



ROLE OF KUMARI(ALOE VERA CHINENSIS) IN RASASHASTRA AND BHAISHAJYAKALPANA

\*<sup>1</sup> Jadhav Kalyani K.

<sup>1</sup>H.O.D.Rasashastra and BhaishajyaKalpana.Sumatibhai Shah Ayurved College. Hadapsar, Pune.

ABSTRACT :

*Kumari* has very important role in *Rasashastra bhaishajyakalpana*, because it plays an important role in *Shodhana, Bhasmaprakriya, Amrutikaran* and formulations. *Bhavana* of *Kumari* has mentioned for *Kupipakwarasayan, Pottalirasayan & khalvirasayana. Bhavana* of *Kumariswarasa* is told for all *Sudhavargbhasmikaran* process. Some *bhasmas* are harmful i.e. *Tamrabhasma, Suvarnamakshikbhasma* etc. So after *Bhasmaprakriya Amrutikaran Samskara* is done, to remove its *Apakwadasha (incomplete burnt impurities)*. *Kumari* is mostly used for *Amruikaran*.

*Aloe vera* is found in North Afrika, America, Spain. & India.

The leaves contain juice referred to as aloe. The juice is obtained by two methods.

- 1) Juice is placed in sunlight & dried. It is non transparent
- 2) Juice is dried in rapid fire .It is transparent.

Indian *Aloe vera* has three varieties,

- 1) *Aloe Chinensis Baker* is found in south India.
- 2) *Aloe Littoralis Koeingex Baker* is found in Madras.
- 3) *Aloe Variegata Linn.* Is found in Maharashtra.

Chemical composition *Aloe Emodin, aloctin A (Glycoprotein), aloenin, (bitter glucoside) barbaloin, chrysophanol, glycoside, galactose, mannose, aldopentose, aloesin, aloesone, B-sitosterol, aloctin A&B*

**Key words:** *Kumari, Kumariasava, Bhasmakalpana.*

**INTRODUCTION:** Its botanical name is *Aloevera Chinensis* and it belongs to *Liliaceae family. Kumari* is abundantly found and can be easily cultivated. *Kumari* have been used in Ayurveda since thousands of years. *Kumari* is *Guru, Snigdha,*

*Picchil* and having *Tikta, Madhurarasa*. Its *Vipak* is *Madhura* and has *Sheet Virya*. It has *Bhedana* properties<sup>1</sup> *Kumari swaras* is used in *Shodhan, Maran, and Amrutikaran*. In *Murchana Sanskar of Parad Kumari Swaras* destroys *mala Dosha* of *Parad*.

**Uses of Kumariswaras in Rasashastra**

<i>Shodhana</i>	<i>Marana</i>	<i>Amrutikarana</i>
<i>Paradmurchana etc.</i>	<i>Abhraksahastraputibhasma</i>	<i>Tamrabhasma</i>
	<i>Jasadbhasma</i>	<i>Suvarnamakshikbhasma</i> etc.
	<i>Trivangbhasma</i>	
	<i>Sudhavargabhasma</i> etc.	

All *Sudha varga marana, Kumari swarasa* is may be told because it contains calcium and all *Sudhavarga dravyas* are calcium compound. *Deepan, Pachan* activity also increased due to *Kumari swaras* but its

peel of leaves contains more calcium so while preparation of *Bhasma* and *Amrutikaran* leaves with peels should be used. *Aloevera* being emollient is used as local application.<sup>2</sup> *Aloe* stimulates mi-

circulation in ulcers & wounds by increasing arteriolar diameter (J. med. Assn. Thia 2000,83-417-425)

Enzymes like carboxy peptides are present in Aloe which inactivate the bradykinin (which is responsible for inflammatory changes).Minerals like mg inhibit hista-

