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An Original Study On Black Night Shade/ Kakamachi (Solanum Nigrum Linn.) According To Vedic Kala And Ayurvedic Samhita

Dr. Nand lal¹, Dr. Ashwini Kumar Sharma²

M.D. Scholar, Department Of *Dravyaguna Vigyan* , MMM Govt. Ayurved College, Udaipur (Raj.).

Professor, Department Of *Dravyaguna Vigyan* , MMM Govt. Ayurved College, Udaipur (Raj.).

Corresponding Author:

Dr. Nand lal, M.D. Scholar, Department Of *Dravyaguna Vigyan* , MMM Govt. Ayurved College, Udaipur (Raj.).

E Mail id - nandlalkatariya3013@gmail.com

ABSTRACT:

Background: In ayurveda many herbs or medicinal plants are available which help to manage or reduce the sugar. (Diabetic condition) , Among those Kakamachi is one of the popular medicinal plant found in abundantly and reported to be useful in diabetes i.e. Madhumeha in Ayurveda. Kakamachi (Solanum nigrum Linn.), Belongs to Solanaceae family.

Aim: The aim of the present study was to review the literature of Kakamachi (Solanum nigrum Linn.) from the Vedic kala And ancient Samhita's and further investigate the therapeutic uses and phyto-pharmacological actions of Solanum nigrum Linn.

Material and methods : Various Ayurvedic texts viz. Charaka Samhita, Sushruta Samhita, Ashtanga Hridaya and research journals just as evidence in a chronological order.

Results: Solanum nigrum Linn. has been found to be beneficial in treating Sotha (inflammation), Kustha (Skin disease), Arsha (Piles), Jwar (Fever), Prameha (Diabetes), Hikka (Hiccough), Chardi (Vomiting), Hridroga (Heart disease). Its notable medical properties include Antitumor, Immuno modulatory, Hepatoprotective, Anti-diabetic, Anti- Convulsant, Anti- Ulcerogenic, Anti-oxidant, Anti-bacterial, Larvicidal activity, Anti- Cholesterol, Neuroprotective.

Conclusion: This review enumerates all of the therapeutic qualities of Kakamachi, and it concludes that Kakamachi will be a great option for future research on a number of disease. Either future researchers working on clinical studies will find this study to be a beacon.

KEYWORDS - *Kakamachi, Solanum nigrum* Linn., *Samhita's, Kustha*, Black Night Shade.

INTRODUCTION :

The Role of *Aushadha* in *Ayurveda* Treatment:

The drug, known as *Aushadha*, plays a crucial role in the treatment process, particularly in achieving the goals outlined in *Chikitsa*, which is part of the "Trisutra" framework of *Ayurveda*. *Aushadha* is recognized as one of the four essential components of *Chikitsa Chatuspada*, and it holds a significant position, being placed right next to the physician in importance. The drug acts as a vital tool that a physician utilizes to help restore balance and harmony within the body's tissues. *Acharya Charaka*, a prominent figure in Ayurvedic medicine, has highlighted several key characteristics of *Aushadha* (Drug) that contribute to its effectiveness

Abundance: The availability of various medicinal herbs.

Effectivity: The ability to produce desired therapeutic outcomes.

Various pharmaceutical forms: Different preparations to suit individual needs.

Normal composition: Consistency in quality and formulation.

बहुता तत्र योग्यत्वमनेकविध कल्पना।

सम्पच्चेति चतुष्कोऽयं द्रव्याणां गुण उच्यते ॥ च. सू. 9/7

The World Health Organization (W.H.O.) defines a drug as "Any substance or product that is utilized or intended to be utilized to alter or investigate the physiological system or pathological condition for the advantage of the recipient." This definition encompasses a wide range of substances, highlighting their role in both therapeutic and diagnostic contexts, ultimately aiming to improve health outcomes for individuals who use them.

SELECTION OF DRUG

तदेवं युक्तं भैषज्यं यदारोग्याय कल्पते ।

स चैव मिश्रणाम् श्रेष्ठो रोगेभ्यो यः प्रमोचयेत् ॥ च.सू. 1/134

The Importance of Rational Drug Selection in Treatment :

The rational selection of a drug signifies that half of the treatment process is already accomplished. An ideal drug is one that can effectively reverse or break the pathological process known as *Samprapti*, all while avoiding any adverse side effects. This principle is crucial in ensuring that patients receive the best possible care without the burden of additional health complications. According to *Acharya Charaka*, a prominent figure in ancient medicine, nothing in the world exists that lacks therapeutic utility. This statement underscores the significant role that drugs play in our classical texts and traditional practices.

