

## EFFECT OF FICUS GLOMERATA (UDUMBARA) ON VARIOUS DISEASES OCCURRING IN PERSONS BORN IN KRUTTIKA NAKSHATRA - A REVIEW

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### ABSTRACT :

Ayurved and Astrology both are ancient sciences in India. They both have deep impact on human life. It is clearly seen that there is a great impact of planets, status of planets at the time of birth in the horoscope and constellations (Nakshatras) in our routine life. Aim of Ayurved is to maintain health status and to prevent the formation of newer diseases by following specific aahar, vihaar and aushadhi. Indian astrology deals with 27 Nakshatras (Constellations). Constellation means a group of specific stars in the night sky. In Indian astrology each Nakshatra is indicated with one particular plant species known as Aaradhya vriksha (worshipped plant). As per Indian astrology every individual is born on specific Nakshatra. It is clearly stated that if the person recites Hymn (mantra) of his Nakshatra sitting under particular Aaradhya vriksha (worshipped plant), his all problems will get solved and get good results. In the same way Ficus glomerata is the plant stated for Kruttika Nakshatra.

**Key words:** *Ficus glomerata, Kruttika Nakshatra, constellation, Aaradhya vriksha,*

**AIMS AND OBJECTIVES:** To know the significance behind the indication of *Ficus glomerata* in *Kruttika Nakshatra* is the aim of this study. Person belonging to *Kruttika Nakshatra* has probability of getting specific set of diseases according to status of planets and *Kruttika Nakshatra*. Mode of action of *Ficus glomerata* in those particular diseases will be discussed in detail so as to get correlation between *Ficus glomerata* and *Kruttika Nakshatra*.

**INTRODUCTION:** Ayurved is the knowledge of life sciences bestowed health and longevity in the form of preventive and curative measures. *Swastha Vritta* (well behavior) and *Sad Vritta* (well manners) will cover the preventive aspects of the 'body' and 'mind' respectively while *Shodhana* and *Shamana* drugs (curative and palliative measures) are used in the management of different

diseases. Indian astrology is also one of the ancient sciences in India. Status of planets at the time of the birth in the horoscope and the constellation plays important role in human life. According to Indian astrology, human being is always influenced by planetary structures and constellation. Particular gems and pearls are suggested to enhance the good effect or to reduce the bad effects of the planetary structures. But it is not possible for every individual to purchase costly gems and pearls. Instead of that it is believed that wearing and wrapping part of *Aaradhya vriksha* (worshipped plant) around the body also gives the same effect. In Indian astrology it is clearly stated that one should worship *Aaradhya vriksha* indicated for his *Nakshatra* and recite Hymn (*mantra*) sitting under the *Aaradhya vriksha* so as to

get rid of his problems and get good results too.

Indicated plant species has various medicinal properties, hence it can be used in treating various diseases. Hence current topic is studied to focus on the effect of *Ficus glomerata* (Udumbar) in various diseases occurring in person born in *Kruttika Nakshatra*.

**KRUTTIKA NAKSHATRA:** Constellation is a group of specific stars which form a pattern in the night sky. In Indian astrology 27 *Nakshatras* (Constellations) are stated. *Kruttika Nakshatra* (Constellation) is one of the constellations stated in Indian astrology. *Kruttika Nakshatra* begins from 26° 40' of Aries till 10° of Taurus. It is named after the first son of Lord Shiva, Kartikeya. It is shaped like an end of arrow having six stars in it. [1]

Following is general information about *Kruttika Nakshatra*, [2]

*Nadi*–Antyanadi.

*Devata* (God) –Agni Dev.

*Yoni* –Mesha.

*Tatva* -Agni

*Gana* –Rakshasa.

*Guna* –Tama guna.

*Aaradhya vriksha* –Udumbar.

