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## JYOTISHMATI - AN ARTAVAPRAVARTAKA

Dr. Sachin Jagannath Patil<sup>1</sup>. <sup>1</sup>Professor & Guide, Dept. of streeroga evum prasuti tantra , L.R.P. Ayurvedic Medical College, Urun- Islampur, Sangli, Maharashtra, India.

### ABSTRACT -

Jyotishmati has been used in the Indian system of medicine since long time. Different acharyas has explained different properties of jyotishmati like medhya, shirovirechaniya, kaphahara, tikshna, vamaka, artavapravartaka,etc.In the present study, an attempt is made to critically review the artavapravartaka property of jyotishmati from ayurvedic aspects.

### INTRODUCTION -

Jyotishmati mentioned in ayurveda as “ Tree of life”, it was in use from time immemorial to treat brain related disorders & to enhance learning & memory. The oil exrtracted from jyotishmati seeds is known to have effect on central nervous system. Along with memory enhancing effect other reported activities are antibacterial, antiviral, antifungal,antibacterial, anti infalmmatory, antispermatogenic, insecticidal, sedative, analgesic & hypolipidemic.<sup>1</sup>

### DISCUSSION -

#### JYOTISHMATI – AN ARTAVAPRAVARTAKA<sup>2,3,4,5,6,7</sup>.

##### ❖ Classical categorization –

- Botanical name- Celastrus paniculatus
- Family- Celastraceae
- Kula- Jyotishmati kula
- Charaka - Shirovirechanadi
- Sushruta - Adhobhagahara
- Ashtanga hridayam – Arkadi gana
- Bhavaprakash – Haritkyadi varga
- Raja nighantu – Gokshuradi varga, Guduchyadi varga
- Kaiyadewa nighantu – Aushadhi varga
- Dhanvantari nighantu – Guduchyadi varga
- Nighantu adarsha – Jyotishmatyadi, Arka varga, Ashta varga
- Priya nighantu – Pippalyadi varga

❖ **Prayojyanga –**

- Seeds, root, root bark, leaves, bark.

❖ **Vernacular names –**

- Hindi - Malkagani
- English – Staff tree
- Kannada – Kariganne
- Malayalam – Paluruvam
- Tamil – Valulavai

❖ **Synonyms-**

Tejasvini, Katabhi, Pita taila, Supingala, Kakandi, Paravatpadi, Vega, Katvika, Kangunika.

❖ **Rasapanchaka –**

- Rasa – Katu, tikta
- Guna – Teeksna, snigdha, sara
- Virya – Ushna
- Vipaka – Medhya
- Doshaghata – Kapha-vatahara

❖ **Karma –**

Deepana, pachana, artavajanana, vedanasthapana, medhya, vatahara, uttejaka, nadibalya, mastishkashamak, vatanulomana, hridyottejaka, shothahara, shirovirechana, kaphaghna, mootrala, vajikarana, kushthagha, swedajanana, aamapachana, jwaraghna.

❖ **Rogaghata –**

Kaphavataj vikara, kushtha, udara, vatavikara, gulma, pakshaghata, ardita, sandhivata, gridhrasi, katishoola, dhvajabhanga, gandamala, mastishkaroga, nadidaurbalya, agnimandya, vibandha, gulma, shotha, kasa, shwasa, mutrakricchra, kashtartava, klaibya, kandu, jwara, etc.

❖ **Matra-** Beeja- 1-2gm, Taila- 5 –15 drops❖ **Action & Uses –**

1. **Bark-** Abortifacient, depurative & brain tonic.
2. **Leaves-** Emmenagogue, leaves juice – used in dysentery, good antidote for opium poisoning
3. **Seeds-** Laxative, thermogenic, emollient, rubefacient, stimulant, emetic, expectorant, appetizer, cardiogenic, anti-inflammatory, diuretic, emmenagogue, febrifuge
4. **Seed oil-** Thermogenic, intellect promoting, abdominal pain, rheumatic pain, beri-beri, sores, eczema.

Abdominal disorders, depression, arthritis, asthma, cardiac debility, nephropathy, amenorrhoea, dysmenorrhoea & fever.

