



ROLE OF FLOWERS IN PHARMACEUTICAL PREPARATIONS AND PUSHPA AYURVEDA IN SHALAKYA TANTRA (EYE DISORDERS)

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ABSTRACT

The flower is the most attractive part of a plant, captivating the senses with its harmonious beauty, vibrant colors, and pleasant fragrance. It symbolizes the blossoming of universal consciousness and the subtle smile of the spirit hidden within nature. For this reason, flowers hold a significant place in both individual and social life. Since ancient times, they have been an integral part of human civilization and have been used for various purposes, including ornamentation, decoration, medicine (in fresh, distillate, decoction, and powdered forms), nutrition and food (as fresh garnishes, dried ingredients, in beverages, and preserved forms), religious rituals and worship, culinary preparations, essential oil extraction, treatment of eye and oral disorders, and in cosmetic and beauty care products. This review focuses on the therapeutic uses and provides a brief description of some important flowers employed in the Ayurvedic system of medicine, both as single drugs and in compound formulations, thereby highlighting their significant medicinal value and promoting their traditional applications.

KEYWORDS: Flowers, *Ayurveda*, Human, Formulations.

INTRODUCTION ^[1]

Flowers play an important role in our day-to-day life, both directly and indirectly. Each flower is identified by a specific name based on the qualities it represents. In Ayurveda, flowers hold a distinct and significant place and have been used since time immemorial for health promotion and the treatment of various diseases. Numerous flower-based drugs described in Ayurvedic science are effective in managing different disease conditions. Pharmaceutical forms of flowers

- Pushpa rasa (Flower juice): The juice extracted from fresh flowers is known as 'Pushpa- rasa' It should be strained cleanly and taken with honey.
- The juicy extract of flowers is termed as pushpa drava, pushpa sara, pushpa sveda, pushparasanjana, pushpa niryasaka and pushpa jambu.
- Pushpa drava is fragrant, cold, astringent, exhilarating, laxative and saturating. It alleviates burning, fatigue, distress vomiting, confusion, diseases of mouth, thirst, disorders of pitta and kapha and anorexia.
- Churna (Powder): The flowers should be dried in the sun and then rubbed (in the mortar) and finally strained

through a cloth piece to make it a fine powder.

- Hima (Cold infusion): Crushed flowers 40 gm, are kept in 240 ml of water over night, This is known as hima as of nilotpala etc.
- Phanta (Hot infusion): In flowers 40 gm, hot water four times should be poured in it, after a while it should be strained through a cloth, this (tea-like preparation) is known as phanta (hot infusion).
- Kalka (Paste): Paste is made of fresh flowers on pounding them in a mortar or on a stone slab, it is taken generally with milk.
- Avaleha (Linctus): The paste of flowers should be made lickable after mixing with honey or ghee, it is known as avaleha.
- Asava (Fermented extracts): Asava is prepared from flowers which are kept for fermentation in water without boiling, while Arista is prepared of decoctions.

- In the Charaka samhita, ten pushpa asavas are mentioned (asavas prepared from flowers such as padma, utpala, nalina, kumuda, saugandhika, pundarika, satapatra, madhuka, priyangu and dhataki).
- Madhukasava, kanakarista and aravindasava are indicated in grahani disorder, piles and diseases of children respectively.
- Sidhu- It is a type of asava prepared of unboiled juice as Susruta has described sidhu of madhuka flowers.
- Oil: Fragrant oil is obtained by pressing sesamum seeds scented profusely with flowers of jati, patala etc. Oils are also prepared with fragrant flowers like campaka, jati etc. by the traditional method of oil-cooking as in case of gandharaja taila. Flowers are also used for perfuming other cooked oils.
- Preparations: Flower petals are sprinkled with powder of drugs for emesis etc. Such preparation is given to delicate, weak and sensitive patients.
- Arka (Distilled extract): Essence of flowers like rose, ketaki etc. dipped in water and extracted through distilled apparatus is known as arka.
- Parisrutodaka (Distilled aromatic water): Distilled aromatic water is a type of arka and is prepared of rose, ketaki etc. which is used for mixing in drinking water particularly in summer season. It is cooling and pacifies thirst.
- Gandhasatva (Scents): Scents are prepared of the flowers of rose etc. It is also extracted through the media of alcohol etc.
- Puspakhanda (Flower-electuary): It is prepared by mixing flowers with sugar and keeping them for a certain period. Generally three times sugar is mixed with flowers which are kept in open for forty days.

Dietary Preparations-

- Soups should be prepared of flowers such as Sana, silmali, dhataki, kamala, kovidara and kancanara. Flower-soup made with pomegranate without adding oil and sours is useful in pradara, raktapitta and burning sensation in abdomen and eyes.
- Saka (Vegetable): They are prepared of flowers after cooking then with water, adding oil or ghee etc. and spicing with asafoetida, cumin and black pepper. Vegetable of salmali flowers cooked with ghee and rocksalt is useful in pradara.
- Panaka (Syrup): They are prepared of sour flowers or fruits adding with sugar and black pepper.
- Sara (A soury preparation): Agastya flowers are dipped in sara (soury liquid). It is known as agastyasara. It is palatable, slightly bitter, pacifies vata and kapha and is useful in anaemia, oedema, anorexia, spleen enlargement, gulma and colic.
- Kvathali (Vegetable curry): Vegetable of flowers, root, fruit, or leaves cooked with buttermilk etc. is known as kvāthali. It is appetiser, digestive, relishing and pacifies vata and kapha.

