



**LITERATURE REVIEW OF JIVAK- A MARVELLOUS HERB**

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**ABSTRACT**

*Astavarga* plants have been used as rejuvenating agent from primordial time. First time “*Sharangadhara*” has quoted *Astavarga* term in formulation of *Astavarga churna*. *Ashwani kumar* has formulated a well known preparation named as *Chayvanprash* in which some plants of *Astavarga* are used. *Jivak* is described with its various formulations and indications in *Samhita* and *Chikitsa grantha*, having admiring properties like *Jivaniya* and *Vayasthapana* and play a major role in strengthening immune system to fight against diseases. It belongs to “*Orchidaceae*” family. According to IUCN the conservation status of *Jivak* is in “*Rare*” category. *Jivak* is one of the content of *Pratham Brahma rasayana*, *Chyavanprash*, *Haritakyadi yog*, *Bala tail* etc formulations given in *Charak chikitsa sthana*. *Satavaryadi tail*, *Jivakadi sarpi*, *Aajya ghrita*, *Gandha tail* etc. are the formulations given by *Acharya Sushruta* in which *Jivak* is one of the ingredient. In *Astanga Hridaya*, preparations like *Sarkaradi avleha*, *Prasarni tail*, *Ashvagandhadi ghrita* etc. contain *Jivak* as one of the content. Similarly in *Harita Samhita*, *Bhel samhita*, *Ashtanga Samgraha*, *Kashyap Samhita*, *Bhavprakash Samhita*, *Chakradutta*, *Yogaratanakar*, *Bhaishajya Ratnavali* various therapeutically important preparations of *Jivak* are given. In various *Nighantus* like *Saushrut Nighantu*, *Ashtanga Nighantu*, *Dhanvantari Nighantu*, *Bhavprakash Nighantu*, *Raj Nighantu* etc. description of *Jivak* in their respective varga/ Gana like *Kakolyadi*, *Vidaryadi*, *Guduchyadi*, *Haritakyadi*, *Parpatadi* etc. have been given. In this article we are going to discuss complete literature review of *Jivak*.

**KEYWORDS;** *Jivak*, *Orchidaceae*, *Chayavanprash*, *Pratham Brahma rasayana*, *Gandha tail*, *Bala tail*.

**INTRODUCTION**

*Astavarga* is a group of eight medicinal plants (*Jivak*, *Rishbhak*, *Meda*, *Mahameda*, *Kakoli*, *kshirkakoli*, *Ridhi*, *Vridhi*) which have been used as rejuvenating agent. These 8 plants are immunomodulator, having admiring properties like *Jivaniya* and *Vayasthapana* comparable to nutritive, anti-aging & anti-oxidant properties of modern pharmacology. In *Samhita* and *Chikitsa grantha* the importance of *Astavarga* plants has already mentioned so one should not get confuse regarding their medicinal effect. In *Charak Samhita*, *Harita Samhita*, *Bhel Samhita*, *Sushruta Samhita*, *Ashtanga Samgraha*, *Ashtanga Hridaya*, *Kashyap Samhita*, *Bhavprakash Samhita*, *Chakradutta*, *Yogaratanakar*, *Bhaishajya Ratnavali*, the respective formulations of *Jivak* are 55, 5, 7, 10, 37, 26, 6, 10, 36, 5, 27. Total 224 formulations of *Jivak* are mentioned in texts. In all *Nighantus* 27 synonyms of *Jivak* are given. Here we are going to discuss all literature review of *Jivak* which will help to know its importance for medicinal purpose.

**JIVAK IN SAMHITA GRANTHA**

1. **Charak Samhita (1000 B.C-4th Cent A.D.)**<sup>[1]</sup> - It is the oldest treaties among all the Ayurvedic Samhita

granthas. It is composed by **Maharshi Agnivesha (1000 B.C)**, Revised by **Acharya Charak (200 B.C)** and reconstructed by **Acharya Dridhabala (4<sup>th</sup> cent. A.D)**. Among the *Brhatrayi*, *Caraka* mentioned it under *Jewanya Mahakashaya (Ch.Su.4/1)*, *Sukrajnana Mahakashaya (Ch.Su. 4/19)* and *Snehopaga Mahakashaya. (Ch.Su. 4/21)*. The different formulations of *Jivak* described in *Charak samhita* are given below in the table.