*Nashatra adhipati* –Ravi (Sun)

*Surya* (Sun) is the Lord of *Kruttika Nakshatra*. *Kruttika Nakshatra* has four *Charan* (Phase). Out of the four *Charan* first *Charan* form *Mesha Rashi* (Aries zodiac sign) and rest of the three *Charan* comes under *Vrishabha Rashi* (Taurus zodiac sign). The Lord of *Mesha Rashi* is Mars and that of *Vrishabha Rashi* is Venus. So along with the Sun and Mars, Venus also has huge influence on *Kruttika Nakshatra*. The Nirayana *Surya* stays in this *Nakshatra* in first phase from 12<sup>th</sup>

May to 14<sup>th</sup> May, in second phase from 15<sup>th</sup> May to 18<sup>th</sup> May, in third phase from 18<sup>th</sup> May to 21<sup>st</sup> May and in fourth phase from 22<sup>nd</sup> May to 28<sup>th</sup> May. [1]

**FICUS GLOMERATA (UDUMBARA) – [3]**

*Gana* - *Mutrasangrahaniya, Kashaya skandha* [4]

*Nyagrodhadi* [5], *Kshiri Vriksha*,

*Pachavalkal* (Bh P Nighantu) [6]

Botanical name - *Ficus glomerata* Roxb., *Ficus racemosa* Linn.

Family - Moraceae.

Sanskrit names - *Jantuphala*,

*Yadnyanga, Hemdugdhaka, Kshiri vriksha, Kalaskandha, Panibhuk* .

Regional names - *Gular* (Hindi), *Dumur* (Bengoli), *Umbar* (Marathi), *Attimaram* (Tamil), *Medichettu* (Telugu), Cluster fig (English).

*Udumbara* is one of the few extensively described plants in the vedic literature. In *Rigveda* we come across 'Udumbala' (R.V. 10/14/12). For *Yadnya Karma* (ritual) it is a very important material. Its wood is used for several other purposes also. *Homa* is performed with *Udumbara* for the management of *Unmada*. The twigs are used as tooth brushes.

Atharva veda quotes that *Udumbara Mani dharana* enhances the strength of human body. It is also advocated for *Shantikarma, Simanta, Rutushanti Karma* etc. The fruits and flowers of *Udumbara* are delined in *Upanishadas* also.

**Description:** It is a moderate to large deciduous tree, 9.1 to 12.2 m high. Bark- Smooth, Reddish grey in colour. Leaves- 3 veined, elliptic, ovate or ovate-lanceolate. Fruits- Born in large clusters on short leaflet branches derived from the trunk and main branches, subglobose or pyriform, 2.5 - 5.1cm in diameter, red when ripe.

Fruits resemble cider apples when fully ripe and possess a pleasant aroma, but unfit for eating being infested with maggots of the fertilizing wasp.

**Parts used :** Bark, fruit and latex.

**Kinds and varieties:** Dalhana mentioned two varieties *Udumbara* (*Ficus glomerata*) and *Kakodumbara* (*Ficus hispida*). Rajnighantu mentioned three kinds of *Udumbara* viz. *Udumbara*, *Kakodumbara*, *Nadyodumbara*. The third variety may be *Ficus carica* Linn which is known as 'Phalgu' in Sanskrit and 'Anjir' in Hindi. [3]

**Distribution:** It is found almost throughout India.

**Pharmacodynamics** -[7]

*Rasa* : *Kashaya, Madhura.*

*Virya* : *Sheeta.*

*Vipaka* : *Katu.*

*Guna* : *Guru, Ruksha.*

*Doshakarma* : *Kapha-Pitta-shamak*

**Action and properties** –[8]

**Karma:**

*Vrana-ropana* (wound healing), *Vrana-shodhana* (antiseptic), *Varnya* (complexion promoter).

*Anna-Purishavaha srotas:* *Purishastambhana* (antidiarrhoeal).

*Rasa-Rakta vaha srotas:* *Dahashamak* (coolent), *Raktastambhana* (haemostatic), *Raktaprasadana* (blood purifier).

*Medovaha srotas:* *Kleda shoshana* and *stambhana*.

