



Review Article

A COMPREHENSIVE AYURVEDIC REVIEW ON *LAVANGA (SYZYGIUM AROMATICUM)*

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ABSTRACT

Ayurveda means science of life. Ayurveda was from time immemorial and still it has its own importance in field of medical science. Ayurveda is divided into eight branches. Out of all these branches Dravyaguna vijnana is one of them. It includes information about herbs which is described in ancient classical text of Ayurveda. In Ayurveda there is a saying if a *Vaidhya* has no proper knowledge regarding these herbs he is unable to provide proper treatment to patients. These herbs are backbone of Ayurveda. Among all herbs, *Lavanga* is a well known Ayurvedic herb. *Lavanga* are aromatic flower buds of a tree Latin named as *Syzygium aromaticum* which comes under myrtaceae family. It is known as *Lavanga* due to its *Kapha* lysing property. It posses other properties such as *Deepana*, *Pachana*, *Ruchya*, *Chakshushya*, *Kapha-Pittaghana* properties. It is used in *Trishna*, *Chhardi*, *Aadhmana*, *Shoola*, *Kasa*, *Shwasa*, *Hikka*, *Kshaya* named diseases.

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INTRODUCTION

Lavanga are aromatic flower buds of a tree latin named as *Syzygium aromaticum* which comes under Myrtaceae family. It is also known as *Carophyllus aromaticus*, *Eugenia aromatica*. *Lavanga* are native to the Maluka islands (or Moluccas) in Indonesia, and are commonly used as a spice. Cloves are commercially harvested primarily in Bangladesh, Indonesia, India, Madagascar, Pakistan, Srilanka and Tanzania (Zanzibar). Cloves are available throughout the year due to different harvest seasons in different countries.^[1] It posses *Deepana*, *Pachana*, *Ruchya*, *Chakshushya*, *Kapha-Pittaghana* properties. It is used in *Trishna*, *Chhardi*, *Aadhmana*, *Shoola*, *Kasa*, *Shwasa*, *Hikka*, *Kshaya* named diseases. As per derivation in terms of ayurveda it causes lysis of accumulated *Kapha*.^[2] *Kapha* is considered as a *Dosha* of *Tridosha*. Diseases in which its accumulation occurs can be easily cured by the use of *Lavanga*. It is a medium sized crown, bushy evergreen tree, 8-20m in height. Bark is smooth and grey, elliptical, lanceolate leaves, acute at both ends,

fragrant, with petiole. Lower surface of leaves have aromatic oil glands and Cyme inflorescence. Flowers form in small clusters. Flower buds according to maturity pale at early stage, green at middle stage, red at maturity stage, long narrow ovary and four small triangular sepals, small ball of four overlapping petals it protects the developing flower part inside. This whole makes the clove which is 1.5 to 2cm long consists of long calyx, 4 unopened petals and 4 sepals, small oblong fruits with pulp, ovoid brown with one seeded berry.

Etymological Derivation

लवंङ्म्- लुनाति प्लिनाति कफं^[3]

यह कफ का छेदन करती है।

It causes lysis of accumulated *Kapha*.^[4]

Meaning of Scientific Name

- **Genus derivation-'Syzygium'** comes from the Greek word meaning 'yoked together' and refers to reunion of petal tips into a cap, it covers the stamens in some species.
- **'Aromaticum'**-represents the fragrance.^[5]

Table 1: Showing the Synonyms according to the various classical texts^[6-13]

<i>Lavanga</i>	<i>Lavanga</i> will expel the <i>Kapha</i>
<i>Devkusuma</i>	The flowers are used to worship gods and it is considered to be the best flower among the flowers
<i>Shreesangya</i>	<i>Lavanga</i> is auspicious
<i>Shreeprasoonkama</i>	Flowers are beautiful
<i>Grahanihara</i>	Cures <i>Grahani roga</i>
<i>Vaarisambhava</i>	Mainly grows at watery places
<i>Shreepushpa</i>	Flowers are beautiful
<i>Chandanapushpa</i>	Aromatic flowers like <i>Chandana</i>
<i>Vaarija</i>	Mainly grows at watery places
<i>Lavangkalika</i>	-
<i>Ruchira</i>	-
<i>Pushpaka</i>	-
<i>Govarnakusuma</i>	-
<i>Chandanadi</i>	-
<i>Teekshapushpa</i>	-
<i>Divya</i>	-
<i>Lava</i>	-
<i>Bhringara</i>	-
<i>Shekhar</i>	-
<i>Shikhar</i>	-
<i>Shringhara</i>	-
<i>Sravya</i>	-