[Table No. 1.1]

S.N	Formulation	Indication	Uses (Int./Ext.)	References
1.	Pratham Brahma rasayana	Rasayana	Int.	Ch. Chi. 1-1/41
2.	Chyavanprash	Rasayana	Int.	Ch. Chi. 11/63
3.	Haritakyadi yog.	Rasayana	Int.	Ch. Chi. 1-1/76
4.	Aamlakayasa Brahma rasayana	Rasayana	Int.	Ch. Chi. 1-3/3
5.	Indrokta rasayana	Rasayana	Int.	Ch. Chi. 1-4/6
6.	2 <sup>nd</sup> Indrokta rasayana	Rasayana	Int.	Ch. Chi. 1-4/13
7.	Brahani gutika	Vajikarana	Int.	Ch. Chi. 21/25
8.	Vajikarana ghrita	Vajikarana	Int.	Ch. Chi. 21/34
9.	Apatyakri sastikadi gutika	Vajikarana	Int.	Ch. Chi. 2-2/5
10.	Vrisya ghrita	Vajikarana	Int.	Ch. Chi. 22/21
11.	Five Vrisya kshira	Vajikarana	Int.	Ch. Chi. 2-3/6
12.	Chandanadya taila	Jwara	Ext.	Ch. Chi. 3/258
13.	Chagyadi yog.	Raktapitta	Int.	Ch. Chi. 4/84
14.	Panch- Panchamula ghrita	Rajyakshama	Int.	Ch. Chi. 8/98
15.	Gaur sarsapadi jal	Rajyakshama	Ext.	Ch. Chi. 8/178
16.	Sharkaradi yog	Uraha kshat	Int.	Ch. Chi. 11/29
17.	Amritprash ghrita	Kshta kshirna	Int.	Ch. Chi. 11/35
18.	Swadamstradi ghrita	Kshta kshirna	Int.	Ch. Chi. 11/45
19.	Mulasava	Grahani dosha	Int.	Ch. Chi. 15/156
20.	Esthiradi kshirpaak	Kasa	Int.	Ch. Chi. 18/101
21.	Jivakadi madhura gana	Kasa	Int.	Ch. Chi. 18/103
22.	Rishbhakadi agad	Visa chikitsa	Int.	Ch. Chi. 23/95
23.	Manjisthadi yog	Mandli sarp chikitsa	Int.	Ch. Chi. 23/196
24.	Triushnadi ghrita	Vataj Hridya rog	Int.	Ch. Chi. 26/88
25.	Drakshayadh ghrita	Pittaj Hridya rog	Int.	Ch. Chi. 26/93
26.	Baladi tail	Jatru urdhva rog	Ext.	Ch. Chi. 26/161
27.	Mahamayur ghrita	Vataj sirorog	Int.	Ch. Chi. 26/167
28.	Priyaladi rog	Palit nashak	Ext.	Ch. Chi. 26/278
29.	Vidhari gandhadi tail	Khalitya, palitya	Ext.	Ch. Chi. 26/263
30.	Dasmuladi majja sneha	Vataj nanatmaj rog	Int./Ext.	Ch. Chi. 28/125
31.	Bala tail	Vat vyadhi	Ext.	Ch. Chi. 28/151
32.	Amritadya tail	Vat vyadhi	Ext.	Ch. Chi. 28/159
33.	Shravanyadya ghrita	Vatarakta	Int.	Ch. Chi. 29/55
34.	Jivaniya ghrita	Vat-rakta	Int.	Ch. Chi. 29/64
35.	Jivakadi maha sneha	Vat-rakta	Int.	Ch. Chi. 29/72
36.	Esitharyadi ghrita	Vat-rakta	Int.	Ch. Chi. 29/77
37.	Madhuranyadi tail	Vat-rakta	Ext.	Ch. Chi. 29/93
38.	Sukumar tail	Vat-rakta	Ext.	Ch. Chi. 29/100
39.	Amritadya tail	Vat-rakta	Ext.	Ch. Chi. 29/103
40.	Maha padam tail	Vat-rakta	Ext.	Ch. Chi. 29/111
41.	Snehadi yog	Vat-rakta	Ext.	Ch. Chi. 29/125
42.	Audakadi upnaha	Vat-rakta	Ext.	Ch. Chi. 29/137
43.	Madhuchist pralep	Vat-rakta	Ext.	Ch. Chi. 29/142
44.	Bala tail	Vataj yoni rog	Int.	Ch. Chi. 30/50
45.	Jivakadya yog	Stanya shodhanarth	Ext.	Ch. Chi. 30/270
46.	Jeemutakadi yog	Vaman	Int.	Ch. Ka. 2/12
47.	Dhamargava avleha	Vaman	Int.	Ch. Ka. 4/13
48.	Arka kshiradi kwath	Vaman	Int.	Ch. Ka. 5/9
49.	Yashtaahdi niruha vasti	Pittaj rog	Int.	Ch. Si. 3/47
50.	Chandanadi niruha vasti	Pittaj rog	Int.	Ch. Si. 3/49
51.	Chatu sneha anuvasan vasti	Vrisya	Int.	Ch. Si. 12/18(1)
52.	Baladi yamak anuvasan vasti	Vrisya	Int.	Ch. Si. 12/18(2)
53.	Rasanadi ghrita	Vat-rakta	Ext.	Ch. Su. 3/22
54.	Madhura skndha dravya vasti	Vattaj, Pittaj rog	Int.	Ch. Vi. 8/139
55.	Bhautik jivaniyadi ghrita	Nagodar, Upwistak	Int.	Ch. Sa. 8/27

