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**TITLE: PUSHPAYURVEDA (FLOWERS OF MEDICINAL PLANTS) DELINEATED IN**

**KAIYADEVANIGHANTU**

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**PUSHPAYURVEDA (FLOWERS OF MEDICINAL PLANTS) DELINEATED IN  
KAIYADEVANIGHANTU**

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**ABSTRACT:**

*Majority of Ayurvedic treatise like Charakasamhita, Sushrutasamhita, Ashtangasangraha etc. have described various formulations consisting of herbs and drugs of animal and mineral origin. In these works the details regarding the identification of medicinal plants and their individual pharmacological actions and identifications were not mentioned. In view to fulfill this lacuna some authors written lexicon (Nighantus) during medieval period in a comprehensive way. Among them Kaiyadevanighantu (KN) written by Kaiyadeva (15A.D) furnished the information in eight vargas, though in certain manuscripts ninth varga namely Nanarthavarga was mentioned and the details about it are not provided. KN has deposited very useful information about medicinal plants and a critical analysis of the content indicates that more information about therapeutic utility of flowers of medicinal plants is mentioned in comparison to rest of lexicons. The information compiled and presented in this paper may help to identify the active principles of different flowers which give a scope to develop new herbal leads for the management of various disease conditions.*

**Key words:** Flower, Kaiyadevanighantu (hello sir, if possible add 3-4 appropriate key words)

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**INTRODUCTION**

Kaiyadeva has named his work as “Pathyapathyavibodhaka” which in later years popularly referred as “Kaiyadevanighantu”. P.K.Gode has

placed this work during 1450 A.D.<sup>1</sup> External evidence clearly indicates that Kaiyadevanighantu was referred in the commentary of Saradatilaka by Raghavabhatt and he also wrote commentary on the present work namely 'Padarthadarsha' during 1493 A.D. Basing on this evidence the present nighantu can be placed before 1493 A.D. (15<sup>th</sup> century). Saranga, the father of Kaiyadeva has written a work namely "Virasimhavalokana" during 1383 A.D. Madanapalanighantu (1374 A.D) has quoted two varieties of Karavira, while Kaiyadeva introduced a third variety known as *Peetakaraveera*. Basing on this internal evidence some prefer to consider Kaiyadevanighantu as post Madanapalanighantu work. Taking into the period of spectrum which begins from 1383 A.D. (father's work) to 1493 commentary on this work written Raghavabhatt it can be assumed that the present work might be compiled during the early part of 15<sup>th</sup> Century. Kaiyadeva belong to Gujarat and his gotra is Bharadwaja. During 1928, Acharya Surendramohan published only Aushadhavarga from Lahore. But Acharya Priyavrat Sharma edited and published the complete text basing on the manuscripts (Sr. no.2092 & no.3092, BHU, Ms no.931, Bhandarkar oriental Research Institute, Pune. Sr.no. 1376, Theosepical society

Library, Madras & Sr.no. 1/157, 87063, Saraswati Bhavan, Varanasi).<sup>2</sup>

Kaiyadev first time reported that tender leaf of Bimbi as a best Kamalahara drug. Brahmi is referred as Mandookaparni. Kapikachu is indicated in Dushtavrana. Bimbi is noted as Prajnyahara (Amedhya) and basing on this "Bimbi budhhivinashini" saying has become popular in the tradition. *Vacha* is referred as *Prajnyajanana* (*Medhya*). *Sarpagandha* mentioned in Sushrutasamhita cannot be considered as *Rauwolfia serpentina*, but Kaiyadev included one synonym such as *Sarpasugandhika* for *Nakuli* which indicates that *Sarpagandha* may be considered as *Nakuli* though its indications does not include hypertension (a disease not clearly mentioned in Ayurvedic literature) *Shakhamla* is mentioned as a synonym for *Amlavetasa* by Kaiyadev, meaning that its branches possess *Amlarasa* (Sour taste). Its fruit is useful part and it was included by most of the texts of Ayurveda under *Phalavarga*. Acharya Priyavrat Sharma interpreted that the market sample sold under the name *Amlavetasa* which belong to long petioles of *Rheum emodi* should be considered as *Amlavetasa* and it may not be considered as adulterant. This interpretation appears to be improper and one way gives a scope to officialise adulteration.