5. **Root-** Crushed roots used for pneumonia.

### ❖ **Phytoconstituents-**

▪ **The leaves** contain alkaloids, saponin, a glycoside & coloring matter. The leaves are emmenagogue & leaf sap is a good antidote for opium poisoning. It acts as antimicrobial & antifungal. Preliminary phytochemical screening of the petroleum ether & ethyl acetate extracts of leaves reveals the presence of steroid & terpenoid while methanol extracts show positive results for steroid, terpenoid, carbohydrate, alkaloid, saponin & phenolic compounds.

▪ **Root bark & stem-**pristemerin.

▪ **Seed-** Celapagine, celastrine, paniculatine, malkanguniol, malkangunin, paniculatadiol, acetic acid, beta amyryn, beta sitosterol, benzoic acid, linoleic acids, celapanigine, celapanine, celastrol, 5-stigmasten-3 beta-ol.

▪ **Seed oil-** Malkanguni oil, malkanguniol, sesquiterpene ester-malkangunin, two sesquiterpenoid tetra esters celapanine & celapanigine, triterpene diol, paniculatadiol, beta amyryn, beta sitosterol & fatty acids.

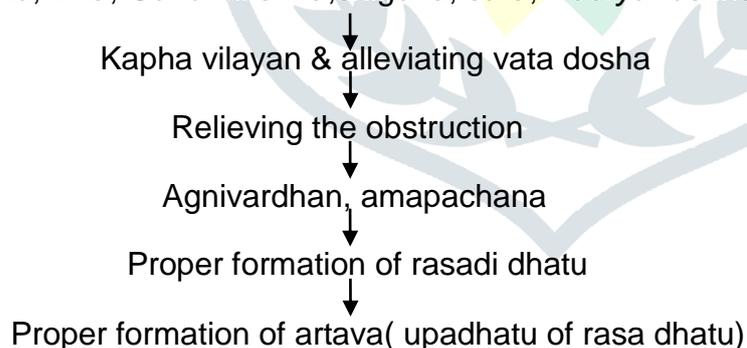
▪ **Whole plant-** Dishydroagarofuran sesquiterpene polyesters.

### ❖ **Pharmacological activities-**

Antihistaminic, sedative, anticonvulsant, antiprotozoal, antiviral, antipyretic, anti-emetic, antibacterial, schizontocidal, emmenagogue, hypotension, stimulant, central muscle relaxant, hypolipidaemic, antiatherosclerotic, spasmolytic, tranquilizer, anti-inflammatory, anti spermatogenic.

### ❖ **Mode of action of jyotishmati as artavapravartaka-**

*Rasa-* katu, tikta, *Guna-* tikshna, snigdha, sara, *Veerya-* ushna, *Vipaka-* katu



• **Snigdha guna-** having lepana shakti, kledana & vatahara properties helps in regeneration of endometrium layer & strengthens apana vata function.

• **Sara guna-** having property of anulomana & pravartaka so, it helps in the vatanulomana & pravartak of artava. It also acts as vedanasthapana & helps in relieving pain caused by vitiated vata which causes pain during menstruation.

• **Tikshna guna-** having the shodhana property which helps in sroto shodhana which removes obstruction & srotorodha.

• **Katu rasa-** According to Charaka & Vagbhata, it having deepana & pachana properties so it will help in the proper formation of rasadi dhatu & artava also. According to Charaka, it breaks down

the accumulated blood & clears & dilates the passages & alleviates kapha. According to Vagbhata, it having lekhana property thus proper shedding of the endometrium is an added benefit.

- **Tikta rasa-** It is having the properties like bhaktaruchi & mamsa vardhak. It also having lekhana property which will help in the proper shedding of endometrium.
- **Ushna veerya-** It pacifies kapha & vata , aggravates pitta, which is the need for anartava chikitsa.

## CONCLUSION -

By observing ayurvedic literature & rasa, guna, veerya, vipaka of jyotishmati it seems that this plant is having artavapravartaka property & having a great role on female reproductive system.

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