2. **Harita Samhita (600-1000 B.C.)**<sup>[2]</sup> - *Harita Samhita* was composed by *Acharya Harita*. He mentioned *Kshara* of *Jivak* plant indicate in *Arsha* for *Dgadhdh* (*Ha*

3s/11/101). The different formulations and indications are tabulated below in tabular form

[Table No. 1.2]

S.N	Formulation	Indication	Use (Int./Ext.)	Reference
1.	<i>Jivantayadi ghrita</i>	<i>Pittaj shool</i>	<i>Int.</i>	<i>Ha 3S/7/42</i>
2.	<i>Baladi churna</i>	<i>Kshayarog, Grabhavati</i>	<i>Int.</i>	<i>Ha 3S/9/39</i>
3.	<i>Chyavanprash avleha</i>	<i>Kshayarog, Rasayana</i>	<i>Int.</i>	<i>Ha 3S/9/49</i>
4.	<i>Mridvikadi ghrita</i>	<i>Raktaj rog, Kshay</i>	<i>Int.</i>	<i>Ha 3S/10/52</i>
5.	<i>Baladikh oshad</i>	<i>Sarv vataj rog, Kushta rog, Bandhya</i>	<i>Int./Ext.</i>	<i>Ha 3S/20/79</i>

### 3. **Bhel Samhita (600-1000 B.C.)**<sup>[3]</sup>

*Bhel Samhita* is composed by *Acharya Bhel*. The different formulations and indications are given below in tabular form.

[Table No. 1.3]

S.N	Formulation	Indication	Use (Int./Ext.)	Reference
1.	<i>Mahapadhm tail</i>	<i>Visham jwara</i>	<i>Ext.</i>	<i>Bhe. Chi. 2/29</i>
2.	<i>Jivakadi ghrita</i>	<i>Hridya rog</i>	<i>Int.</i>	<i>Bhe. Chi. 19/16</i>
3.	<i>Mahasneha</i>	<i>Hridya rog</i>	<i>Int.</i>	<i>Bhe. Chi. 19/19</i>
4.	<i>Jivakadi nasya yog</i>	<i>Sirovirechn</i>	<i>Int.</i>	<i>Bhe. Si. 2/18</i>
5.	<i>Satvayadi rasayana basti</i>	<i>Rasayana</i>	<i>Int.</i>	<i>Bhe. Si. 8/32</i>
6.	<i>Rasaynikh basti</i>	<i>Rasayana</i>	<i>Int.</i>	<i>Bhe. Si. 8/42</i>
7.	<i>Panas-bijadi basti</i>	<i>Rasayana</i>	<i>Int.</i>	<i>Bhe. Si. 8/88</i>

### 4. **Sushruta Samhita (1000 B.C.-5<sup>th</sup> Cent. A.D.)**<sup>[4]</sup>

This *Samhita* is written by *Vridhdha Sushruta (1000 B.C.)*. He was contemporary to *Agnivesha*. The treaty was revised by *Sushruta in 2<sup>nd</sup> century A.D.* and