**TABLE NO.1 SHOWING LIST OF FLOWER DESCRIBED IN KAIYADEVANIGHANTU**

| No. | Drugs      | Botanical source  | Guna            | Action   | Indication  |
|-----|------------|---|-----------------|--|---|
| 1.  | Vasa       | <i>Adhatoda vasica</i><br>Nees.                                     | -               | Vatakara, Kapha-<br>pittaghna                      | Kshaya  |
| 2.  | Bilva      | <i>Aegle marmelos</i><br>(L.) Correa ex Roxb.                       | -               | -  | Atisara,<br>Trishna,<br>Chhardi                               |
| 3.  | Gambhari   | <i>Gmelina arborea</i><br>Roxb.                                     | -               | Grahi, Vatala                                      | Raktapitta,<br>Raktapradara                                   |
| 4.  | Patala     | <i>Stereospermum</i><br><i>personatum</i> (Hassk.)<br>D. Chatterjee | Sheeta          | Hridya   | Pittatisara,<br>Daha  |
| 5.  | Eranda     | <i>Ricinus communis</i><br>Linn.                                    | --              | Vatahara,<br>Mutradoshahara,<br>Raktapittapakopaka | -   |
| 6.  | Nirgundi   | <i>Vitex negundo</i> Linn.  | -               | Vata-kaphanashaka                                  | Krimi, Gulma,<br>Pleeha, Aruchi,<br>Kushtha,<br>Kandu, Shotha |
| 7.  | Bijapuraka | <i>Citrus medica</i> Linn.  | Sheeta          | Grahi,<br>Raktapittaghna,<br>Vatahara              | -   |
| 8.  | Narikela   | <i>Cocos nucifera</i><br>Linn.                                      | -               | Vibandha   | Raktapitta,<br>Prameha,<br>Raktatisara,<br>Somaroga           |
| 9.  | Kadali     | <i>Musa paradisiaca</i><br>Linn.                                    | Ushna           | Grahi, Deepana,<br>Kaphahara                       | -   |
| 10. | Amra       | <i>Mangifera indica</i><br>Linn.                                    | -               | Kaphapittahara,<br>Ruchya, Grahi,<br>vatala,       | Atisara,<br>Prameha,<br>Dushtashonita                         |
| 11. | Badara     | <i>Ziziphus jujuba</i><br>Mill.                                     | -               | Kaphapittahara                                     | Kushtha   |
| 12. | Amlika     | <i>Tamarindus indica</i><br>Linn.                                   | Laghu           | Ruchya,<br>Kaphavatahara,<br>Vishada, Deepana      | Meha  |
| 13. | Karira     | <i>Capparis aphylla</i><br>Roth.                                    | -               | Vatakara, Kapha-<br>pittahara                      | -   |
| 14. | Kapittha   | <i>Feronia limonia</i><br>(Linn.) Swingle.                          | -               | -  | Akhuvisha   |
| 15. | Madhooka   | <i>Madhuca indica</i> J.<br>F. Gmel.                                | Sheeta,<br>Guru | Ahridya, Brihmana                                  | -   |
| 16. | Panasa     | <i>Artocarpus</i><br><i>integrifolia</i> Linn. f.                   | Guru            | Vaktravishodhana                                   | -   |
| 17. | Moolaka    | <i>Raphanus sativus</i><br>Linn.                                    | -               | Kaphapittashamaka                                  | -   |
| 18. | Kasamarda  | <i>Cassia occidentalis</i><br>Linn                                  | -               | -  | Shwasa, Kasa,<br>Urdhvavata                                   |
| 19. | Shigru     | <i>Moringa</i><br><i>concanensis</i><br>Nimmo ex Gibs.              | Guru            | Madhushigru-<br>Grahi,<br>Chakshushya,             | Krimi,  |