Vernacular Names according to the various classical texts^(14, 15)**Telugu name-**Lavangalu, Karavallu**Gujarati, Kannada name-**Lavanga**Tamil name-**Kirambu, Lavangam**Malayalam name-**Grampoo, Karampu, Karayarnpoovu,**Assamese :** Lavang, Lan, Long**Bengali :** Lavang**English :** Clove**Guajarati :** Laving**Hindi :** Lavanga, Laung**Kannada :** Lavangakalika**Kashmiri :** Rung**Marathi :** Lavang**Oriya :** Labanga**Punjabi :** Laung, Long**Urdu :** Qarnful, Laung**Farsi-**Mehaka**English-**Clove**Table 3: Showing the Gana/Varga according to the various classical texts⁽¹⁶⁻²⁴⁾**

Different Lexicons	Varga/Bhaga
Charaka samhita	-----
Sushruta samhita	-----
Astanga hridaya	-----
Dhanvantri nighantu	Chandanadi varga
Madanpala nighantu	Karpuradi varga
Kaiyadeva nighantu	Oshadhi varga
Raj nighantu	Chandanadi varga
Bhavprakash nighanthu	Karpuradi varga

Shodal nighantu	Chandanadi varga
Saraswati nighantu	Chandanadi varga
Priya nighantu	Haritakyadi varga
Chandra nighantu	Uttar bhaga

Table 4:-Showing the Rasa Panchaka according to the various classical texts (25-33)

Rasa					
Rasa	B. N.	R. N.	D. N.	K. N.	P. N.
Katu	+	-	-	+	+
Tikta	+	+	-	+	+

Guna							
Guna	B. N.	R. N.	D. N.	K. N.	M. N.	L. N.	C. N.
Laghu	+	-	-	+	+	-	+
Snighda	-	-	-	-	-	+	-
Teekshna	-	+	-	-	-	+	-
Ruksha	-	-	-	+	-	-	+
Ushna	-	+	-	-	-	-	-

Veerya								
Veerya	B. N.	R. N.	K. N.	P. N.	D. N.	L. N.	C. N.	P. V.
Sheeta	+	+	+	+	+	+	+	+

Vipaka								
Vipaka	B. N.	r. N.	Aa. N.	P. N.	Sh. N.	Sha. N.	M. N.	P. V.
Madhura	-	+	-	-	-	-	-	-
Katu	-	-	-	-	-	-	-	+

Table-5:-Showing the Doshkarma according to the various classical texts(34-41).

Doshkarma	B. P.	D. N.	K. N.	R. N.	P. N.	L. N.	C. N.	P. V.
Kaphashamaka	+	-	+	-	-	-	+	-
Vata anulomana	-	-	-	-	+	-	-	+
Pitta-raktanashaka	+	-	+	-	-	-	+	-
Tridoshshaamaka	-	-	-	+	-	-	-	-
Pittnashaka	-	+	-	-	-	-	-	-
Pittkaphanashaka	-	-	-	-	+	-	-	+
Vaatpitthara	-	-	-	-	-	+	-	-

Table 6: Showing the Karmas (pharmacological actions) according to the various classical texts(42-49)

Karmas	B. P.	D. N.	K. N.	R. N.	P. N.	M. N.	L. N.	P. V.
Deepana	+	-	-	-	+	+	-	+
Paachana	+	-	+	-	+	+	-	+
Ruchya	+	-	-	+	+	-	+	+
Hridya	-	+	+	-	-	+	-	-
Chakshushya	+	+	+	+	-	+	+	-
Vrishya	-	+	-	-	-	-	-	+
Vish naashaka	-	+	-	-	-	-	-	-
Swarya	-	-	-	-	+	-	-	-
Twagdoshhara	-	-	-	-	-	-	-	-

<i>Raktabhaarshamaka</i>	-	-	-	-	-	-	-	-
<i>Raktashodhak</i>	-	-	-	-	-	-	-	-
<i>Mutrala</i>	-	-	-	-	-	-	-	+
<i>Murdhrujapahama/ Murdhrogahrita</i>	-	+	-	+	-	-	-	-
<i>Mangalaya</i>	-	+	-	-	-	-	-	-
<i>Krimighana</i>	-	-	-	-	-	-	-	+
<i>Shoolprashamana</i>	-	-	-	-	-	-	-	+

Chemical Composition⁽⁵⁰⁾

Clove- Contain 15 to 20 % volatile oil in which 85-92% Eugenol is present 10 to 13% tannin (gallatonic acid), resin, Chromone, Eugenin, Carophyllene (Similar as Phytosterol).