*Nagarjuna in 5<sup>th</sup> century A.D.* In *Susruta Samhita Jivak* is mentioned under *Vidhari gandhadi gana* (S.Su. 38/4) and *kakolyadi gana* (S. Su. 38/36) to promote longevity. He kept *Jivak* in *Saka varga*. (S. Su.46/274)

The formulation of *Jivak* are tabulated below— [Table No. 1.4]

S.N	Formulation	Indication	Uses (Int./Ext.)	References
1.	<i>Satavaryadi tail</i>	<i>Karn -pali vridhhi</i>	<i>Ext.</i>	<i>S. Su.16/24</i>
2.	<i>Madhukadi tail</i>	<i>Sushka-pali</i>	<i>Ext.</i>	<i>S. Su. 16/41</i>
3.	<i>Jivakadi sarpi</i>	<i>Daha</i>	<i>Ext.</i>	<i>S. Su. 16/48</i>
4.	<i>Aajya ghrita</i>	<i>Netra abhighat</i>	<i>Ext.</i>	<i>S. Chi. 2/44</i>
5.	<i>Gandha tail</i>	<i>Vattaj rog</i>	<i>Int./Ext.</i>	<i>S. Chi. 3/60</i>
6.	<i>Yav godhumadi panch payas</i>	<i>Vaat pradhan Vaat-rakta</i>	<i>Ext.</i>	<i>S. Chi. 5/7</i>
7.	<i>Vachadi tail</i>	<i>Gulma, Grahni, Mutra-avrodh</i>	<i>Int.</i>	<i>S. Chi. 37/11</i>
8.	<i>Chitrakadi tail</i>	<i>Vaat-vyadhi</i>	<i>Int.</i>	<i>S. Chi. 37/16</i>
9.	<i>Jivantayadi tail</i>	<i>Urdh jatrugat rog, Gulma, Aanaha</i>	<i>Int.</i>	<i>S. Chi.37/23</i>
10.	<i>Lodhra-Chandanadi aasthanan vasti</i>	<i>Pittaj rog (Hridya rog, Rakta-pradara)</i>	<i>Int.</i>	<i>S. Chi. 38/55</i>

### 5. **Ashtanga Samgraha (6<sup>th</sup> Cent. A.D.)**<sup>[5]</sup>

*Ashtanga Samgraha* is written by *Maharshi Vridhdha Vagbhata*. The formulations and indications of *Jivak* are given below in the tabular form.

[Table No. 1.5]