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|     |             |  |   |   |  |
|-----|-------------|--|---|---|--|
|     |             | <i>Moringa oliefera</i><br>Lam                               |   | <i>Kaphapittahara</i><br><i>Kaphakara,</i><br><i>Pittashamaka,</i><br><i>Netrya</i> | <i>Raktapitta,</i><br><i>krimi</i>   |
| 20. | Shaka       | <i>Tectona grandis</i><br>Linn. f.                           | <i>Ruksha,</i><br><i>Vishada,</i><br><i>Laghu</i>                   | <i>Kaphapittahara,</i>  | <i>Prameha</i>   |
| 21. | Asana       | <i>Pterocarpus</i><br><i>marsupium</i> Roxb.                 | -   | <i>Vatakara, Pachaka</i>  | -  |
| 22. | Palasha     | <i>Butea monosperma</i><br>(Lam.) Taub.                      | -   | -   | <i>Grahani,</i><br><i>Gulma,</i><br><i>Gudaroga</i>  |
| 23. | Varuna      | <i>Crataeva nurvala</i><br>Buch.-Ham.                        | -   | <i>Grahi, Rakta-</i><br><i>pittashamaka</i>   |  |
| 24. | Shallaki    | <i>Boswellia serrata</i><br>Roxb.                            | -   | <i>Kapha-vatasra</i>  | <i>Kushtha,</i><br><i>Arochaka</i>   |
| 25. | Mokshaka    | <i>Schrebera</i><br><i>swientenioides</i> Roxb               | -   | <i>Kapha-pittahara</i>  | <i>Kushtha</i>   |
| 26. | Nimba       | <i>Azadirachta indica</i><br>A. Juss.                        | -   | <i>Chakshushya,</i><br><i>Pittahara, Vatakara</i>                                   | <i>Krimi, Visha,</i><br><i>Arochaka</i>  |
| 27. | Kutaja      | <i>Holarrhena</i><br><i>antidysenterica</i><br>(Linn.) Wall. | <i>Laghu</i>  | <i>Deepana, vatala,</i><br><i>Kapha-pittahara</i>                                   | <i>Kushtha,</i><br><i>Atisara, Krimi</i>   |
| 28. | Paribhadra  | <i>Erythrina indica</i><br>Lam.                              | -   | -   | <i>Karnavyadhi,</i><br><i>Pittaroga</i>  |
| 29. | Shalmali    | <i>Salmalia</i><br><i>malabarica</i><br>(DC) Schott & Endl.  | <i>Ruksha,</i><br><i>Sheeta,</i><br><i>Guru,</i><br><i>vatakara</i> | <i>Grahi, Kapha-pitta-</i><br><i>rakta shamaka</i>                                  | -  |
| 30. | Kanchanara  | <i>Bauhinia variegata</i><br>Linn                            | <i>Guru,</i><br><i>Sheeta,</i><br><i>ruksha,</i>                    | <i>Grahi, Rochana</i>   | <i>Kasa, Kshaya,</i><br><i>Shwasa,</i><br><i>Raktapitta,</i><br><i>Pradara</i>                                     |
| 31. | Agasti      | <i>Sesbania</i><br><i>grandiflora</i> (L.)<br>Poir.          | <i>Anushna</i>  | <i>Vatala</i>   | <i>Naktandhya</i>  |
| 32. | Aragvadha   | <i>Cassia fistula</i> Linn.                                  | <i>Sheeta</i>   | <i>Grahi</i>  | -  |
| 33. | Avartaki    | <i>Cassia auriculata</i><br>Linn.                            |   | <i>Varnya</i>   | <i>Prameha</i>   |
| 34. | Dhataki     | <i>Woodfordia</i><br><i>fruticosa</i> Kurz.                  | <i>Ruksha,</i><br><i>laghu</i>                                      | -   | -  |
| 35. | Lodhra      | <i>Symplocos</i><br><i>racemosa</i> Roxb.                    | <i>Sheeta</i>   | <i>Grahi,</i><br><i>kaphapittahara</i>  | -  |
| 36. | Nagakeshara | <i>Mesua ferrea</i> Linn.                                    | <i>Tikshna,</i><br><i>Laghu,</i><br><i>Ruksha</i>                   | <i>Pachana, Pitta-</i><br><i>Kaphahara</i>  | <i>Chardi,</i><br><i>Kandu,</i><br><i>Visarpa,</i><br><i>Hrillasa,</i><br><i>Kushtha,</i><br><i>Trishna, Visha</i> |
| 37. | Padmini     | <i>Nelumbo nucifera</i><br>Gaertn.                           | <i>Sheeta,</i><br><i>Guru,</i><br><i>Ruksha</i>                     | <i>Kapha-</i><br><i>raktashamana,</i><br><i>Vishambhi,</i>                          | -  |

