesses many qualities, including Hridroga, Pradeha, Upadamsa, Visuchika, Rasayana, Ksudraroga, Rajyaksma, Striroga, Bhagna, Bahumutrata, Sukrameha, Netraroga, Vranarohana, Yakrataroga, Amdosha, Panduroga etc. According to different Samhitas different Ayurvedic formulations like lepa, pusyanuga churna, ghrita, tail and modaka etc. are found. Dose of Arjuna is depending upon the different yoga. In these Samhitas Arjuna have different synonyms like Kakubha, Partha, Virtaru etc. According to Samhitas the different part of Arjuna used in making different formulation for different disease.

### CONCLUSION

On the basis of present study Arjuna is a very important and useful Ayurvedic medicinal plant. It is used as Ayurvedic

medicine in ancient time. According to our Samhitas it is used in many diseases.

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