

Review Article

ANTI-DIABETIC HERBO-MINERAL DRUGS FROM PRIYA NIGHANTU

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ABSTRACT

Ayurveda is the science of life mainly targets for *Swasthasya Swathya Rakshanam* and *Aturasya Vikara Prashamanamcha* i.e., maintaining the healthy state of the healthy person and treating the diseased person. *Prameha* is not a new challenge for Ayurveda, rather it's a challenge for new generation following principles. Diabetes mellitus, a metabolic disease, is found to have much similarity with *Prameha*. Diabetes mellitus is a major health problem for the world in the 21st century. About 537 million adult were living with diabetes in 2021 according to IDF Diabetes Atlas and this number expected to raise upto 643 million by 2030 and 783 million by 2045. To get rid of this burning problem of society, we compiled some single effective and safe herbo-mineral remedy to control diabetes. Plants are the exclusive source of the drugs for the treatment of various ailments. Now days millions of people are dependent upon herbal medicines. *Acharya Priyavrat sharma* in his *Priya nighantu* describes various herbo-mineral drugs act upon *Prameha* (diabetes). Many treatment modalities mentioned in different Ayurvedic lexicon for *Prameha*. The present review study focus to screen drugs acting on *Prameha* (diabetes). 41 *Dravya* out of total 643 *Dravya* are described with *Pramehahara* property throughout the lexicon which includes herbal, mineral and food origin.

INTRODUCTION

Priya nighantu is a lexicon of 20th century which is divided in 13 *Vargas* starting from *Haritakyadi varga* to *Dravyadi varga*. The word *Nighantu* is based on the term '*Nigama*'. The etymology of the term *Nigama* is that which brings out extremely concealed meaning of words^[1]. The *Nighantu* may be defined as a glossary containing synonymous groups, the name of the drugs, plants, animals, minerals or anything that is administered either as food or medicine to the human body^[2]. In Ayurveda system of medicine, *Acharya Sushruta* considered *Prameha* under one among the eight grave diseases. The word *Prameha* is derived from the root '*Mih sechane*' meaning 'watering' and prefix 'pra' meaning excess in

both frequency and quantity. *Prameha* is a set of complex disorder characterized by frequent abnormal micturition, with the etiology involving genetic predisposition as well as improper diet and lifestyle. So In this review, we compile *Pramehahara* drugs from *Priya Nighantu* for the management of diabetes.

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MATERIAL AND METHODS

Table 1: Total *Pramehahara* drugs in individual *Varga* of *Priya Nighantu*^[3]

No.	Name of <i>Varga</i>	Total <i>Pramehahara dravya</i>	<i>Dravya</i>
1.	<i>Haritakyadi Varga</i>	15	<i>Amalaki, Bilva, Devdaru, Udumbara, Shala, Arjuna, Asana, Khadira, Tuvaraka, Katphala, Shalmali, Nimba, Mahanimba, Tinduka, Jambu</i>
2.	<i>Pippaliyadi Varga</i>	4	<i>Guduchi, Karvellam, Van-Bimbi, Manjistha</i>
3.	<i>Shatpushpadi Varga</i>	5	<i>Bramhi, Naahi, Haridra, Daruharidra, Bhumyاملaki</i>

4.	Sharadi Varga	6	Murva, Avartaki, Dhava, kinihi, Tinisha, Charmi-vriksha
5.	Suvarnadi Varga	7	Rajat, Vanga, Naga, Yashad, Loha, Shilajatu, Makshikam
6.	Phala Varga	1	Amra
7.	Dhanya Varga	2	Yava, Nimvaar
8.	Kritanna Varga	1	Dhana