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|     |                   |  |                                 | Vatacara  |  |
|-----|-------------------|--|---------------------------------|---|--|
| 38. | Kamala<br>(white) | <i>Nelumbo nucifera</i><br>Gaertn.   | Sheeta                          | Varnya, kapha-<br>pittanashana                  | Vishpota,<br>Daha, Trishna   |
| 39. | Kumuda            | <i>Nymphaea alba</i><br>Linn.  | Picchila,<br>Snigdha,<br>Sheeta | Alhadakara                                      | -  |
| 40. | Mallika           | <i>Jasminum sambac</i><br>(Linn.) Ait.   | Laghu,<br>Ushna                 | Shukrara, vata-<br>pittahara                    | Hridroga,<br>Kushtha,<br>Aruchi, Visha,<br>Vrana                                 |
| 41. | Malati            | <i>Jasminum officinale</i><br>Linn. var.<br><i>grandiflorum</i> (L.)<br>Kobuski. | Ushna                           | -   | Shiro-Akshi-<br>Mukha-Danta<br>roga, Visha,<br>Kushtha,<br>vrana,<br>Raktavikara |
| 42. | Yuthika           | <i>Jasminum</i><br><i>auriculatum</i> Vahl.                                      | Sheeta,<br>laghu                | Hridya, Pittaghna,<br>Kapha-vatacara            | Vrana, Asya-<br>Mukha-Danta-<br>Akshi-<br>Shiroroga,<br>Visha                    |
| 43. | Taruni            | <i>Rosa alba</i> Linn.   | Sheeta,<br>laghu                | Shukralla, Grahi,<br>Deepana, Hridya,<br>Varnya | -  |
| 44. | Ketaki            | <i>Pandanus</i><br><i>Odoratissimus</i><br>Linn.f.                               | Laghu                           | Kaphahara                                       | -  |
| 45. | Madhavi           | <i>Hiptage</i><br><i>benghalensis</i> Kurz                                       | Laghu,<br>Sheeta                | -   | -  |
| 46. | Vasanti           | <i>Jasminum humile</i><br>Linn.  | Sheeta,<br>Laghu                | Tridosahara                                     | -  |
| 47. | Champaka          | <i>Michelia champaca</i><br>Linn   | Sheeta,                         | Kapha-pitta-<br>raktahara                       | Mutrakrichha,<br>Visha, krimi  |
| 48. | Ashoka            | <i>Saraca asoca</i><br>(Roxb.) DeWilde.  | Snigdha                         | Varnya, Grahi                                   | Apachi,<br>Trishna, Daha,<br>Krimi, Shosha,<br>Visha                             |
| 49. | Punnaga           | <i>Calophyllum</i><br><i>inophyllum</i> Linn.                                    | Sheeta                          | Pitta-kapha-rakta<br>shaman                     | -  |
| 50. | Bakula            | <i>Mimusops elengi</i><br>Linn.  | Guru,<br>Ushna                  | Kapha-pittahara,                                | Visha, Shwitra,<br>Krimi,<br>Dantaroga   |
| 51. | Kunda             | <i>Jasminum</i><br><i>multiflorum</i><br>(Burm. f.) Andr.                        | Laghu,<br>Sheeta                | -   | Shiroroga,<br>Visha  |
| 52. | Japa              | <i>Hibiscus rosa-<br/>sinensis</i> Linn.   | Sheeta                          | Pitta-kaphahara                                 | Visha  |
| 53. | Nepali            | -  | Anushna,<br>laghu,              | Tridosahara                                     | Netra-asya-<br>karnaroga   |
| 54. | Varshiki          | A species of<br>Jasminum   | Anushna,<br>laghu               | Tridosahara                                     | -  |
| 55. | Alarka            | <i>Calotropis gigantea</i>   |                                 | Vrishya, Deepana,                               | Arochaka,  |

