



An Original Study on Indian Coral Tree/ *Paribhadra* (*Erythrina Variegata* Linn.) according to *Vedic Kala* and *Ayurvedic Samhita*

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ABSTRACT:

Background: In *ayurveda* many herbs or medicinal plants are available which help to relieve or reduce the inflammatory conditions, Among those *Paribhadra* is one of the popular medicinal plant found in abundantly and reported to be useful in inflammation i.e. *Shotha* in *Ayurveda*. *Paribhadra* (*Erythrina variegata* Linn.), Belongs to leguminosae family.

Aim: The aim of the present study was to review the literature of *Paribhadra* (*Erythrina variegata* Linn.) from the ancient *Samhita*'s and *nighantu*'s and from the modern textbooks and further investigate the therapeutic uses and phyto-pharmacological actions of *Erythrina variegata* Linn. To evaluate the Anti-inflammatory property of the purposed trial drug *Paribhadra* (*Erythrina variegata* L) using an appropriate model.

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

Results: *Erythrina variegata* Linn. has been found to be beneficial in treating *medoroga* (obesity), *krimiroga* (worm infestation), *shotha* (inflammation), *prameha* (diabetes), *aruchi* (anorexia), and *karnaroga* (ear diseases). Its notable medicinal properties include nervine sedative, febrifuge, anti-asthmatic, and antiepileptic properties, as well as conditions like convulsion, fever, inflammation, bacterial infection, insomnia, helminthiasis, cough, infections, and wounds.

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

KEYWORDS- *Paribhadra*, *Erythrina variegata* Linn, *Nighantu*. Earache, Obesity, Coral tree.

INTRODUCTION:

Ayurveda is another name for the traditional Indian medical system, which is founded on ancient texts and emphasizes a natural and comprehensive approach to mental and physical well-being. *Ayurveda* has a long history; it may have started as long as 3,000 years ago in India. It is still a preferred method of treatment in many eastern countries, particularly India, and as we know ayurvedic medicines have least side effects as compared to modern medicines. In *ayurveda* many herbs or medicinal plants are available which help to relieve or reduce the inflammatory conditions, Among those *Paribhadra* is one of the popular medicinal plant found in abundantly and reported to be useful in inflammation i.e. *Shotha* in *Ayurveda*. *Paribhadra* (*Erythrina variegata* Linn.), Belongs to leguminosae family.

According to *bhavprakash nighantu* *Paribhadra* is used to pacify the *vata* and *kapha dosha*, relieve *shotha* (Inflammation), and helminthic infections are treated by the herb. Its leaves are helpful in *pitta roga* and are used to improve ear ailments. According to *kaidev nighantu* *Paribhadra* is very useful to treat *vata* and *kapha dosha* related disorders in our body, relieve *shotha* (Inflammation), obesity and *krimi* (Helminthic infections), its flowers are used to pacify *pitta dosha* related diseases and also useful in ear related ailments.

Paribhadra is one of the medicinal plants that God has given to humans. Around 110 species of *paribhadra* trees and shrubs can be found globally. The "Coral tree" is a tree of moderate size. It is found in several parts of India, primarily in north Canara and Konkana. It is well recognized for its many therapeutic benefits. The *Paribhadra* is native to the Old World's tropical regions, which include India, Malaysia, Zanzibar, and eastern Polynesia (the Marquesas). Tropical and subtropical areas of the Indian subcontinent, north Australia, the Indian Ocean islands, eastern Africa, and the western Pacific Ocean, close to Fiji, are its native habitats. Tiger's claw, also known as *Paribhadra*, is a thorny deciduous tree that grows mostly on sandy soil in littoral and coastal forests up to 800 feet (250 meters) in elevation.

MATERIAL & METHOD:**PARIBHADRA -****NIRUKTI OF PARIBHADRA:**

“पारियारं गतं भद्रमस्य, परितोभद्रमस्य भा इति पारिभद्रः”¹

सर्वदा कल्याणकारक – that tree is beneficial in many ways.

HISTORICAL BACKGROUND:

Studying the past is what history is, it acts as a guide for the development in all areas of life. Making decisions about what to do in upcoming situations that we have already experienced in the past is made easier when we consider the past. It is more advantageous for future generations to have prior experience with drugs, as it adds to their quality, distinctiveness, uniqueness etc. The *Rigveda*, the oldest text that addresses a wide range of drugs, can serve as the foundation for our future plans.

VEDIC KALA: (5000 B.C.-2000B.C.)

- ❖ The *Paribhadra* plant is an important herb which has been in use since *Vedic* period. In *Rig Veda* one of the important synonym of *Paribhadra* is *Parijatha*, mythological origin of *Parijatha* is believed to be obtained from the *samudra manthana*.²

And then which is kept in *devaloka*. As per Satyabhama's wish lord Krishna brought this plant down to the earth and this hints a fact that this is an exotic plant.

- ❖ In *Atharva Veda*- In the treatment of *kustha* (Leprosy) *Paribhadra* rasa is described as most effective.³

PURANA KALA:

1. In *Garuda Purana*- *Paribhadra* is described as the boundary mountain in the different countries of the earth.⁴
2. In *Agni Purana*- Some of the synonyms of *Paribhadra* are mentioned here- *Nimbataru, Mandara and Parijataka*.⁵

SAMHITA KALA- (2000 B.C. – 1000 A.D.)**PARIBHADRA IN BRIHAT TRAYI:****Charak samhita:**

There is no description of *Paribhadra* in *Charak Samhita*.