Pie Chart 1 – Total Pramehahara Dravya in different Varga of Priya Nighantu

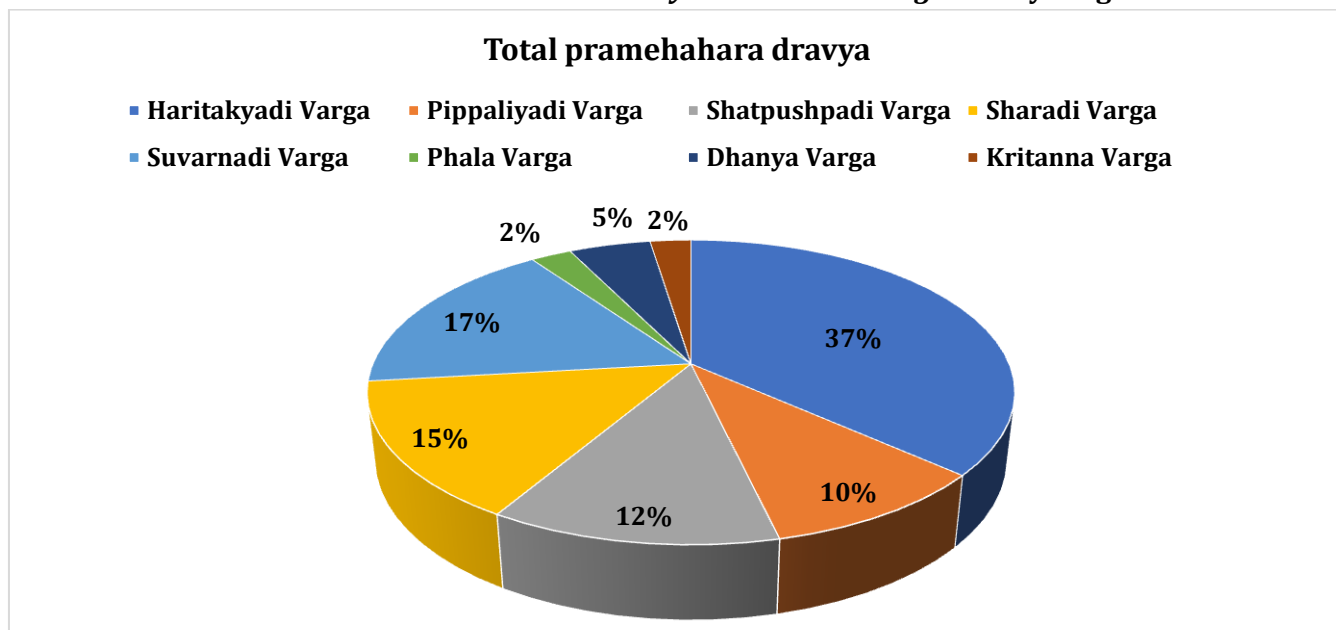


Table 2: Pramehahara drugs of Herbal Origin with Respective References

No.	Drug Name	Botanical Name	Family	References
1.	Amalaki ⁴	<i>Emblica officinalis</i>	Euphorbiaceae	P.N. Haritakyadi 1/10
2.	Bilva ⁵	<i>Aegle Marmelos</i>	Rutaceae	P.N. Haritakyadi 1/19
3.	Devdaru ⁶	<i>Cedrus deodara</i>	Pinaceae	P.N. Haritakyadi 1/75
4.	Udumbara ⁷	<i>Ficus glomerata</i>	Moraceae	P.N. Haritakyadi 1/104
5.	Shala ⁸	<i>Shorea robusta</i>	Dipterocarpaceae	P.N. Haritakyadi 1/116
6.	Arjuna ⁹	<i>Terminalia arjuna</i>	Combretaceae	P.N. Haritakyadi 1/126
7.	Asana ¹⁰	<i>Pterocarpus marsupium</i>	Fabaceae	P.N. Haritakyadi 1/128
8.	Khadira ¹¹	<i>Acacia catechu</i>	Leguminosae	P.N. Haritakyadi 1/130
9.	Tuvaraka ¹²	<i>Hydnocarpus laurifolia</i>	Flacourtiaceae	P.N. Haritakyadi 1/132
10.	Katphala ¹³	<i>Myrica esculenta</i>	Myricaceae	P.N. Haritakyadi 1/148
11.	Shalmali ¹⁴	<i>Salmalia malabarica</i>	Bombaceae	P.N. Haritakyadi 1/160
12.	Nimba ¹⁵	<i>Azadirachta indica</i>	Meliaceae	P.N. Haritakyadi 1/181
13.	Mahanimba ¹⁶	<i>Melia zedarach</i>	Meliaceae	P.N. Haritakyadi 1/187
14.	Tinduka ¹⁷	<i>Diospyros peregrina</i>	Ebenaceae	P.N. Haritakyadi 1/233
15.	Jambu ¹⁸	<i>Syzygium cumini</i>	Myrtaceae	P.N. Haritakyadi 1/234
16.	Guduchi ¹⁹	<i>Tinospora cordifolia</i>	Menispermaceae	P.N. Pippaliyadi 2/18
17.	Karvellam ²⁰	<i>Momordica charantia</i>	Cucurbitaceae	P.N. Pippaliyadi 2/67
18.	Van-Bimbi ²¹	<i>Coccinia indica</i>	Cucurbitaceae	P.N. Pippaliyadi 2/68
19.	Manjishta ²²	<i>Rubia cordifolia</i>	Rubiaceae	P.N. Pippaliyadi 2/76
20.	Brahmi ²³	<i>Centella asiatica</i>	Umbelliferae	P.N. Shatpushpadi 3/119
21.	Naahi ²⁴	<i>Enicostema littorale</i>	-	P.N. Shatpushpadi 3/138
22.	Haridra ²⁵	<i>Curcuma longa</i>	Zingiberaceae	P.N. Shatpushpadi 3/170-171