In recent years, there has been a growing concern regarding the side effects associated with synthetic drugs. As a result, the clinical importance of herbal drugs, particularly in the treatment of diabetes, has garnered considerable attention. Herbal remedies are often viewed as safer alternatives, offering therapeutic benefits without the harsh side effects that can accompany synthetic options. This shift in focus has led to a renewed interest in exploring the potential of various plants in managing health conditions.

MATERIAL AND METHOD:

1. KAKAMACHI -

NIRUKTI OF KAKAMACHI :

काकान् मुच्चचते धारयति, पूजयति, 'मन्त्रि, धारणोच्छ्रायपूजनेषु' ।

Kakamachi fruits are very much liked by crows.¹

Vernacular names:²

Sanskrit: *Kakamachi*

Botanical Name: *Solanum nigrum* Linn.

English: Black night shade, Garden night shade

Hindi: *Makoya, Gurkamai*

Gujarati: *Piludi*

Marathi: *Kamuni, Ghati, Mako, Kakmachi*

Bengali: *Gurkamai, Kakmachi, Tulidun*

Malyali: *Manattakkali, Karintakali, Manjathakkali*

Punjabi: *Mako, Kambei, kachmach, Riaungi*

Telagu: *Kamanchi, Kacci, Kaccipandu, Gajjuettu*

Tamil: *Manattakkali, Milagutakkali, Manarthakkali, Manitakkali*

Kannada: *Kakarundi, Ganikayegida, Ganikegida, Ganike, Ganikesopu, Kage hanninagids*

Arabian: *Inbussalub, Rubah turbuka*

Oriya: *Lunlunia, Lunilunika*

Urdu: *Makoya, Makoh*

Assam: *Pictkachi, Kakamachi, Datkachu*

Taxonomical position³-

Solanum nigrum Linn.

According to Carolus Linnaeus

Kingdom: Plantae

Division: Magnoliophyta

Subdivision: Spermatophyta

Class: Dicotyledons

Subclass: Gamopetalae

Series: Bicarpellatae

Order: Polemoniales

Family: Solanaceae

Genus: *Solanum*

Species: *nigrum*.

Solanum nigrum, commonly known as black nightshade, is a flowering plant belonging to the Solanaceae family. It is recognized for its small, dark berries and is often found in various habitats, showcasing its adaptability and resilience in different environments.

PANCHBHAUTIK CONSTITUTION OF KAKAMACHI: -

TABLE - SHOWING PANCHBHAUTIK CONSTITUTION OF KAKAMACHI

RASA PANCHAKA	PANCHABHAUTIK CONSTITUTION
Rasa	
<i>Tikta</i>	<i>Vayu + Aakasha</i>
<i>Katu</i>	<i>Vayu+ Agni</i>
Guna	
<i>Laghu</i>	<i>Vayu + Agni + Akasha</i>
<i>Snigdha</i>	<i>Jala</i>
Virya	
<i>Anushna</i>	<i>Agni</i>
Vipaka	
<i>Katu</i>	<i>Vayu+ Agni</i>

Nutritive value of *Solanum nigrum* Linn. Leaves⁴

Table: Nutritive values of *Kakamachi*

Moisture	82.1g
Protein	5.9g
Fat	1.0g
Minerals	2.1g
Carbohydrates	8.9g
Calcium	410mg
Phosphorous	70mg
Iron	20.5mg
Riboflavin	.59mg
Nicotinic acid	.92mg
Beta- carotene	.74mg
Vit C	11mg

CHEMICAL CONSTITUENTS :

Vitamin B and C are essential nutrients that play vital roles in maintaining overall health. Additionally, β -carotene is a powerful antioxidant that helps protect cells from damage. Citric acid, found in citrus fruits, contributes to metabolic processes. A flacokinase is an enzyme involved in various biochemical reactions. Glycoalkaloids, such as Solasonine and α - and β -solanigrine, have notable effects on plant defense mechanisms. Steroidal genin compounds like tiogogenin, solasodine, and solasodiene are important for various biological activities. Diosgenin, along with α - and β -solamargine, contributes to health benefits. Other components include uttronin A, uttrosides A and B, five steroidal glycosides (SN-0, SN-1, SN-2, SN-3, and SN-4), and fatty acids like palmitic, stearic, oleic, and linoleic. Additionally, chlorogenic, caffeic, and traces of neochlorogenic and isochlorogenic acids, along with caffeoylglucose, are found in various parts of plants.⁵

