



CLASSICAL REVIEW OF *JATAMANSI* (*Nardostachys jatamansi* DC.)

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ABSTRACT

Jatamansi, that is *Nardostachys jatamansi* DC, is a well known plant used in Ayurveda classics, which belongs to family Valerianaceae. The rhizomes of this hairy, perennial, dwarf and herbaceous plant are used for therapeutic effect in ayurvedic and unani system of medicine. *Nardostachys jatamansi* DC has been reported to have many therapeutic activities like antifungal, antimicrobial, antioxidant, hepatoprotective and cardioprotective. *Jatamansi* is one of the endangered species of India and a well-known drug in the list of *Medhya* drugs. This article mainly focuses on morphology and description of this drug in different Ayurvedic texts.

Keywords: *Medhya*, *Jatamansi*, Valerianaceae

INTRODUCTION

Nardostachys jatamansi DC is an erect perennial herb, 10-60 cm high growing at an altitude of 3000-5000 m on the sub-alpine Himalayan tracts. Mainly roots are used as decoction formulation in high blood pressure, cold and cough, diabetes insipidus, diarrhoea, digestive and respiratory disorders. *Jatamansi* is being described in various samhitas and nighantus. The word *Jatamansi* is given as name because its rhizome is useful part which is covered with fibers like matted hair blackish grey in color

Latin name : *Nardostachys jatamansi* DC

Family : Valerianaceae.

TAXONOMICAL CLASSIFICATION

Kingdom : Plantae

Division : Mangnoliophyta

Class : Mangnoliopsida

Order : Dipsacales

Family : Valerianaceae

Genus : Nardostanchys

Species : jatamansi

Synonyms with *Nirukti*

Kratini, tapasvini : it grows on higher altitudes

Krushnajata, jatamansi, jatila, mishi, sulomasha : Its rhizome with root , useful part is covered with fibers like matted blackish grey in color.

Nalada : its root is highly aromatic.

Bhutajata : it dispels evil organisms.

Mamsi, Krvyadi, pishachipisita, palankasha : it causes emaciation and loss of fat.

Mata : it is a good sedative and hypnotic like mother.

REGIONAL NAMES

Assamese : jatamansi, jatamangshi

Bengali : jatamansi

English : Nardus root

Gujrati : Baalchad, Kalichad

Hindi : Balchara

Kannada : Bhootajata, Ganaagila maste

Kashmiri : Bhutijata

Malayalam : Manchi, Jatamanchi

Marathi : Jatamansi

Oriya : jatamansi

Punjabi : Billiotan, Balchhar, Chharguddi

Tamil : Jatamanji

Telugu : Jatamams

Urdu : Sumbul-ut-teeb

DESCRIPTION

Herb with woody rootstock, long, stout, covered with fibres from the petioles of withered leaves, Stem 10-60 cm, more or less pubescent upwards, often glabrate below, subscapose.

Radical leaves 15-20 by 2.5 cm, longitudinally nerved, glabrous or slightly pubescent, narrowed into the petiole; cauline 1 or 2 parts, 2.5 – 7.5 cm long, sessile, oblong or subovate.

Flower- heads usually 1, 3 or 5; bracts 6 mm, oblong, usually pubescent. **Corolla** – tube 6 mm long somewhat hairy within, or filaments below.

Fruit – 4mm long , covered with ascending white hairs, crowned by the ovate, acute, often dentate calyx teeth.

Flowering and Fruiting Time : Rainy season to autumn season.

CHEMICAL CONSTITUENTS

Roots contain a crystalline acid and Jatamansic acid. A new oxide, hydrocarbons, a polyoxygenated crystalline solid together with A- endesmol, Angelicin, Valeranone, Nardostachone, Valeranal, Volatile oil.

Classical Classification of *Jatamansi* (*Nardostachys jatamansi* DC.)

Sr. No.	Time period	Gana/Mahakshaya
1. <i>Charaka Samhita</i>	(1000 BC– 400 AD)	<i>Sangyasthapak Mahakshay</i> , <i>Kandughana Mahakshay</i> , <i>Shukarjanan Mahakshay</i> , <i>Tikat Skanda</i>
2. <i>Sushruta Samhita</i>	(1000-1500 B.C – 2nd A.D)	<i>Eladi Gana</i>
3. <i>Ashtanga Hridaya</i>	(7th Century)	<i>Eladi Gana, Anjanadi Gana</i>

Classical Classification of *Jatamansi* (*Nardostachys jatamansi* DC.) in Nighantu

Sr.No.	Name of text	Time period	Varga/Gana
1.	<i>Sausruta Nighantu</i>	5th Century	<i>Elaadi Gana</i>
2.	<i>Ashtanga Nighantu</i>	8th Century A.D	<i>Elaadi Gana Anjanadi Gana</i>
3.	<i>Dhanvantari Nighantu</i>	10-13th Century AD	<i>Chandanadi varga</i> <i>Mishrakadi varga</i>
4.	<i>Shodhala Nighantu</i>	12th Century AD	<i>Anekarth varga</i>
5.	<i>Madanpal Nighantu</i>	13th Century AD	<i>Karpooradi Varga</i>
6.	<i>Kaidev Nighantu</i>	14th Century AD	<i>Aushadi Varga</i>
7.	<i>Raj Nighantu</i>	14-15th Century AD	<i>Chandanadi Varga, Mishrak Varga, Eka dasharth Varga</i>
8.	<i>Bhavprakash Nighantu</i>	16th Century AD	<i>Karpooradi Varga</i>
9.	<i>Priya Nighantu</i>	1983 AD	<i>Shatpushpadi Varga</i>

RASAPANCHAKA

Rasa – Tikta, Kashaya, Madhura

Guna – Laghu, snigdha

Veerya – Sheeta

Vipaka – Katu

Dose – Rhizome powder – 1-3 gm

Formulations Of *Jatamansi* - *Amritadya Tail, Brahmi Vati, Dashang Lepa, Gandh Tail, Guduchyadi Tail, Khadiradi Gutika, Changeri ghrit.*

Therapeutic use

It is antiseptic, appetizer, aromatic, carminative, deobstruent, diuretic, emmenagogue, expectorant, nervine, tonic, sedative to spinal cord, stimulant, tonic, tranquilizer and vermifuge. Drug can be used in cholera, dysmenorrhoea, flatulence, jaundice, palpitation of heart, bronchitis, disorders of digestive system, worms, constipation, chronic headache, insomnia, impotency, general debility, liver disorders, poisoning, calculous and insanity.

CONCLUSION

N. jatamansi is an important medicinal plant mentioned in Ayurveda used for treatment of various diseases. The API has described it as *Nidrajanan* and classics has described it under *Medhya* drug. Many formulations are made using it as an active component for nervous as well as potent drug in case of insomnia. *Jatamansi* is also used in *panchkarma* procedure like *sirodhara* for stress relieving .

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