23.	<i>Daruharidra</i> ²⁶	<i>Berberis aristata</i>	Berberidaceae	P.N.Shatpushpadi 3/173
24.	<i>Bhumyamlaki</i> ²⁷	<i>Phyllanthus urinaria</i>	Euphorbiaceae	P.N.Shatpushpadi 3/187
25.	<i>Murva</i> ²⁸	<i>Marsdenia tenacissima</i>	Asclepiadaceae	P.N.Sharadi 4/41
26.	<i>Avartaki</i> ²⁹	<i>Cassia auriculata</i>	Caesalpinaceae	P.N.Sharadi 4/43
27.	<i>Dhava</i> ³⁰	<i>Anogeissus latifolia</i>	Combretaceae	P.N.Sharadi 4/88
28.	<i>Kinihi</i> ³¹	<i>Albizzia procera</i>	-	P.N.Sharadi 4/92
29.	<i>Tinisha</i> ³²	<i>Ougenia oojenensis</i>	Fabaceae	P.N.Sharadi 4/94
30.	<i>Charmivriksha</i> ³³	<i>Ehretia laevis</i>	Boraginaceae	P.N.Sharadi 4/99

Table 3: Pramehahara drugs of Mineral Origin with Respective References

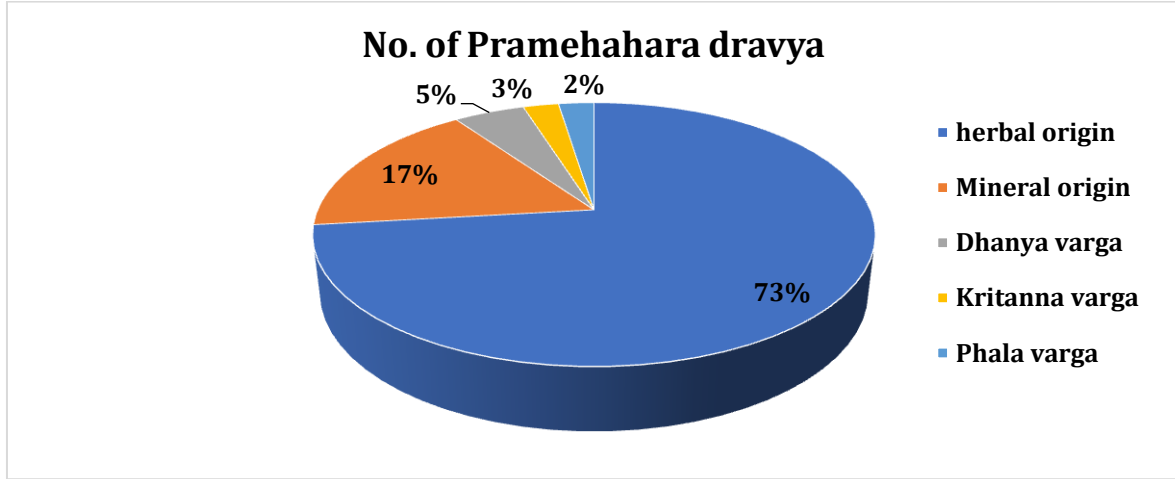
S.No.	Dravya	References
1.	<i>Rajat</i> ³⁴ (Silver)	P.N. Suvarandi 6/2
2.	<i>Vanga</i> ³⁵ (Tin)	P.N. Suvarandi 6/4
3.	<i>Naga</i> ³⁶ (Lead)	P.N. Suvarandi 6/5
4.	<i>Yashad</i> ³⁷ (Zinc)	P.N. Suvarandi 6/6
5.	<i>Loha</i> ³⁸ (Iron)	P.N. Suvarandi 6/7
6.	<i>Shilajatu</i> ³⁹	P.N. Suvarandi 6/12
7.	<i>Makshika</i> ⁴⁰ (Pyrite)	P.N. Suvarandi 6/15