The plant contains various steroidal alkaloid glycosides, including solasoline, as well as both alpha and beta-solanigrine. Additionally, it has steroidal saponinins such as diosgenin and tiogogenin, along with solasodine. Notably, solamargine and solasonine can also be found in the leaves. The total alkaloid content in the fruit is measured at 0.101%, while in the leaves, it is 0.431%.⁶

HISTORICAL BACKGROUND:

History is a study of the past. It serves as a blueprint for growth in all spheres of life. A historical perspective helps us decide what actions to take in an upcoming event that we have already encountered in the past. In terms of their quality, distinctiveness, uniqueness, etc., past experience with drugs is quite helpful, making it more beneficial for future generations. We can base our future plans on the *Rigveda*, the earliest source that deals with a variety of medications.

VEDIC KALA:^{[7][8]}

In the ancient texts known as the *Vedas*, the figure of *Kakamachi* is notably referenced in the *Samaveda*. The esteemed author *Sayana* refers to her as "*Nitami*." This intriguing description is not limited to just one text; it is also found under the same name in the *Atharvana Veda*, which dates back to around 1500 BC. Additionally, *Kakamachi* is mentioned in the *Kaushikasutras* and the *Amarakosha*, further highlighting her significance in these foundational scriptures of Indian culture and spirituality.

SAMHITA KALA:

* CHARAKA SAMHITA :-

References of *Kakamachi* can be well traced in various *Samhitas*, which are ancient texts that compile knowledge on medicine and healing. In the *Charaka Samhita*, a prominent *Ayurvedic* text, the drug is described with numerous synonyms, including *Makoya*, *Vayasi*, and *Kakavha*. These names highlight its significance in traditional medicine. The text indicates its use for treating a range of disorders, showcasing its versatility. Additionally, *Kakamachi* is noted as an important ingredient in formulations such as *Argawadhadi lepa* and *Mahanila tail*, further emphasizing its role in *Ayurvedic* practices and its therapeutic potential in various health conditions. (Table)

Description of Kakamachi in Charaka Samhita –⁹

Table – Showing description of *Kakamachi* in *charaka samhita*.

Sr. No.	Adhyaya- Sloka Used as ingredient	Used as ingredient of
SUTRA STHANA		
1.	3 / 17	Paste of leaves made with buttermilk applied on <i>Kushtha</i> (skin diseases).
2.	26/84	<i>Viruddha Ahara Dravya</i> (dietetic incompatibility): <i>Kakamachi</i> and Honey (<i>Samyogaviruddha</i>), <i>Paryushita</i> (stale) <i>Kakamachi</i> .
3.	27/ 89	Described in <i>Shakavarga</i> with properties like <i>Tridosha Shamani</i> (pacifies the three <i>Dosha</i>), <i>Vrishya</i> (aphrodisiac), <i>Rasayana</i> (rejuvenator), <i>Sheetavirya</i> (cool by potency), <i>Nati Ushma</i> (not much hot in potency), <i>Bhedani</i> (penetrator) and <i>Kusthaghni</i> (destroys skin diseases).
NIDAN STHANA		
4.	5/ 6	Its excessive usage leads to <i>Kushtha</i> .
VIMANA STHANA		

