

KESHYA DRAVYAS FROM MADANAPALA NIGHANTU-A REVIEW

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ABSTRACT

Hair plays an important role in maintaining beauty. *Keshya*-the drugs which are beneficial for hair, make the hair healthy and maintain normal colour of hair. Another meaning of *keshya* is the one which is 'suitable to hair'. *Khalitya* (complete hair loss), *palitya* (graying of hair) are the burning issues affects the beauty of a person. *Keshya* drugs are beneficial for maintenance of healthy hair as well as normal colour. Single drug therapy (*Ekamoolika prayoga*) has been found in *Ayurveda* literature, more elaborately explained in *Nighantus* of *Ayurveda*. *Madanapala Nighantu* is one among them. Here the herbs possess the *keshya* property are compiled from the text *Madanapala Nighantu* and discussed.

Keywords: *Keshya*, *Madanapala Nighantu*, cosmetics, beauty.





INTRODUCTION: The word '*keshya*' is suggestive of '*kshaayahitam*'. It means that which is good for hair. So the goodness of hair can be understood by three perspectives like *Kesha sanjanana* (that which helps in the origin of hair). *Keshha vardhana* (that which promotes hair growth or which makes hair dense and thick). *Kesha ranjana* (that which gives dark black color to the hair). According to drug and cosmetic act 1940, cosmetics may be defined as any substances intended to be rubbed, poured, sprinkled, or otherwise applied to human being for cleansing, beautifying, promoting attractiveness¹. Major cosmetics available in the market are related to either skin or hair. Hair fall and greying of hair are the major problem in the present era especially adults are suffering more due to environment, lifestyle, stressful life etc. In *Ayurveda* to maintain normal colour of hair and to prevent hair-fall many herbs are explained as *keshyadravya*. *Madanapala Nighantu*² is commonly known as 'Madanavinoda' and also as '*Madana Nighantu*' written by

Nripa Madanapala in 13th- 14th century AD. Afterwards hindi commentary named 'Hari' written by Pandit Hariprasad Tripathi. This *nighantu* is divided into 13 varga. *Abhayadi varga* (165 dravyas), *shuntyadi varga* (39 dravyas), *karpooradi varga* (84 aromatic dravyas), *suvarnadi varga* (44 metals and minerals including gems), *vatadi varga* (50 dravyas), *phaladi varga* (56 edible fruits), *shakadi varga* (56 dravyas), *paneeyadi varga* (description of water, milk, alcohol and urine), *ikshukadi varga* (description of sugarcane and its products and madhu), *dhanyadi varga* (description of various types of dhanya), *dhanyakrutannadi varga* (description of different food preparations), *mamsadi varga* (description of various birds and animals meat), *mishrakadi varga* (description of *anupana* and seasonal regimens). In each varga detailed explanation about the properties of drugs were found. It is one of the *nighantu* written briefly, when compared to other *nighantu*, it is easy to read and understand.

TABLE NO.1: KESHYA DRAVYA DETAILS

HERB	RASA	GUNA	VEERYA	VIPAKA	DOSHAGHNA	VARGA
Vibhitaki ³	Kashaya	Ruksha	Ushna	Madhura	Kapha-pittahara	Abhayadi
Kashmarya ⁴	Madhura	Guru	Ushna	Madhura	Vata-pittahara	Abhayadi
Nilini ⁵	Tikta	Ruksha	Ushna	Katu	Tridosahara	Abhayadi
Nirgundi ⁶	Tikta, kashaya, katu	Laghu	Ushna	Katu	Vata-kaphahara	Abhayadi
Bhringaraja ⁷	Katu, tikta	Ruksha	Ushan	Katu	Kapha-vatahara	Abhayadi
Gunja ⁸	Tikta, kashaya	Laghu, Ruksha	Ushan	Katu	Pitta-kaphahara	Abhayadi
Sahachara ⁹	Tikta	Snigdha	Ushna	Madhura	Tridosahara	Abhayadi
Kaseesa ¹⁰	Tikta	Ruksha	Ushna	Katu	Kapha-vatahara	Suvarnadi
Japa ¹¹	Madhura, tikta	Laghu, snigdha	Ushna	Madhura	Pittahara	Karpuradi
Kadali ¹²	Madhura	Guru, snigdha	Sheeta	Madhura	Kapha-pittahara	Phaladi