S.N	Formulation	Indication	Use (Int./Ext.)	Reference
1.	Dhatryadi yog	Jvara	Int.	A.S.Chi. 2/79
2.	Jivakadi yog	Vat pradhan Rakta-Pitta	Int.	A.S.Chi. 3/59
3.	Medadi ghruta	Pitta janya rog	Int.	A.S.Chi. 4/52
4.	Amritaprasha ghruta	Kshata-kshirna, nashta sukra	Int.	A.S.Chi. 5/29
5.	Dhatriphaladi yog	Yakhshma, Apashmar,	Int.	A.S.Chi. 5/42
6.	Sarpi-gud	Kshata-kshirna, Sosh, kash	Int.	A.S.Chi. 5/50
7.	Manshasarpi	Rajyakshma	Int.	A.S.Chi. 7/37
8.	Parashar ghruta	Rajyakshma	Int.	A.S.Chi. 7/41
9.	Gaur-sarsapadi Esnan yog	Rajyakshma	Ext.	A.S.Chi. 7/108
10.	Triyushnadi ghruta	Hridya rog	Int.	A.S.Chi. 8/27
11.	Shryaeshiadi yog	Hridya rog	Int.	A.S.Chi. 8/30
12.	Mulasav	Grahni dosh	Int.	A.S.Chi. 13/15
13.	Yograj rasayana	Kushta	Int.	A.S.Chi. 21/14
14.	Dashmuladi yog	Vat- vyadhi	Int./Ext.	A.S.Chi. 23/36
15.	Lahsunadi Tail	Vat rog, Gulma	Ext.	A.S.Chi. 23/41
16.	Prasarniadi tail	Vat rog, Kushta, Prameha	Int.	A.S.Chi. 23/42
17.	Bala tail	Vat- vyadhi	Ext.	A.S.Chi. 23/45
18.	Amritadhya tail	Vat-vyadhi, Apashmar	Ext.	A.S.Chi. 23/46
19.	Phaltrikshayadi tail	Sarv rog, Ekang rog	Ext.	A.S.Chi. 23/51
20.	Aanupadi sneha	Vat-vyadhi	Int.	A.S.Chi. 23/52
21.	Panch-payas	Vat-rakta	Ext.	A.S.Chi. 24/7
22.	Madhuyashti tail	Vat-rakta	Ext.	A.S.Chi. 24/22
23.	Sahcharadi sneha vasti	Vrishya, Rasayana	Int.	A.S.Si. 5/24
24.	Jivakadi Kwath	Pitta dusit stanya	Int.	A.S.Ut. 2/13
25.	Mishrak sneha	Apasmar	Int.	A.S.Ut. 10/19
26.	Drakshadya ghruta	Timir nashak	Int.	A.S.Ut. 16/4
27.	Jivakadi vasha	Karn rog	Ext.	A.S.Ut. 22/7
28.	Mahamayur ghruta	Siro rog, Ardita	Int.	A.S.Ut. 28/62
29.	Chayvanprash	Rasayana	Int.	A.S.Ut. 49/29
30.	Shiva gutika	Rasayana	Int.	A.S.Ut. 49/193
31.	Shar-ekshuadi yog	Vajikarana	Int.	A.S.Ut. 50/16
32.	Mashadi yog	Vajikarana	Int.	A.S.Ut. 50/17
33.	Medadi yog	Vajikarana	Int.	A.S.Ut. 50/18
34.	Savguptadi yog	Vajikarana	Int.	A.S.Ut. 50/22
35.	Dhanyamashadi yog	Vajikarana	Int.	A.S.Ut. 50/28
36.	Satavariadi ghruta	Vajikarana	Int.	A.S.Ut. 50/36
37.	Jivakadi ghruta	Vajikarana	Int.	A.S.Ut. 50/31 & 58

6. *Astanga Hridaya* (7<sup>th</sup> Cent. A.D.)<sup>[6]</sup> -It was composed by *Acharya Vagbhata*. He mentioned *Jivak* in *Madhura gana* (A.H.Su.10/23) and *Jivaniya gana* (A.H. Su. 15/8).

He used *Jivak* in *Punsavana karma* (A.H.Sa.1/39). The formulations and indications of *Jivak* are given below in the tabular form.

[Table No. 1.6]

S.N	Formulation	Indication	Uses (Int/Ext.)	References
1.	Panchmuladi avleha	Rakt-Pitta	Int.	A.H. Chi. 2/37
2.	Sarkaradi avleha	Pittaj kasa	Int.	A.H. Chi. 3/39
3.	Yav- godhum avleha	Kshirn kshat	Int.	A.H. Chi. 3/87
4.	Sandhrastyadi ghruta	Kasa	Int.	A.H Chi. 3/103
5.	Maha sneha ghruta	Vatik Hridya rog	Int.	A.H Chi. 6/39
6.	Shreyasiadi ghruta	Pittaj Hridya rog	Int.	A.H Chi. 6/46
7.	Prasarni tail	Vaat vyadhi	Ext.	A.H Chi. 21/66
8.	Bala tail	Sarv vat nashak	Ext.	A.H Chi. 21/76
9.	Shravanyadi yog	Vat-Rakta	Int.	A.H Chi. 22/6
10.	Madhuyashtadi tail	Vat-Rakta, Jwar	Ext.	A.H Chi. 22/43

11.	Dhamargavadi avleha	Vaman	Int.	A.H Ka. 1/36
12.	Kutajadi yog	Vaman	Int.	A.H Ka. 1/46
13.	Rasnadi vasti	Pittaj rog	Int.	A.H Ka. 4/13
14.	Ashvagandhadi ghrita	Shisu sosh nashak	Int.	A.H. U. 2/51
15.	Drakshadi ghrita	Timir	Int.	A.H. U. 13/4
16.	Drakshadi ghrita	Pittaj Karn shul	Ext.	A.H. U. 18/8
17.	Stawariyadi tail	Strengthening Karnpali	Ext.	A.H. U. 18/40
18.	Maha mayur ghrita	Siro rog	Int.	A.H. U. 24/50
19.	Yastiadi sarpi	Netra abhighat	Ext.	A.H. U. 26/18
20.	Chyavanprash	Rasayana	Int.	A.H. U. 39/33
21.	Bala sneha	Garbha dharan	Int.	A.H. U. 34/43
22.	Himvan agad	Mandli sarpdansh	Ext.	A.H. U. 36/63
23.	Kashmaryadi yog	Mandli sarpdansh	Int.	A.H. U. 36/65
24.	Sar Ikshuadi yog	Vrisya	Int.	A.H. U. 40/12
25.	Gauradi yog	Punsvan karma	Int.	A.H. Sa. 1/39
26.	Bala tail	Sarv vat vicar	Ext.	A.H Sa. 2/49