5.	8/143	It is classified under <i>Tiktaskandha</i> .	
CHIKITSA STHANA			
6.	14/124	It is <i>Pathya</i> (indicated) in <i>Arsha</i> (haemorrhoids).	
7.	16/84	It is <i>Apathya</i> (contra indicated) during the intake of <i>Yogaraja</i> in the treatment of <i>Panduroga</i> (anemia).	
8.	18/81	<i>Vayasi Shaka</i> as a <i>Pathya</i> in <i>Vataja Kasa</i> (cough due to <i>Vata</i>).	
9.	29/52	It is <i>Pathya</i> in <i>Vatarakta</i> (gout).	
10.	7/96	For <i>Lepa</i> (external application) along with <i>Shirishatwak</i> (bark of <i>Albizia lebbek</i>), <i>Karpasapushpa</i> (flowers of <i>Gossypium herbaceum</i>) and <i>Aragwadha Patra</i> (leaves of <i>Cassia fistula</i>).	<i>Kushtha</i> (skin diseases).
11.	12/73	It triturated in <i>Gomutra</i> (cow urine) along with other drugs.	<i>Shopha</i> (edema).
12.	21/90	For <i>Pradeha</i> (external application).	<i>Kaphaja Visarpa</i> (Erysipelas due to <i>Kapha</i>).
13.	26/269	As a <i>Kalka</i> (paste) <i>Dravya</i> in <i>Mahanila Taila – Pana</i> (internal administration), <i>Nasya</i> (nasal administration), <i>Shira Abhyanga</i> (application on scalp).	<i>Chakshushya</i> (good for eyes), <i>Aayushya</i> (increases life), <i>Palitya rog</i> , <i>Shiroroga</i> (diseases of head).
14.	27/27	To be taken internally.	<i>Urustambha</i> .

SUSHRUTA SAMHITA: -10

In the ancient text *Sushruta Samhita*, the drug is referred to by numerous synonyms, including *Kakamachi* and *Makoya*. These terms highlight its significance in traditional medicine. The text indicates its use for treating a variety of disorders, showcasing its versatility. Additionally, it is noted as a key ingredient in several formulations, such as *Sursadi gana*, *Mahanila Ghruta*, *Patoladi Ghruta*, and *Brihatyadi Ghrutam*. Each of these preparations utilizes the drug's unique properties to address specific health issues, emphasizing its importance in *Ayurvedic* practices.

Table - Showing description of *Kakamachi* in *Sushruta Samhita*

<i>Adhyaya - Sloka</i>		Used as ingredient of	
KAKAMACHI			
SUTRA STHANA-			
1.	20/13	<i>Viruddha Ahara - Kakamachi</i> along with <i>Pippali</i> (<i>Piper longum</i> L.) and <i>Maricha</i> (<i>Piper nigrum</i> L.), <i>Kakamachi</i> with <i>Guda</i> (jaggery).	
2.	38/18	Classification of <i>Kakamachi</i> under <i>Surasadi Gana</i> .	
3.	46/262	Grouped under <i>Tikta Rasatmaka shaka</i> .	
KALPA STHANA-			
4.	6/12	As an ingredient in <i>Amrita sarpi</i> .	<i>Sarv vishanasak</i> (Anti poisonous)
5.	7/31	<i>Ghee</i> cooked with the juice of <i>Kakamachi</i> and <i>Kakadani</i> is useful in rat poisoning.	
CHIKITSA STHANA-			

6.	1/115	Leaf of <i>Kakamachi</i> .	<i>Kaphaja Vrana</i> (wound due to <i>Kapha Dosh</i> a).
7.	9/35	As an ingredient in <i>Mahanila Ghrita</i> .	<i>Kushtha</i>
UTTARA TANTRA			
8.	39/228	As an ingredient in <i>Patoladi Ghritam</i> .	Ulcers in the eyes, ears, nose and mouth are cured by <i>patoladi ghritam</i> .
9.	44/22	As an ingredient in <i>Brihatyadi Ghritam</i> .	Use in <i>Pandu roga</i> (Anemia)

ASTANG HRIDAYAM: - ¹¹

In *Astang hridayam*, the drug is referred to by numerous synonyms, including *Kakamachi* and *Makoya*. These terms highlight its significance in traditional medicine. The text indicates its use for a variety of disorders, showcasing its versatility and therapeutic potential. Additionally, it is noted as a key ingredient in formulations such as *Sursadi gana* and *Vranropan taila*, further emphasizing its importance in *Ayurvedic* practices. This multifaceted approach illustrates the drug's role in promoting health and healing. (Tab-)

Description of Kakamachi in Ashtang hridayam**Table - Showing Description of Kakamachi in Ashtang hridayam**