Table 4: Rasa-Panchak of the stated Pramehahara drugs

S.No.	Drug	Rasa	Guna	Veerya	Vipaka	Doshakarma
1.	<i>Amalaki</i>	<i>Panchrasa Alavana</i>	<i>Guru, Sheeta</i>	<i>Sheeta</i>	<i>Madhura</i>	<i>Tridoshashamaka</i>
2.	<i>Bilva</i>	<i>Kashaya, Tikta</i>	<i>Laghu, Ruksha</i>	<i>Ushna</i>	<i>Katu</i>	<i>Vata-Kapha shamaka</i>
3.	<i>Devdaru</i>	<i>Tikta</i>	<i>Laghu, Ruksha</i>	<i>Ushna</i>	<i>Katu</i>	<i>Kapha-vata Shamaka</i>
4.	<i>Udumbara</i>	<i>Kashaya</i>	<i>Guru, Ruksha</i>	<i>Sheeta</i>	<i>Katu</i>	<i>Kapha-pitta shamaka</i>
5.	<i>Shala</i>	<i>Kashaya, Madhura</i>	<i>Ruksha, Ushna</i>	<i>Sheeta</i>	<i>Katu</i>	<i>Pitta-Kapha Shamaka</i>
6.	<i>Arjuna</i>	<i>Kashaya</i>	<i>Ruksha, Laghu</i>	<i>Sheeta</i>	<i>Katu</i>	<i>Kapha-pittaghna</i>
7.	<i>Asana</i>	<i>Kashaya</i>	<i>Ruksha</i>	<i>Sheeta</i>		<i>Kapha-pitta shamaka</i>
8.	<i>Khadira</i>	<i>Kashaya, Tikta</i>	<i>Laghu, Ruksha</i>	<i>Sheeta</i>	<i>Katu</i>	<i>Kapha-Pittanashana</i>
9.	<i>Tuvaraka</i>	<i>Katu, Tikta</i>	<i>Snigdha, Tikshna</i>	<i>Ushna</i>	<i>Katu</i>	<i>Kapha-Vatahara</i>
10.	<i>Katphala</i>	<i>Kashaya, Tikta, Katu</i>	<i>Laghu, Tikshna</i>	<i>Ushna</i>	<i>Katu</i>	<i>Kapha-Vatanashaka</i>
11.	<i>Shalmali</i>	<i>Kashaya</i>	<i>Laghu, Snigdha</i>	<i>Sheeta</i>	<i>Madhura</i>	<i>Pitta-Vatahara</i>
12.	<i>Nimba</i>	<i>Tikta, Kashaya</i>	<i>Ruksha, Laghu</i>	<i>Sheeta</i>	<i>Katu</i>	<i>Kapha-Pittanashaka</i>
13.	<i>Mahanimba</i>	<i>Kashaya, Tikta</i>	<i>Laghu, Ruksha</i>	<i>Sheeta</i>	<i>Katu</i>	<i>Kapha-Pitta shamaka</i>
14.	<i>Tinduka</i>	<i>Madhura</i>	<i>Guru</i>	<i>Sheeta</i>	<i>Katu</i>	<i>Kapha-Pitta shamaka</i>
15.	<i>Jambu</i>	<i>Kashaya, Madhura, Amla</i>	<i>Laghu, Ruksha</i>	<i>Sheeta</i>	<i>Katu</i>	<i>Kapha-Pittahara</i>
16.	<i>Guduchi</i>	<i>Tikta, Kashaya</i>	<i>Guru, Snigdha</i>	<i>Ushna</i>	<i>Madhura</i>	<i>Tridosha-shamaka</i>
17.	<i>Karvellam</i>	<i>Tikta, Katu</i>	<i>Laghu, Ruksha</i>	<i>Sheeta</i>	<i>Katu</i>	<i>Pitta-Kaphanashaka</i>
18.	<i>Van-Bimbi</i>	<i>Tikta</i>	<i>Laghu, Ruksha</i>	<i>Ushna</i>	<i>Katu</i>	<i>Kapha-Pittanashaka</i>
19.	<i>Manjishta</i>	<i>Tikta, Kashaya</i>	<i>Guru, Ruksha</i>	<i>Ushna</i>	<i>Katu</i>	<i>Kapha-Pittahara</i>
20.	<i>Brahmi</i>	<i>Tikta</i>	<i>Laghu</i>	<i>Sheeta</i>	<i>Madhura</i>	<i>Kapha-Pittahara</i>
21.	<i>Naahi</i>	<i>Tikta</i>	-	-	-	<i>Kapha-Pittashamaka</i>
22.	<i>Haridra</i>	<i>Tikta</i>	<i>Ruksha, Laghu</i>	<i>Ushna</i>	<i>Katu</i>	<i>Kapha-vatahara</i>
23.	<i>Daruharidra</i>	<i>Tikta</i>	<i>Laghu, Ruksha</i>	<i>Ushna</i>	<i>Katu</i>	<i>Kapha-Pittashamaka</i>
24.	<i>Bhumyamlaki</i>	<i>Tikta, Kashaya</i>	<i>Laghu, Ruksha</i>	<i>Sheeta</i>	<i>Madhura</i>	<i>Kapha-Pittashamaka</i>
25.	<i>Murva</i>	<i>Tikta</i>	<i>Guru, Ruksha</i>	<i>Ushna</i>	<i>Katu</i>	<i>Tridosahara</i>
26.	<i>Avartaki</i>	<i>Kashaya, Tikta</i>	<i>Laghu, Ruksha</i>	<i>Sheeta</i>	<i>Katu</i>	<i>Kapha-Pitta</i>