### 7. Kashyap Samhita (600 B.C. – 7<sup>th</sup> Cent. A.D.)<sup>[7]</sup>

*Kashyap Samhita* was composed by *Maharshi Kashyap* and recomposed by *Acharya Vatsya*. This *samhita* is not found in complete form now a days. This treaty mainly deals with Paediatric disorders.

In *kashyap samhita*, *Siddhi-Sthanam*, *Kriya-Siddhinam* chapter- it had mentioned that any complication due to enema nozzle defect, abnormalities of vasti-putaka

(enema pouch) and defect due to faulty judgment of operator should be given unctuous enema with ghrita medicated with *Jivak* and *Rishabhak* cleansing enema or purgation be also used, with this patient fell better and healthy (*Ka.Si.5/16.1*). He also describe *Jivaka* and some other drugs should wear in Pusa or utara constellation for puerperal women. (*Ka.Khi.10/178.2*). The different formulations and indications of *Jivak* are given below in the tabular form.

[Table No. 1.7]

S.N	Formulation	Indication	Uses (Int/Ext.)	References
1.	Nadeyadi kwath	For Seetputnagraha dosh	Int.	Ka.Chi. 4/69.2
2.	Bala tail	Dhatri chikitsa (eighty type of vaataj rog, Yoni-sul, Yoni-dosh).	Ext.	Ka.Chi. 18/21.1
3.	Panchabhautika tail	For Indriyas Parsadan, Akshi –rog, Smriti.	Int.	Ka. Kal.4/33.1
4.	Kadliadi Him / Ghrita	Pitta- Pradhan Visharp	Int/Ext.	Ka.Khi.14/53.2
5.	Abhyadi ghrita	Pitta- Pradhan Sotha	Int./Ext.	Ka.Khi.17/60.1
6.	Jivakadi lep	Pitt Pradhan Sotha	Ext.	Ka.Khi.17/61.2

### 8. Bhavprakash Samhita (16<sup>th</sup> Cent. A.D.)<sup>[8]</sup> – In *Bhavprakash*, *Jivak* has mentioned in *Kakoliyadi gana*.

The different formulations and indications of *Jivak* are given below in the tabular form.

[Table No. 1.8]

S.N	Formulation	Indication	Uses (Int/Ext.)	References
1	Shudarshana curma	All types of jvara.	Int.	B.P 1/125-135
2	Padmakadi kvatha	Raktashthivana	Int.	B.P.1/650
3	Rasanadi ghrita	Vatarakta	Ext.	B.P. 29/35
4	Rishabhaka ghrita	Vatarakta	Ext.	B.P. 29/94
5	Mahaguduchi ghrita	Vatarakta, daha, kroshtushirsha, khanja.	Int./ Ext.	B.P. 29/110-116
6	Mahapinda taila	Charmadala, pama, vipadika, kushtha, arsha.	Ext.	B.P. 29/119
7	Mahapadma taila	Vatarakta and jvara	Int.	B.P. 29/126
8	Jivakadi sneha	Vatarakta	Int.	B.P. 29/151
9	Madhukadya tailam	Vatarakta, Raktapitta.	Int.	B.P. 29/ 157
10	Ashtamutradi tailam	Stanyakrita, brimhana.	Int.	B.P. 71/55-59

**JIVAK IN CHIKITSHA GRANTHA**

**1. Chakradutta (11<sup>th</sup> Cent. A.D.)<sup>[9]</sup>** - The different formulations and indications of *Jivak* are given below in the tabular form. [Table No. 1.9]