<i>Adhyaya – Sloka</i>	Used as ingredient of	
KAKAMACHI		
SUTRA STHANA		
6/74	Description of <i>Guna</i> of <i>Kakamachi</i> .	
7/35	<i>Viruddha Ahara</i> - <i>Kakamachi</i> along with <i>Pippali</i> (<i>Piper longum</i> L.) and <i>Maricha</i> (<i>Piper nigrum</i> L.), <i>Kakamachi</i> with <i>Guda</i> (jaggery) and <i>Madhu</i> (Honey).	
15/30	Classification of <i>Kakamachi</i> under <i>Surasadi Gana</i> .	
CHIKITSA STHANA		
19/63	For <i>Lepa</i> (external application) along with <i>Shirishatwak</i> (bark of <i>Albizia lebeck</i>), <i>Karpasapushpa</i> (flowers of <i>Gossypium herbaceum</i>) and <i>Aragwadha Patra</i> (leaves of <i>Cassia fistula</i>).	<i>Kushtha</i> (skin diseases).
UTTARA STHANA		
22/2	As an ingredient in <i>Vranaropan taila</i> .	<i>Vrana</i> (Wound healing).
39/141	It is <i>Apathya</i> (contra indicated) during the intake of <i>Shilajatu</i> in the use of <i>Rasayan</i> (aphordisiacs).	

CLASSIFICATION: -**TABLE - Showing classification according to *samhitas***

NAME OF SAMHITA	NAME OF GANA/VARGA
<i>Charaka Samhita</i>	<i>Tiktakandha</i>

<i>Sushruta Samhita</i>	<i>Sursadi</i>
<i>Astang Samgraha</i>	<i>Sursadi</i>
<i>Astang Hridaya</i>	<i>Sursadi</i>

TABLE - Disease wise classification of the formulations of *Kakamachi* as a *Bhavana Dravya*

Sr.No.	Indication	Formulation	Reference
1.	<i>Karnaroga</i> (diseases of ear)	<i>Indu Vati</i>	<i>Bhaishajya Ratnavali</i> ¹²
		<i>Makshikadi Vati</i>	
		<i>Sarivadi Vati</i>	
2.	<i>Kushtha</i> (skin diseases)	<i>Kushthanikruntana Rasa</i>	<i>Rasaratnakara</i> ¹³
		<i>Chandarudra Rasa</i>	<i>Rasakamadhenu</i> ¹⁴
		<i>Chandrashekhara Rasa</i>	
		<i>Charmantaka Rasa</i>	
3.	<i>Pandu, Kamala</i> (jaundice)	<i>Chandrasuryatmaka Rasa</i>	<i>Bhaishajya Ratnavali, Rasendrasarasamgraha</i> ¹⁵ <i>Rasarajasundara</i> ¹⁶
		<i>Paniya Vatika</i>	<i>Bhaishajya Ratnavali, Rasarajasundara</i>
		<i>Vishweshwara Rasa</i>	<i>Bhaishajya Ratnavali, Rasendrasarasamgraha,</i> <i>Rasarajasundara</i>
		<i>Vishamjwarantaka Lauha (Brihat)</i>	<i>Rasendrasarasamgraha</i>
4.	<i>Arsha</i> (haemorrhoids)	<i>Piyushasindhu Rasa</i>	<i>Rasakamadhenu</i>
5.	<i>Yonivyapat</i> (disorders of female reproductive system)	<i>Nashtapushpantaka Rasa</i>	<i>Bhaishajya Ratnavali</i>
6.	<i>Sutikaroga</i> (puerperal diseases)	<i>Rasashardula Rasa</i>	<i>Rasaratnasamuchchaya</i> ¹⁷

7.	<i>Striroga</i> (gynaecological diseases)	<i>Ratnaprabha Vatika</i>	<i>Bhaishajya Ratnavali</i>
8.	<i>Vatavyadhi</i> (diseases due to Vata Dosh)	<i>Rasaraja</i>	<i>Bhaishajya Ratnavali</i>
9.	<i>Shwitra</i> (leucoderma)	<i>Shwetari Rasa</i>	<i>Brihat Yoga Tarangini</i> ¹⁸
10.	<i>Vatatisara</i> (diarrhea due to Vata Dosh)	<i>Maharasa</i>	<i>Rasarajasundara</i>

TABLE -List of formulations containing *Kakamachi* as an ingredient from *Bharata Bhaishajya Ratnakara* – for external application (*Lepana*)