#### Formulations of Kumari:

Rasashastra			Bhaishajyakalpana			
<i>Khalvirasayan-</i>	<i>Kupipakwara sayana-</i>	<i>Pottalirasayana</i>	<i>Tail</i>	<i>Ghruta</i>	<i>Vati</i>	<i>Avaleha</i>
<i>Krumikuthar rasa</i>	<i>Shilasindhur rasa</i>	<i>Hemagarbh apottali etc.</i>	<i>Kumari tail</i>	<i>Kumarig hruta</i>	<i>Kumariv ati</i>	<i>Kumarik apaka</i>
<i>Pramehakesari rasa</i>	<i>Suvarnamaka rdhwja rasa</i>				<i>Kumarik avati</i>	
<i>Muktapancham ruta rasa</i>	<i>Swarnsindhur rasa</i>					
<i>Kumarkalyan rasa</i>	<i>Suvarnsamee rpannag rasa etc.</i>					
<i>Rasarajrasa(Sa dharana)</i>						
<i>Bruhatloknatha rasa</i>						
<i>Yogendra rasa etc.</i>						

**Scientific view:** Several new sites have been documented to prove its healing properties an antibacterial principle present in *Aloe vera* which inhibits growth of *Mycobacterium Tuberculosis* has been identified as Barbaloin glycoside.The juice of the whole leaf rind and pulp of *Aloe vera* has been shown to contain reducing sugar, hydrolysable sugar fructose an oxidase,a catalase and an amylase On peeling the leaves a mucilaginous gel like white pulp having a typical smell and bitter taste is obtained for use in medicine. The exudated mucilage from leaves is dried in sun where it forms a lustrous dark brown to black hard bitter, mass. It is known as Alva” or Elua” or “Masasaber”

mine formation & hence Aloe has antipruritic action. It contains vit. C,E,& Zn ,which are important for wound healing . Mannose-6-Phosphatase is the major sugar in aloe which helps in wound healing (J.AmericanPodiatr.med. Assn. 1994. Feb.84:77).3

A purgative action of *Aloe vera* is attributed to aloins<sup>4</sup> A herbomineral compound preparation consisting *Aloe vera* as a main ingredient was found to improve fertility is 85% of 250 cases.

Menstrual functions also improved in 44.6 % cases.Fuctional sterility disturbed menstrual function.The expressed juice of *Aloe vera* in form of ointment in Vaseline has been found to hasten healing of wounds of thermal burns,radiation injury. Another compound preparation consisting of three plant drugs,one of them being .A barbadensis exhibited protective effect on patients with infective hepatitis& hepatotoxicity without any toxic or side effects.

Toxicology –Plant extract at oral dose of 100 to 200 mg / kg did not show any toxicity in rats. Prolonged use may severe affect the electrolyte balance and loss of potassium may ultimately reduce the laxative action and disturb cardiac rhythm in heart patient.

Larger doses lead to excessive pelvic vascularity and reflux stimulation of uterine muscles and may bring about abortion or premature birth in late pregnancy. Active principles generally appear in milk during lactation, due to these reasons the drug is contraindicated in pregnancy, lactation, kidney complaints & irritable bowel conditions. LD50 in mice by i.v., i.p. & oral routes were found 400mg/kg, 800mg/kg & 1600mg/kg respectively<sup>5</sup>

On applying *Aloe vera* juice on skin it protects from wrinkles<sup>6</sup>

**Internal uses-1) Digestive system:** In small dose it acts as *Deepan, Pachan, Bhedan, Yakrutottejak*. In large dose it is *Virechak* and *Krumighna*. It increases the secretions of small intestine & promotes the peristalsis of large intestine. Since its action is slow, the laxative effect is observed after 10 to 12 hours. If taken in excess quantity, rational action is not observed but ill effect in the form of gripping, constipation & sometimes bleeding is observed. In moderate quantity stools are observed to be soft & solid & dark coloured. There is increased congestion in the anal region due to consumption of *kumara*. Very often it may result in formation of piles. Juice of *kumara* is useful in loss of appetite, ascites, tumour, liver & spleen enlargement & abdominal colic. It is laxative antifatulent & anthelminic.

**Cardiovascular system:** It is *yakritgami, raktavahasrotogami*, & is useful in purification of blood & affections of liver. It is

used in splenomegaly in combination with *haridra*

**Urogenital system:** It is a known diuretic. By virtue of being *snigdha* & *pichchil*, it promotes the secretion of semen & acts as an aphrodisiac. Being *ushna* it increases the flow of blood to the uterus & promotes contractions as a result of which it leads to uterine bleeding. Hence *kalabol* is used locally for treatment of amenorrhoea.

**Skin:** Useful in common conditions of skin, it promotes hair growth.<sup>7</sup>

**Part used:** Leaves, Juice, *Kalabol*.

**Dose:** Swaras-10 to 20 ml

*Kalabol*-120 to 240 mg.