S.N	Formulation	Indication	Uses (Int./Ext.)	References
1.	Vracha-satavari-ghrit	Rakt-pitta, vaat-rakta, Vajikaran	Int.	C.D. 9/44-45
2.	Kaamdev ghrita	Rakta-pitta	Int.	C.D. 9/53-57
3.	Baladi sarpi-gud	Rajyakshama	Int.	C.D. 10/40-41
4.	Chyavanprash	Rajyakshama, Rasayana	Int.	C.D. 10/48
5.	Parasar ghrita	Ekadash-Rajyakshama	Int.	C.D. 10/66
6.	Chagladya ghrita	Rajyakshama	Int	C.D. 10/67-68
7-	Second Chagladya ghrita	Rajyakshama	Int.	C.D. 10/72-73
8-	Rasnadya ghrita	Sarv kaas	Int.	C.D. 11/12
9.	Salavan sweda	Vaat-vyadhi	Ext.	C.D.22/86
10.	Dasmuladya ghrita	Vaat-vyadhi	Int.	C.D.22/91
11.	Chagladya ghrita	Vaat-vyadhi	Int.	C.D. 22/92-93
12.	Maha bala tail	Vaat-vyadhi	Int./Ext.	C.D. 22/101-102
13.	Second Masha tail	Urdhvagat-vaat rog	Int./Ext.	C.D. 22/157-158
14.	Sapt-prasath brahan-masha tail	Sarv-vaat roga	Int./Ext.	C.D. 22/165-168
15.	Trisati prasarni tail	Vaat(80),Pitta(40), Kapha(20)rog	Int./Ext.	C.D. 22/173-176
16.	Sapt-prasath maha masha tail	Urdhva-jatrugat rog	Int./Ext.	C.D. 22/187-189
17.	Maha masha tail	Pakshaghat	Int/Ext.	C.D. 22/196
18.	Chatu-sneha	Vaat-vyadhi, sarvang vaat, eking vaat	Int.	C.D. 22/205-208
19.	Majja sneha	Vataj-roga	Int./Ext.	C.D.22/202
20.	Saptsatik prasarni tail	Vataj rog, Vajikarana	Int./Ext.	C.D. 22/223
21.	Ekadash sateek prasarni tail	Sarv vaat vyadhi, Sarvang, Ardhang vaat	Int./Ext.	C.D. 22/230-231
22.	Astha-dash sateek prasarni tail	Vaat-vyadhi	Int./Ext.	C.D. 22/236-245
23.	Maharaj prasarni tail	Vaat-vyadhi	Int./Ext.	C.D. 22/269
24.	Shrangristayadya ghrita	V-p hridya roga	Int.	C.D. 31/27-28
25.	Jivanyadya tail	Karn-pali vridhikar	Ext.	C.D. 57/57
26.	Drakshyadya-siddha kshir aschyotan	Netra-roga	Ext.	C.D. 59/21
27.	Madhukadya ghrita	Sarv netra abhighat	Int.	C.D. 59/52
28.	Vaatahgan ghrita	Netra-roga	Int./Ext.	C.D. 59/151
29.	Nripvallabh tail/ghrita	Timir, Kanch	Int./Ext.	C.D. 59/182
30.	Katu trikadi kwath	Siro-sul	Int.	C.D. 60/21
31.	Jivakadya tail	V-P Siro rog	Int.	C.D. 60/26
32.	Vrachh-jivakadya tail	Ardhav bhedak, Siro-rog	Int.	C.D. 60/27
33.	Mayuradya ghrita	Siro-rog	Int.	C.D. 60/56
34.	Maha-mayur ghrita	Siro-rog, Medha, Smriti, Urdhva-jatrugat	Int.	C.D. 60/61-62
35.	Seet kalyaanam ghrita	Rakt pradur, Rakt gulma, Pittaj vikar	Int.	C.D. 61/20-21
36.	Kalyanam ghrita	Sarv bal roga	Int.	C.D. 64/69

**2. Yogaratnakar (17<sup>th</sup> Cent. A.D.)<sup>[10]</sup>** - The *Chikitsa grantha Yoga Ratnakara* was compound by *Vaidya Shri Laxmipati Ayurvedacharya*. The formulations and indications of this Treatise are given below in Tabular form-

[Table No. 1.10]