In oil- Eugenol similar like phenol,

Acetyl Engeol-10%

Methyl Salicylate, Methylamylketone, Vanillin, Caryophyllene, Furfurol

Generally oil is colourless or light yellow in colour.

Therapeutic Uses⁽⁵¹⁾

- **Visuchika (cholera)**- clove water is useful in thirst and nausea.
- **Ajeerna (indigestion) and Shool cholice)** Extract of *Lavanga* soaked in juice of *Chikika* and obtained by *Patala Yantra* relieves indigestion and cholice.
- **Shoola (pain)**-Paste of *Lavanga* pounded in warm water should be applied externally.
- **Asyadaurgandhya (halostosis)**- In order to produce clarity, relish and fragrance one should kept in mouth *Jatiphala*, *Latakasturi*, *Puga*, *Lavanga*, *Kakkola*, *Tambula*, *Camphor* and *Ela*.
- **Trishna (thirst)**- Intake of decoction of *Lavanga* relieves *Trishna* and *Utklesha* (Nausea).

Therapeutic Indications⁽⁵²⁻⁵⁷⁾

Asradoshnuta (Raktavikara) Shool, Aanah, Kapha, Shwasha, Kasa, Chardi, ChayaChata, Trisha, Aadhamana, Visha, Pinasa, Jwara, Udarshoola, Grahani, Agnimandhya, Amlapitta, Hikka.

Part Used⁽⁵⁸⁾- Flower buds and oil

Posology⁽⁵⁹⁾

Kwath- 50-100ml

Churna-500 mg to 1gm.

Oil-3 to 6 Drops

Specific Formulations⁽⁶⁰⁾

Lavangadi churna, Lavangchatussama, Lavangadi vati, Avipattikara churna, Suparipaka.

Adulteration⁽⁶¹⁻⁶²⁾

Clove is adulterated with exhausted cloves, blown, clove stalks, mother cloves.

Extract of leaves containing 3,

4-dihydroxyphenethyl alcohol and 3, 4, dihydroxybenzoic acid exhibited anti-inflammatory activity. ⁽⁶³⁾

The clove oil derived from dried buds is often used as an analgesic and anaesthetic. ⁽⁶⁴⁾

DISCUSSION

The flower buds or oil from these buds is very useful in terms of Ayurveda. It posses various Ayurvedic properties such as *Deepana, Pachana, Ruchya, Chakshushya, Kapha-Pittaghana* properties used in various diseases i.e., *Trishna, Chhardi, Aadhmana, Shoola, Kasa, Shwasa, Hikka, Kshaya* named diseases. ⁽⁶⁴⁾ Due to *Katu* and *Tikta Rasa* it is *Kaphashamaka* and of *Sheet Virya* it is *Pittashamaka*. It is easily available in Indian kitchens and also used as an ingredient of tea. It is used as a drug of choice if there is any type of disease related to *Kapha Vyadhi* like *Kasa Shwasa* or any *Shoola* specifically used in *Dant Shoola*. It consists oil so it is *Snighdha* in nature. In *Ayurveda Vata Dosha* has *Ruksha Guna* and if there is any type of *Shoola* in body, *Vata Dosha* is responsible. In that case *Lavanga* oil can be used due to its *Snighda* properties which opposes *Vata Dosha Ruksha Guna*. ⁽⁶⁵⁾

CONCLUSION

Lavanga an Ayurvedic herb is beneficial in *Kapha- Pitta* disorders it also posses *Vata Anulomaka* properties. As per derivation in terms of *Ayurveda* it causes lysis of accumulated *Kapha* so useful in *Kaphaja Vyadhi*. These are the aromatic flower buds of a tree named as *Syzygium aromaticum*. It is useful in *Shool, Aanah, Kapha, Shwasha, Kasa, Chardi, Chaya Chata, Trisha* named diseases. ⁽⁶⁶⁻⁶⁷⁾ Mainly it contain 15 to 20% volatile oil in which 85-92% Eugenol is present. Generally its oil is colourless or light yellow in colour. ⁽⁶⁸⁾ It is attributed with *Deepana, Pachana, Ruchya, Chakshushya, Vrishya Kapha-Pittaghana* properties. ⁽⁶⁹⁾

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