*Kumari Asav*-20 to 30ml orally with equal amount of water after meals, twice a day.

**Kumariasav:** *Kumariasav* is a main formulation of *kumari*. It is used in all diseases of gastric system. It works as *Deepak, Pachak, Vrushya, Bruhan, Agnivar dhak*, so used in *Apasmar, Ashmari, Parinamshool, Prameh, Mutrachrucch, Krumi, Raktapitta, Pandu, Kamala, Udavart, Kshaya, Shukradosha*, and is very useful in diseases of women i.e. *Nashtartav, Kashtartav, Kruchhrartav*.

**Dose:** 30 ml with equal quantity of water after meal.

Here five references Yogratnakar, Sharangdhar samhita, Gadnigrah(2), Aurved sarsangrah are described.

**Yogratnakar:**

*Kumariswaras* 12.2881 liter, *Guda* (Jaggary)- 4.8 kg, *Vijaya* - 1.2 kg, *Jala* - for decoction-12.2881 lit, Reduced to 3.0721 lit, *Madhu* (Honey) - 3.072kg, *Dhataki*-768kg, *Jatiphala*-48g, *Lavang*-48g, *Kankol*-48g, *Jatamansi*-48g, *Kababaka*- 48g, *Chavya*-48g, *Citra Eranda*-48g, *Jatipatri*-48g, *Karkatshrungi*-48g, *Bibhitaki*-48g, *Pushkarmula*-48g, *Tamrabhasma*-24gm, *Lohabhasma*-24gm<sup>8</sup>

### Sharangdharsamhita:

Kumariswaras-10lit40ml. Guda, -4kg, Lohachurna, -2kg 800gm, Sunth, Mire, Pimpali, Lavang, Dalalchini, Tamalpatra, Bruhati, Ela, Nagkeshar, Chitrak, Pimpalmool, Vavding, Gajjippali, Bala, Atibala, Kaunchbij, Gokharu, Badishep, Hingupatri, Akkarkara, Utanganbija, Shwetpunarnava, Raktapunarnava, Lodhra, Dhane, Kutaki, Supari, Nagarmotha, Hirada, Behada, Amalki, Rasna, Haridra, Murvamool, Manuka, Dantimool, Pushkarmool, Swarnamakshik, Bhasma-each and every 30gms. Dhaytikpushpa-320gm.

Uses: Gulm, Parinamshool, kasa, shwasa, Apasmaretc<sup>9</sup>

### Gadanighrah:

Kumariswaras-2lit., Guda 1kg. Tamalpatra, Dalchini, Ela, Nagkeshar, Lavang, Saindhav, Halad, Daruhalad, Karanj, Pimpal, Marich, Dhayati pushpa, Akkarkara, Bacha, Javitri, Vavding-each and every 40gms. Hirada-80gms.

Uses-Udarrog, Lumps, Udavarta, Asthama, Hiccoughetc.

### Gadanighrah:

Kumari swaras -1024ml., Dashamool 2kg. Pushkarmool 1kg. Dhamasa 1kg., Chitrak 500gm., Guduchi 320gm. Hirada 160gm., Lodhra, Amalak, Hirada, Manjishta, Behada, Chavya, Kushta, Madhuyashti, Kapitha, Devadaru, Vidang, Pippali, Bhangara, Ashtavarga, Jire, Supari, Rasnam, Shati, Renuk. Kakadshingi, Haladi, Priyangu, Jatamansi, Motha, Sariva, Indrayava Shatavari, Adulasa, Nagakeshar, Punarnava each 160gm. Draksha 1200gm. Madhu 1280gm. Guda 16kg, Dhayati pushpa 8kg. Badivelachi, Chotivelachi, Lavanga, Khadisakhar, Malaygir Candan, Chaturjat, Pippali, Marich, Javitri, Akkalak, Jayaphal, Kevadabija, Ajamoda, Vacha, Khadirsal,

Chitrak, Jira, Ajavayan, Balak, Suntha, Nagarmotha, Dhaniya, Haritaki, Hriber, Vrukshamlaeachandeverly 800gm.<sup>10</sup>

### Ayurvedsarasangra:

Kumariswaras- 2kg560gm, Puran Guda-320gm, Mandurbhasma, Shuddha Tankan, Sajjikshar, Yavkshar, Saindhav, Samudralavan, Sambharlavan, Audbhidlavan, Vidalavan, Navasagar-each and every 40gm.