|     |              |                                  |                      |   |  |
|-----|--------------|----------------------------------|----------------------|---|--|
|     |              | (Linn.) R.Br. ex.Ait.            |                      | <i>pachana</i>                            | <i>Praseka, Arsha, Kasa, Shwasa</i>  |
| 56. | Tulasi       | <i>Ocimum sanctum</i><br>Linn.   | <i>Ruksha, Laghu</i> | <i>Hridya</i>                             | <i>Daha, Shwasa, Kasa, Hikka, Vami, Krimi, Parshvashoola, Kushtha, Visha, Krichha, Ashmari</i> |
| 57. | Kshiravidari | <i>Ipomoea digitata</i><br>Linn. | <i>Guru</i>          | <i>Vrishya, Pittaghna, Vata-kaphakara</i> | -  |
| 58. | Kumari       | <i>Aloe barbadensis</i><br>Mill. | <i>Guru</i>          | <i>Vata-pittahara</i>                     | <i>Krimi</i>   |

### DISCUSSION

*Agastya* is useful in the management of *Naktandhyatva* and is also referred by many nighantus. It is to be administered in the form of *Nasya* (Nasal drops) to treat *Vishamajwara*. Bhavamishra suggested *Shalmali* flower as the prime drug in the treatment of *Pradara* (Uterine bleeding), but the author had not mentioned its usage in the present work. For *Krimi* (worm infestation & other bacterial and viral infections), the drugs namely *Kumari*, *Tulasi*, *Bakula*, *Ashoka*, *Champaka*, *Nimba* and *Shigru* are indicated. Vermifuge or antimicrobial activities of these flowers are yet to be proved. The botanical source of *Nepali* and *Varshiki* are not known.

The flowers of *Patala* (*Stereospermum personatum* (Hassk.) D. Chatterjee), *Taruni* <sup>3</sup>(*Rosa alba* Linn.), *Yuthika* (*Jasminum auriculatum* Vahl.) and *Tulasi* <sup>4</sup> (*Ocimum sanctum* Linn) are attributed with *Hridya* property (cardio protective

activity) and *Mallika*<sup>5</sup> (*Jasminum sambac* (Linn.) Ait.) is indicated in *Hridroga* (heart disease). Among these plants *Tulasi* is indicated in *Shwasa*, *Kasa*, *Hikka* and *Parshvashoola* which are the indications given for *Pushkaramoola* by Charaka.<sup>6</sup> Medieval compendia recorded single drug claims for *Pushkaramoola* in the management of *Hrichhula* (cardiac pain). Basing on this one may prefer *Tulasi* in the place of *Pushkarmoola* for this condition since *Tulasi* is available in abundance growing everywhere throughout the country.

*Bilva*, *Patala*, and *Amra* flower are indicated in *Atisara* (Diarrhea). Unripe fruit is indicated for *Atisara* by most of the texts of Ayurveda. Anti-diarrheal activity of unripe fruit was investigated by studying the influence on gastrointestinal transit as measured by a charcoal marker and on castor oil-induced accumulation of

intestinal fluid in mice.<sup>7</sup> Root of *Bilva* is also evaluated for anti-diarrheal activity against castor oil induced diarrhea in mice.<sup>8</sup> Bark or leaf of *Amra* is quoted for the same in other compendia. Methanolic and aqueous extract of seed and aqueous extract of leaves had been evaluated for anti-diarrheal activity.<sup>9,10</sup>

*Gambhari*, *Narikela*, *Beejapuraka*, *Varuna*, *Shigru* and *Kanchanara* are suggested for *Raktapitta* (Hemorrhagic disorders) while Chakradutta described the flowers of *Khadira*, *Priyangu*, *Kovidara* and *Shalmali* in the management of *Raktapitta*.<sup>11</sup>