Sr. No.	Name	Indication	Remarks	Reference
1.	<i>Chaturangulparnadi Lepa</i>	<i>Kushtha</i>	Leaves of <i>Kakamachi</i> are bruised in buttermilk for external application	<i>Gadnigrah, Vrinda madhav</i>
2.	<i>Chandraprabha Gutti</i>	<i>Netraroga</i>	Rubbed with <i>Kakamachi Swarasa</i> for <i>Anjana</i> (to be used as collyrium) – for treatment of <i>Kamala</i>	<i>Gadnigrah</i>
3.	<i>Ankolabeejadi Lepa</i>	<i>Kushtha</i>	Triturated with <i>Kakamachi Swarasa</i> for external application	<i>Vaidyamaniratnamala.</i>
4.	<i>Aaragvadhadi Lepa</i>	<i>Visarpa</i> (erysepalas)	For external application	<i>Vrinda madhav</i>

TABLE - Uses of *Kakamachi* as *Bhavana* for *Parada Shodhana* and to *Kajjali* and other uses.

As <i>Bhavana</i> for <i>Parada Shodhana</i>				
Sr. No.	Name	Indication	Reference	
1.	<i>Mahakalpa Rasa</i>	<i>Vatarakta</i>	<i>Rasakamadhenu</i>	
2.	<i>Rasendra Gutika</i>	<i>Rajayakshma</i> (tuberculosis)	<i>Bhaishajya Ratnavali</i>	
3.	<i>Suryasiddha Rasa</i>	<i>Rajayakshma</i> (tuberculosis)	<i>Rasa Chintamani</i>	
4.	<i>Rasaparpati</i>	<i>Rajayakshma</i> (tuberculosis)	<i>Rasaprakashasudhakara</i>	
As <i>Bhavana</i> to <i>Kajjali</i>				
1.	<i>Rudra Parpati</i>	<i>Kasa</i>	<i>Rasaratnakara</i>	
2.	<i>Varisagara Rasa</i>	<i>Jwara</i>	<i>Rasarajasundara</i>	
For <i>Gandhaka</i> (sulphur) <i>Shodhana</i> for preparation of <i>Parpati</i>				
1.	<i>GandhashmaParpati Rasa</i>	<i>Grahani</i>	<i>Rasakamadhenu</i>	
Swedana (boiling) (in form <i>Swarasa</i>)				

1.	<i>Putraprada Rasa</i>	<i>Vandhyatva</i> (infertility)	<i>Rasasamketkalika</i>
As Kwatha Dravya (decoction material)			
1.	<i>Mahaneela Ghrita</i>	<i>Kushtha</i>	<i>Gadnigrah</i>
2.	<i>Mahavishagarbha Taila</i>	<i>Vatavyadhi</i>	<i>Brihat Nighantu Ratnakara</i>
3.	<i>Amruta Ghrita</i>	<i>Garavisha, Visha</i> (poison)	<i>Gadnigrah, Vangsen</i>
Swarasa as Anupana (adjuvent)			
1.	<i>Someshwara Rasa</i>	<i>Kushtha</i>	<i>Rasarajasundara</i>

RESULT AND DISCUSSION :

Numerous Ayurvedic texts mention Kakamachi in relation to a variety of ailments, including *Kushtha* (skin diseases), *Vrishya* (aphrodisiac), *Rasayana* (rejuvenator), *Arsha* (haemorrhoids), *Vataja Kasa* (cough due to *Vata*), *Shopha* (edema), *Kaphaja Visarpa* (Erysipelas due to *Kapha*), *Chakshushya* (good for eyes), *Aayushya* (increases life), *Palitya rog*, *Shiroroga* (diseases of head), *Urustambha*, *Vrana* (Wound healing), *Karnaroga* (diseases of ear). It is a well known herb with promising medicinal properties. It contains Vitamin B and C are essential nutrients that play vital roles in maintaining overall health. Additionally, β -carotene is a powerful antioxidant that helps protect cells from damage. The plant contains various steroidal alkaloid glycosides, including solasoline, as well as both alpha and beta-solanigrine.

CONCLUSION :

“Invention originates because of necessity.” In my opinion, review papers based on Ayurvedic medications always serve as a beacon for upcoming researchers, whether they are working on clinical or experimental studies. Kakamachi's therapeutic qualities are compiled in this review from Vedic kala and variety of Ayurvedic texts, and other published research. Despite being an ancient remedy, research into novel advantages is ongoing. This is an attempt to gather all of the traditional sources pertaining to Kakamachi's phyto- pharmacological effect. This study serves as a lighthouse for future researchers, whether they are working on clinical or experimental studies.

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