*Shukra-Artavavaha srotas:* *Garbhashaya-shothahar, Shukrastambhana, Garbhasthapan.*

*Mutravaha srotas:* *Mutrasangrahana* (antidiuretic), *Pramehaghna* (antidiabetic).

Skin: *Shvitra* (Leucoderma).

**Rogagnata :**

• *Raktatisara* (diarrhoea with blood), *Pittatisara, Raktappravahika* (dysentery

with blood), *Grahani* (irritable bowel syndrome), *Diarrhoea* and *Dysentery* in children.

• *Pitta-jvara-gata daha* (burning sensation in fever), *Raktavikara* (blood disorders), *Raktapitta*

• *Prameha* (diabetes), *Gandamala, Apachi, Vidradhi.*

• *Garbhashayashotha* (uterine oedema), *Shukra daurbalya, Atyartava* (menorrhagia), *Raktapradar* (metrorrhagia), *Shwetapradar* (leucorrhoea), *Garbhastrava* (miscarriage).

• *Shvitra* (leucoderma), *Tvak-vikara* (skin diseases).

• *Jvara* (fever).

**Therapeutic uses** -[9]

1. **Intrinsic haemorrhage:**

a) The juice of pounded fruit should be taken in *Raktapitta*.

b) The paste of ripe fruits of *Udumbara, Gambhari, Haritaki, Kharjura* and *Draksha* should be taken to alleviate internal haemorrhage.

c) In epistaxis, the ripe fruits of *Udumbara* mixed with jaggery or honey are useful.

2. **Diarrhoea:** The tender leaves of *Vata, Udumbara, Ashvattha, Plaksha* and *Lotus* are astringent, checking and cold and as such useful in diarrhoea caused by *Pitta*.

3. **Grahani roga:** The patient of *Grahani roga* should eat tender fruits of *Udumbara* steamed and then mixed with curd.

4. **Excessive thirst:** Juice or decoction of ripe fruit of *Udumbara* mixed with sugar alleviates thirst particularly caused by *Pitta*.

5. **Eye diseases:** *Udumbara* fruit rubbed in an iron vessel with women's breast milk and fumigated with *Shami*

leaves mixed with ghee removes burning, pain, redness, lacrimation and tingling sensation.

6. *Raktapradara*: The women suffering from menorrhagia should take juice of fruits of *Udumbara* mixed with honey keeping on the diet of milk with sugar.

7. Miscarriage: Powdered *Shali* rice should be given with decoction of *Udumbara* fruits sweetened with sugar and honey to check miscarriage.

8. In slimy and lax vagina: Oil pressed out of sesamum impregnated six times with *Udumbara* latex and cooked with decoction of the same (*Udumbara*) should be kept in vagina.

9. Diabetic boils: External application of latex of *Udumbara* on the boils subside them.

10. For conception: A sterile woman conceives a son if she, after being purgated, takes *Vandaka* (a parasitic plant) growing on the *Udumbara* tree with goat's milk.

**DISCUSSION:** *Kruttika Nakshatra* has *Antya nadi* and *Agni tatva* hence the person born in this *Nakshatra* has combination of *Kapha* and *Pitta Prakruti*. So the person belonging to this *Nakshatra* has higher chances of getting diseases due to vitiated *Pitta* and *Kapha*.

*Ficus glomerata* performs *Pitta-kaphaghna* action. Because of *Kashaya Rasa* and *Ruksha Guna* it works as *Kaphaghna*. Though the ripened fruit of *Ficus glomerata* has *Madhura Rasa*, due to *Khashaya Anurasa* it works as *Kaphaghna* rather than *Kaphakara*. Because of *Madhura Rasa* and *Sheet Virya* it works as *Pittaghna*.