Uses-Udarrog, Shool, Ajirna, Yakrut, Pleehavhruddhietc<sup>11</sup>

**DISCUSSION:** Kumari is Guru, Snigdha, Picchil and having TiktaMadhur rasa. Its Vipak is Madhur and has Sheet Virya. It has Bbhedan properties. Kumari is mostly used in Shodhan, Maran, Amrutikaran of Rasa shastra bhaishajya kalpana and many formulations. Kumariasav is one of it and it is very useful in spleen, & liver disease i.e. anaemia, jaundice etc

**CONCLUSION:** The article presents the kumari's species, properties, action, & role in Rasashastra & Bhaishajya kalpana. It can be concluded that Aloe vera chinensis is the kumari actually we are using / cultivating in India. Kumari is having guru & snigdha guna, shita virya, & katu vipaka properties, It pacifies pitta & kapha. Aloevera is used in amenorrhea, liver diseases, constipation, worm infestation & loss of appetite. Aloevera is beneficial in ulcer. It has anti pruritic action & has wound healing action due to presence of vit. C, E, & Zn & Mannose-6-phosphatase. Kumariswaras is mostly used in Rasashastra for shodhana, marana, Amrutikarana & formulations as bhavana dravya and in Bhaishajya kalpana, it is used as main ingredient or bhavanadravya. Its kalpa are Contraindicated in Hemorrhoids, Pregancy & Intestinal obstruction.

## REFERENCES:

- 1.Ganga Sahay Pandeya Bhavprakashnighantu Krushnachandra Chunekar Chaukhambha Bharati Academy. Page.No, 404.
- 2)DrAmritpal Singh Dravyaguna vidyan Chaukhambha Orientalia A house of Ayurvedic&Indological Books Delhi 110007 First Edition 2005 page No. 198-199
- 3)Dr.J.L. N.Shastry Dravyaguna vidyan vol –II Chaukhambha Orientalia Post Box.No 1032 Gopalmandir Golghar, Maidagin Varanasi-221001 Third edition-2008 Page No. 536- 537.
- 4)R.S. Thakur. H.S. Puri ,Akhtar Husain Major medicinal plants of India, Directar, central institute of medicinal and aromatic plant, Lacknow.1989..Varanasi. Page No 46 to 48.
- 5)Data Base on medicinal plants used in Ayurved .C.C.R.A.S. ( Dept of ISM&H,Min. of Health& Family Welfare, Govt.of India) 2000.Vol, 1 Page No. 227.
- 6) Vanaushadhi-Sukhadjivankinaisubah- Outlook April –Jan-2012 Deharadune Page No.26.
- 7)Prof.Vd.VishnuMahadevGogateAyurvedic pharmacology & therapeutic uses of medicinal plants( Dravyagunavidyan) ShriS.Ramkrishnan Executive Secretary

- Bharatiya, VidyaBhavan, KulapatiMunshiMarg Mumbai 400007 First English edition Oct. 2000 Page, 348-349.
- 8)Vaidya Sri Laxmipati shastri, Ayurvedacharya.Yogaratnakar,Chaukhambha Sanskrit,Sansthan, Varanasi , Sixth Edition, 1997.Uttarardham, Page No 40.
- 9)Pandita Sharangadharacharya Sharangdhar Samhita ,Chaukhamba Surbharati PrakashanVaranasi,2013.Page No.167.
- 10)Shrimat Vaidya Shodhal Virachit Gagnighrah ,Pratham Khand,Shri iIndradev Tripathi Fourth Edition, 2003Chaukhamba Sanskrit Bhavan,Varanasi, Page No 353 & 346-347.
- 11) Shri Baidyanaath Ayurved Bhavan ,Ayurved SarSangrah pvt.ltd.Nagpur.24th Edition, Page No.o 618,619

---

### Corresponding Author:

Dr.Kalyani Jadhav K.  
H.O.D.Rasashastra and  
BhaishajyaKalpana.Sumatibhai Shah  
Ayurved College. Hadapsar, Pune.  
Email: drjadhavkk@rediffmail.com

---

Source of support: Nil  
Conflict of interest: None  
Declared