DISEASES OF EYE^[2]

Conjunctivitis caused by **Kapha**

In conjunctivitis caused by kapha and having itching and swelling the collyrium consisting of sunthi, devadaru, musta, rocksalt and buds of jati pounded with wine is useful.

In the same disorder, flowers of jati, karanja and Sobhanjana pounded with water should be used as collyrium or

fruits of putika or flowers of Sigrū mixed with equal quantity of both types of Brihati should be used similarly.

Conjunctivitis caused by **Pitta**:

In conjunctivitis caused by pitta, rasakriya (semisolid extract) of musta, samudraphena, utpala, vidanga, ela, amalaki and bijaka should be used as collyrium.

Flower of kimsuka rubbed with honey (in a copper vessel) is also useful as collyrium. Conjunctivitis caused by

Rakta:

1. Nilotpaladi formulation is used as paste.

Flowers of patala, arjuna, gambhari, dhataki, amalaki, bilva, br̥hati, kantakari and bimbilota and manjistha in equal quantity, rubbed with honey or sugarcane juice should be applied as collyrium.

2. Candanadyanjana contains kumuda and kunkuma.

Sirotpata

Juice of Shirisa flowers mixed with wine, shweta marica and honey should be used as collyrium.

Corneal ulcer and opacity

In corneal ulcer, Shirisa flowers, cow's tooth and samudraphena mixed with honey should be applied. For corneal opacity - Pillet should be prepared of the seeds of karanja impregnated many times with the juice of palaka flowers and after rubbing applied to the spot.

Balasagrathita

Flowers of arjaka, asphota, kapittha, bilva, nirgundi and jai participate in the formulation used as collyrium in this disease.

Netrapaka

Flowers of jati, rocksalt, sunthi, pippali and vidangi all these pounded together and mixed with honey should be applied as collyrium.

Timira (defects of vision)

The aforesaid collyrium kept within serpent's mouth wrapped with kusa for a month is applied after mixing with buds of jati and rocksalt in timira with redness. Impregnated with milk for three days it destroys cataract.

Alkali of Bringaraja pounded with juice of the flowers of white girikarnika and nandyāvartta, petiole of tala and breast-milk and mixed with haridra and honey should be applied to eyes.

Pancasatika varti.

Day blindness and night blindness

In the paste of kashmarya flowers, madhuka, daruharidra, lodhra and rasanjana mixed with honey should be applied as collyrium.

In night blindness, the following formulations are used as collyrium

Harenuka pounded with the juice of the flowers of amra and jambu and mixed with honey and ghee.

Stamens of lotus and nilotpala mixed with red ochre and cowdung juice.

The flowers of kubjaka, asoka, sala, amra, priyangu, kamala and utpala are useful as collyrium in both disorders.

Pilla

Semi-solid extract prepared by cooking Triphala or flowers of palasa or apamarga is useful as collyrium.

Mustadi yoga contains utpala.

Clearing vision

In collyrium the flowers of Mesasringa, Sirisa, Dhava and jati are used.

Arjuna

Sphatika, kunkuma, Sankha and madhuka are mixed with honey and used as collyrium.

Red Eye

Flowers of jati, Sirisa, dhava and meshasringa participate in the collyrium prescribed for the disease which clears and promotes vision.

Goat's ghee cooked with milk, madhuka, utpala, jivaka and rabhaka is useful in injury to the whole eye.

Eye disease caused by Rakta and Pitta

Prithvikadi formulation contains utpala.

Buds of jati, sankha, triphala, madhuka and bala are pounded with rain water and made into a pillet which is rubbed and used as collyrium.

Eye disease caused by vata

Brihati, root of eranda, flowers of sigru and rocksalt are pounded with goat's milk and made into a pillet. It is useful as collyrium in eye disease caused by vata.

Disease of the whole eye^[3]

- a) Amritadi yoga contains fresh flowers of jati.
- b) Semi-solid extract made of pippali, juice of kimsuka flowers, snake's fat, rocksalt and old ghee alleviates diseases of the whole eye.
- c) External application of jati flowers fried in ghee is wholesome for eye.
- d) Pillet made of candana, red ochre, lakṣa and buds of jati in equal quantity (and used as collyrium) removes corneal ulcer and checks haemorrhage.
- e) Lotus cooked alone with cow's milk alleviates redness, haemorrhage, pain, kṣatapaka and ajaka.
- f) Mukyadi mahanjana contains flowers of jati and tulasi.
- g) Tila flowers 80 + pippali fruits 60 + jati flowers 50 + Maricha 16 = with this kusumika varti is prepared which restores even the lost eye.
- h) In Nilotpaladi taila, nilotpala is the chief drug.
- i) Jatipuspadi gudika

It contains fresh flowers of jati, lakṣa and rakta candana and is useful in cataract, defects of vision and internal disorders of eye.

- j) Haridradi pindika contains flowers of babbula.

Eye diseases in children's

- In conjunctivitis caused by kapha, sprinkling with warm water dipped with petals of lotus and nilotpala is wholesome.
- The paste of girikarnika flowers pounded in cow or of milk is applied on eye lids and the juice dropped in eyes. It cures ophthalmia neonatorum.

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