The Lord of *Kruttika Nakshatra* is *Ravi* (Sun). *Ravi* has *Agni Tatva* hence it is

*Pitta-dosha-karak*. *Ravi* is known to cause following diseases- eye diseases, heart disease, digestive disorders, diarrhoea, splenomegally, appendicitis, piles, headache, vertigo, sleep disorders, sunstroke, cerebral haemorrhage. *Ravi* (Sun) also has influence on Vitamin A and D and so on bones. [10]

Increased and vitiated *Pitta* leads to increase in *Ushna Guna* of *Rakta Dhatu* which further causes intrinsic haemorrhage. The juice of pounded fruit is given in *Raktapitta* (intrinsic haemorrhage). In epistaxis, the ripe fruit of *Udumbara* mixed with jaggery or honey is useful. In this condition *Udumbara* performs *Pittashaman Karma* as it has *Sheet Virya*.

In *Pittavridhi*, condition like *Netradaha* (Burning sensation of eyes) is seen. *Udumbara* fruit rubbed in an iron vessel with women's milk and fumigated with *Shami* leaves mixed with Ghee removes burning sensation of eye. Because of its *Kashaya Rasa*, *Udumbara* works as *Purish-stambhak*. Hence it is administered in *Raktatisara*, *Pittatisara*, *Raktapravahika*, *Grahani roga*. In such conditions decoction of *Udumbara* is very effective. *Kruttika Nakshatra* has four Charan (Phases) out of which first *Charan* comes under *Mesha Rashi* (Aries zodiac sign) and rest of the three *Charan* comes under *Vrishabha Rashi* (Taurus). The Lord of *Mesha Rashi* is *Mangal* (Mars) and that of *Vrishabha Rashi* is *Shukra* (Venus).

The person belonging to the first *Charan* of *Kruttika Nakshatra* is under the influence of Mars hence such person suffers from diseases caused due to Mars. The diseases caused due to Mars are all types of *Jvara* (Fever), diseases caused due to excessive heat, Small pox, Chicken pox, *Gandamala*,



Apachi, Vidradhi, cerebral haemorrhage, Raktavikara, Hypertension, piles etc.[11]Udumbara works on Jvara and diseases caused due to excessive heat with its Pittashamak action. It diminishes dushta meda and strava because of its Kashaya Rasa. Hence decoction of Udumbara leaves is useful in Gandamala, Apachi, Vidradhi, Shotha and Dushta vrana. It also performs Vranashodhana and Vranaropana Karma.

The second, third and fourth Charan of Kruttika Nakshatra are under the influence of Shukra (Venus) as the Lord of Vrishabha Rashi (Taurus) is Venus. Shukra (Venus) is known to cause eye diseases, urinary diseases, diseases related to genital organs, Virya dosha, diseases due to sex, diseases due to sedentary lifestyle like Prameha, diseases related to menstruation in females.[11]Here eye disease means Kaphaja Netra vikara which is caused due to Venus. Udumbara with its Kaphaghna karma cures Netra vikara. Udumbara is included in Mutrasangrahaniya Gana. Because of its Kashaya Rasa it performs Shoshana and Stambhana of Sharirgata Kleda and also Shoshana of Kapha and Pitta which leads to Mutrasangrahan. Hence decoction of Udumbara Tvak or ripe fruit is useful in Prameha which decreases the frequency of micturition. External application of latex of Udumbara on Prameha Pidaka (Diabetic boil) subside them. Because of Kashaya Rasa, Udumbara performs Garbhashaya shothahara and Shukra stambhana Karma. Because of Kashaya Rasa and Sheet Virya decoction of Udumbara works very well on Menorrhagia, Raktapradara, miscarriage, Leucorrhoea. With its Madhura Rasa, Udumbara gives strength to the uterine

muscles and also to the endometrium which leads to Garbhastapana. Hence Udumbara is very useful to prevent miscarriage.

**CONCLUSION:** After discussing pharmacodynamic properties of Ficus glomerata and diseases occurring in person born in Kruttika Nakshatra, it can be stated that the mentioned Aaradhya vriksha (worshipped plant) has pharmacodynamic properties in accordance with the diseases occurring in Kruttika Nakshatra people. Hence Ficus glomerata is Aaradhya vriksha for Kruttika Nakshatra people.

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Declared



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