Sushruta samhita:

Table no 1 Showing *Paribhadra* in *Sushruta Samhita* ⁶⁻¹²

SR. NO.	NAME OF DRUG	INDICATION	FORMULATION	REFERENCES
1	<i>Paribhadra</i>	In <i>kshar</i> formation	-	<i>Su/sutra</i> - 11/11
2	<i>Paribhadra</i>	Dreams visualized by patient, if he climbs on the tree then he will die.	-	<i>Su/sutra</i> - 29/64
3	<i>Paribhadra</i>	<i>Vata roga, gulma, pleeha, ajeerna, arsha, arochka</i>	<i>Kalyanaka lavana</i>	<i>Su/chi</i> - 4/32
4	<i>Paribhadra</i>	Water purification by its ash	-	<i>Su/kalp</i> - 3/9
5	<i>Paribhadra</i>	<i>Sharkara, ashmari, arsha, vata gulma, kasha, udar shoola, ajeerna, grahini dosha</i>	<i>Ksharagadha</i>	<i>Su/kalp</i> - 6/3
6	<i>Paribhadra</i>	In <i>krimi roga</i>	<i>Swarsha</i>	<i>Su/utr</i> - 54/26
7	<i>Paribhadra</i>	In <i>mootraghata</i>	<i>Churna</i>	<i>Su/utr</i> - 58/48

Astanga samgraha:

- *Astanga samgraha* has mentioned *paribhadra* in *ksharapaka vidhi adhyaya*.¹³

Here *paribhadra* is used with other herbs in the process of *kshara paka* (*kshara* formation) in *sutra sthanam 39th adhyaya*.

- *Astanga samgraha* has also mentioned *paribhadra* in *Dutadi vijaniya adhyaya*.¹⁴

Here *Astanga samgraha* described *paribhadra* during the knowledge given by of *duta* (messenger who gives fatal signs) in 12th chapter of *sarira sthana*.

Astanga Hridaya:

Table no: 2 Showing *Paribhadra* in *Astanga Haridaya* ¹⁴⁻¹⁷

SR. NO.	NAME OF DRUG	INDICATIONS	FORMULATION	REFERENCE
1	<i>Paribhadra</i>	In <i>kshara</i> formation	-	A.H.Su. 30/8
2	<i>Paribhadra</i>	In <i>mootraghata</i>	<i>Ksharodaka, madira</i>	A.H.Chi. 11/14
3	<i>Paribhadra</i>	In <i>switra, krimi roga,</i>	-	A.H.Chi. 20/26
4	<i>Paribhadra</i>	In <i>bal vamana, krimiroga</i>	-	A.H.Utr. 2/59
5	<i>Paribhadra</i>	In <i>bal graha</i>	<i>Rakshoghana</i> tail	A.H.Utr. 3/45

Paribhadra in other Samhita's:

Harita Samhita (6th – 7th Century A.D.)

The *Harita Samhita* is an ancient Indian text on medicine attributed to the sage *Harita*. *Harita's* work is believed to cover various topics, including diagnosis, treatment, methods, medicinal plants, and principles of healthy living. It provides insight into the medical knowledge and practices of ancient India.

- In this *Samhita* *acharya Harita* describes the use of *Paribhadra* in the treatment of *Amalpita* (Acid reflux) - it is cured by giving decoction of *Paribhadra patra* and *Amlaka*. (*H.S./Amalpita Chikitsa- 24*)

Vrindamadhava (Sidhyoga): (9th Century A.D.)

(*वृन्द माधव / मूत्राघाताधिकार: /33/2*)

In this book *Acharya Vrindamadhava* describes *Paribhadra* in the treatment of *Mutraghata*. As in case of *Mutraghata* (B.P.H) the *Paribhadra kshar* (Alkali) along with *Dalchini* (Cinnamon), *Ela* (Cadamom) and black pepper powder should be given with wine.

Chakradutta: (11th Century A.D.)

Also known as "*Chikitsa Sangraha*" and the Author of this book is "*Ckrapani Datta*". He describes *Paribhadra* in the treatment of *Krimi* (Worm infestation), as *Kriminasaka Paribhadradi Yoga*, here in this disease he gives *swarasa* (juice) of *Paribhadra* mixed with honey to the patient. (*चक्रदत्तः/ क्रिमिचिकित्सा /2*)

RESULT & DISCUSSION:

Numerous Ayurvedic texts mention *Paribhadra* in relation to a variety of ailments, including *prameha* (diabetes mellitus), *krimighna* (antimicrobial), *medorogahara* (anti-obesity), *kamarogahara* (ear illness), *aruchi* (anorexia), and *shothahara* (anti-inflammation). It is a well-known herb with promising medicinal properties. It contains isoflavanoids, which have antibacterial properties and are helpful in preventing tooth cavities. *Paribhadra* also has antioxidant properties that scavenge free radicals. The bark and leaves of *Erythrina variegata* are said to have anti-inflammatory properties and can be used to treat rheumatism and fever.

The two most often used portions of *paribhadra* are the leaves and the bark. *Erythrina variegata* Linn. leaves have hypoglycemic properties. Its seed extract has antihyperlipidemic properties. Its seeds cause increased cholesterol excretion, reduced cholesterol synthesis, and catabolism. Flavonoids found in *paribhadra* are widely known for their antioxidant properties, which alter the body's responses to viruses, carcinogens, and allergies. Additionally, they have anti-inflammatory, anti-allergic, antibacterial, and anticancer qualities. Coral trees contain alkaloids that have antibacterial properties.

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. *Paribhadra's* therapeutic qualities are compiled in this review from a variety of *Ayurvedic* texts, and other published research. Despite being an ancient remedy, research into its novel advantages is ongoing. This is an attempt to gather all of the traditional sources pertaining to *Paribhadra's* medicinal uses. This study serves as a lighthouse for future researchers, whether they are working on clinical or experimental studies.

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