Traditional practitioners prescribe the flowers of *Arka* pounded with *Maricha* for Asthma. Kaiyadeva indicated it in the diseases like *Kasa* and *Shwasa*. Methanolic extract of root of *Arka* had been evaluated in vitro for anti-histaminic activity and also in vivo for anti-asthmatic activity.<sup>12</sup> *Tulasi*, *Kanchanara* and *Kasamarda* are other flowers indicated in respiratory disease like *Shwasa* and *Kasa*. Anti-asthmatic activity of an aqueous extract of *C. occidentalis* (COAE) leaves was carried out in vitro and in vivo animal models. In vitro studies carried out on histamine- induced contraction in isolated goat tracheal chain and in vivo studies on milk- induced eosinophilia, mast cell degranulation and capillary permeability in mice.<sup>13</sup> Hydro-alcoholic extract of dried

and fresh leaves, and the volatile and fixed oils of *Ocimum sanctum* was evaluated against histamine and acetylcholine-induced pre-convulsive dyspnea (PCD) in guinea pigs.<sup>14</sup>

*Shukrala karma* (Spermatopietic activity) is attributed to *Taruni* and *Mallika*. *Kshiravidari* and *Alarka* are described as *Vrishya* (Aphrodisiac). Flowers namely *Nimba*, *Nagakesara*, *Mallika*, *Malati*, *Yuthika*, *Kunda*, *Japa* and *Tulasi* are indicated in *Visha* (various poisons of vegetable and animal in origin).

*Vishahara* activity is interpreted as anti-toxic and includes the conditions engendering by allergies and *Amavisha*. Certain *Vishahara* drugs like *Shirisha* have shown to increase serum cortisol levels and produced anti-histaminic activity.<sup>15</sup> *Eranda* alleviates urinary infections (*Mutradosha*) and may be possessing anti-microbial activity.<sup>16</sup> Undecylenic acid (UDA) extracted from *R. communis* L. was evaluated for neuroprotective activity through inhibition of  $\mu$ -calpain. The results suggest that UDA is a novel non-peptide-like  $\mu$ -calpain inhibitor with good cell permeability and potent neuroprotective effect.<sup>17</sup> *Prameha* is enumerated under the indications of *Narikela*, *Amlika*, *Shaka* and *Avartaki* which may be evaluated for their anti-hyperglycemic and urinary anti-septic activities. Hydro-alcoholic extract of *Cocus nucifera* had been evaluated for



anti-diabetic activity on streptozotocin (STZ)-induced diabetic rats, showed significant results.<sup>18</sup> Basavarajiyam quoted one formulation with *Avartaki* (*Cassia auriculata*) for the management of *Prameha*.<sup>19</sup> Methanolic extract of roots had been evaluated for anti-diabetic activity in experimental study.<sup>20</sup>

Kaiyadeva nighantu appears to be the only nighantu which quotes *Kapittha* for neutralizing Akhuvisha (Rat bite poisoning). *Malati*, *Yuthika* and *Bakula* flowers are suggested in the treatment of *Dantaroga* and these flowers should be enquired for their role in maintaining oral hygiene. *Streptococcus mutans* is the main cause of dental decay.<sup>21</sup> Bakul bark showed anti-microbial activity against *S aureus*, *S mutans*, *S salivarius*, *S sanguis*,

*Lactobacillus acidophilus* and *Candida albicans* strains.<sup>22</sup>

Flavonoids are the most important plant pigments for flower coloration, producing yellow or red/blue pigmentation in petals designed to attract pollinator insects. The findings suggest that flavonoids have negligible systemic antioxidant activity, and that the increase in antioxidant capacity of blood seen after consumption of flavonoid-rich foods is not caused directly by flavonoids, but it is due to production of uric acid resulting from flavonoid depolymerization and excretion.<sup>23</sup> In the above context, in total 53 plants are screened for their antioxidant activity irrespective of their part used. Among them 17 herbs, part used as flower, had been evaluated for their antioxidant activity.

### CONCLUSION

Kaiyadevanighantu is the only nighantu which has described the therapeutic implications of many flowers of medicinal plants for the first time in comparison to other nighantus documented during medieval period. A proper scientific

evaluation and analysis of the phytoconstituents of these flowers may facilitate to develop new herbal leads which may help for the management of various ailments.

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