						<i>Shamaka</i>
27.	<i>Dhava</i>	<i>Kashaya, Madhura</i>	<i>Laghu, Ruksha</i>	<i>Sheeta</i>	<i>Katu</i>	<i>Kapha-Pittashamaka</i>
28.	<i>Kinihi</i>	<i>Katu</i>	<i>Tikshna</i>	<i>Ushna</i>	-	<i>Tridoshashamaka</i>
29.	<i>Tinisha</i>	<i>Kashaya</i>	-	<i>Sheeta</i>	-	<i>Kapha-Pittanashaka</i>
30.	<i>Charmi-vriksha</i>	<i>Kashaya, Katu</i>	-	<i>Ushna</i>	-	-

Pie chart 2



DISCUSSION

Discussion is the most crucial part of any research work. Now days, *Prameha* is an important disease widespread rapidly among population due to sedentary lifestyle and lack of physical exercise. Diabetes is leading cause of death, disability and economic loss throughout the world. In this review article, we summarized single herbomineral drugs in tabular form to make it easy to understand its pharmacological action in treatment of *Prameha* (diabetes). Table 1 describes total number of *Pramehahara* drugs in different *Varga* of Priya Nighantu. Table 2 & 3 emphasizes on herbal origin and mineral origin *Dravya* which possess *Pramehahara* property respectively. Table 4 shows pharmacological action of these *Prameha-hara* herbal origin drugs mentioned in Priya Nighantu which is helpful in understanding their mode of action. Mostly drugs possess *Kashaya* and *Tikta rasa*, 17 drugs possess *Sheeta virya* while 12 drugs exhibit *Ushna virya*. 20 drugs having *Katu vipaka* while few having *Madhura vipaka*. Mostly *Dravya* shows *Kapha - pittahara* properties. Drugs which possess *Ruksha* and *Ushna guna* along with *Katu, Tikta* and *Kashaya rasa* helps to pacify *Kapha* and *Meda* therefore acts upon *Prameha* (diabetes).

CONCLUSION

It is a venture on the part of this review paper to culminate the documented herbs in the Priya Nighantu having *Pramehahara* properties. In this study, total 41 *Dravya* with *Pramehahara* properties are arranged in order as mentioned in the Nighantu which includes 30 herbal origins *Dravya*, 7 mineral origin *Dravya*, 2 in *Dhanya varga* and 1-1 each from

Phala varga and *Kritanna varga*. This study will be helpful for further research studies on clinical use of plants and this will be useful for promoting research in the field of medicine and provide new knowledge for the treatment of diabetes (*Prameha*). It is very difficult to get victory over genetic factors but certainly by life style modification and use of appropriate drug we can definitely enhance quality of life of patient.

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