TABLE NO.2: REFERENCE OF THE DRUG AS KESHYA PROPERTY

HERB	BOTANICAL NAME	PROPERTIES/SYNONYMS
Vibhitaki ³ 	<i>Terminelia bellerica</i> (Combretaceae)	विभीतकः हिमस्पर्शभेदनः कासनाशनः रूक्षनेत्रहितः केश्यो मज्जतो मदकारकः
Kashmarya ⁴ 	<i>Gmelina arborea</i> (Verbenaceae)	फलं सायनं केश्यं बृंहणं शुक्रलंगुलं वातपित्तक्षयतृष्णरक्तशूलविबंधनुत्
Nilini ⁵ 	<i>Indigofera tinctoria</i> (Fabaceae)	नीलिनिरेचनितिकता केश्या मोहभ्रमापहा उष्णा हंत्युदरप्लीहवातपित्तकफानिलान्
Nirgundi ⁶ 	<i>Vitex negundo</i> (Verbenaceae)	केश्यानेत्रहिताहंतिशूलशोथमारुतान् कृमिकुष्ठारुचिश्लेष्मत्रणान्नीलो अपितद्विधा
Bhringaraja ⁷	<i>Eclipta alba</i> (Compositae)	भृंगराजो भेकराजो मार्कवः केशराजकः अंगारको भृंगराजो भृंगाहवासूर्यवल्लभः

		
Gunja ⁸ 	<i>Abrus precatorius</i> (Fabaceae)	गुंजा केश्या बलकरात्वच्या पित्तकफापहा नेत्रामयहरावृष्या हंतिकण्डुग्रहणान्
Sahachara ⁹ 	<i>Barleria cristata</i> (Acanthaceae)	सौर्यः कुष्ठ वातस्रकफकण्डुविषापहः तिक्तोष्णोमधुरः केश्यः सुस्निग्धकेशरंजनः
Kaseesa ¹⁰ 	Ferrous sulphate/ Green vitriol	कासीसद्वयमम्लोष्णतिक्तं केश्यं दृशेहितम् हंतिकण्डुविषशिवत्रमूत्रकृच्छकफानिलान्
Japa ¹¹ 	<i>Hibiscus rosasinensis</i> (Malvaceae)	जपापुष्पं जपारक्तं त्रिसंध्यात्वरुणा अक्षिता जपासंग्रहिणणी केश्या त्रिसंध्याकफपित्तजित्
Kadali ¹² 	<i>Musa sapientum</i> (Musaceae)	तत्कंदः शीतलो बल्यः केश्यः पित्तकफास्रजित् तत्फलं मधुरं शीतं विष्टं भिकफकृत्गुरु

DISCUSSION: From the above compilation it is revealed that most of the *keshya* drugs described in *Madanapala Nighantu* are having *tikta*, *kashaya* and *madhura* rasa, *ruksha guna*, *ushnaveerya*, *katu vipaka*, and *vata-pitta shamaka* property. As above said that vitiated *Vata* and *Pitta* are responsible for hair fall and vitiated *Rakta* and *Kapha* are responsible for permanent hair fall. Similarly vitiated *Pitta* is responsible for discoloration of hair. As *tikta*, *kashaya* and *madhura* rasas are *pitta shamaka*, *snigdha*, *ruksha guna* and *ushna*

veerya are *vatashamaka* and *katu vipaka* is *kapha shamaka*. Hence these drugs are helpful in checking hair fall and discoloration of hair. So these drugs can be used in singly or in compound formulations like, *taila*, *lepa*, *kashaya* form or can be made into cosmetics like, shampoo, gel etc. forms and used to maintain normalcy of hair and also to treat hair related diseases like *khalitya* (complete hair loss), *palitya* (graying of hair).

CONCLUSION: While screening *madanapala nighantu* ten drugs were

found which are having direct reference as *keshya* property, out of which nine drugs are of plant origin and one is *rasaushadhi*. Out of ten some drugs like *bhringaraja*, *japa*, *vibhitaki*, *nilini*, *gunja*, *kasisa* were already analyzed for its *keshya* property and these are used routinely for hair care purpose. It indicates that there is a need of research on remaining drugs like *sahachara*, *kadali*, *nirgundi*, *kashmarya*. Once its *keshya* property is proved then many formulations can be prepared interms of different types of cosmetics or else can be used in classically mentioned forms like *taila*, *lepa*, *kashaya* etc.

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