S.N	Formulation	Indication	Use (Int./Ext.)	Reference Page/Shlok no
1.	Vidaryadi yog	Bhasmak rog	Int.	Y.R.Pu.Ajirna 313/13
2.	Srvadristadhya ghritha	Hrdya rog, Kshaya Mutrrkricha,	Int.	Y.R.Pu. Rajyakshama 399/2
3.	Drakshadi yog	Daah, sul,	Ext.	Y.R.Ut Netra rog. 388/2
4.	Kakoliyadi ghritha	Eskand-apasmar	Int.	Y.R.Ut. Balrog 450/2
5.	Durvadi ghritha	Raktipitta,vatrakta,Vajikarna	Int.	Y.R.Ut.Rasvaikrit 497/7

3. **Bhaishajya Ratnavali (18<sup>th</sup> cent. A.D.)<sup>[11]</sup>** - This important *chikitsa* granth was composed by **Shri**

**Govind Das Ji.** The different formulations and indications of *Jivak* are given below in the tabular form.

[Table No. 1.11]

S.N	Formulation	Indication	Uses (Int./Ext.)	References
1.	Padamkadi kwath	Jvara	Int.	Bh.R 5/278
2.	Jvara nagmayur churna	Jvara	Int.	Bh.R 5/459
3.	Bilva tail	Grahni, Atisar, Bandhya	Int.	Bh.R 8/575
4.	Kumkumadi ghritha	Rajyakshama	Int.	Bh.R 14/275
5.	Maha Chandanadi tail	Rajyakshama	Int.	Bh.R 14/290
6.	Chagladya ghritha	Sarvaj Kasa ,Rajyakshama	Int.	Bh.R 15/188-191
7.	Nakuladya ghritha	Sarv Vaat Vikar	Int.	Bh.R 26/215
8.	Brahat Chagladya ghritha ( Haritki )	Sarv Vaat Vikar	Int.	Bh.R 26/226-230
9.	Shri Gopal tail	Sarv Vaat Vikar	Ext.	Bh.R 26/282
10.	Vishnu tail (Brahat )	Sarv Vaat Vikar	Int./ Ext.	Bh.R 26/318
11.	Narayan tail(Mahat)	Sarv Vaat Vikar	Int./ Ext.	Bh.R 26/325
12.	Maha Kukhkut mansa tail	Sarv Vaat Vikar	Int./ Ext.	Bh.R 26/511-513
13.	Rasnadi laip	Vaat-Rakta	Ext.	Bh.R 27/41 (B.P)
14.	Vidari ghritha	Mutra-Ghat	Int.	Bh.R 35/24-29 (B.P)
15.	Shayamadi ghritha ( Brahat )	Parmeah, Parmeah updrav	Int.	Bh.R 38/16
16.	Gandha tail	Bhagn	Int./ Ext.	Bh.R 49/20-22 (Su.)
17.	Sarivadyavleha	Updansa, Parmeha	Int.	Bh.R 52/66-67
18.	Dasmula tail 2 (Dhanwantri)	Siro roga	Ext.	Bh.R 65/83
19.	Ashoka ghritha	Sarvj Pradar, Yoni-sul	Int.	Bh.R 66/100-102
20.	Shisu-kalpdrum ghritha	Bandhya, Rajo-dosh,Sukra-dosha	Int.	Bh.R 67/91-94
21.	Kashairukadi payah	Grabha-esthapan	Int.	Bh.R 68/36s
22.	Piplyadi ghritha	Dant udhbhav sahayak	Int.	Bh.R 71/140-141
23.	Shiva gutika	Rasayana	Int.	Bh.R 73/148-151
24.	Ashwagandha ghritha	Vajikarana	Int.	Bh.R 74/274-277
25.	Amrit-prash ghrith	Vajikarana	Int.	Bh.R 74/285-288
26.	Chagladi ghritha	Vajikarana, Sarva vaat roga, Apasmara	Int.	Bh.R 74/297-301
27.	Moofrava avleha	Vajikarana	Int.	Bh.R 74/371-372

### NIGHANTUS

After a great pause, *Ayurveda* was again revived to its past glory in the *Nighantu* period. A large number of drugs were studied and included in different *Nighantus*. The era of *Nighantu* is very important for the aspect of 'Systematic understanding of the drugs' because the authors of *Nighantu* tried their level best to give detailed description of the drugs by introducing synonyms and *Guna-Karmas*.

*Nighntus* (lexicons or dictionaries) dealing with an Indian *Materia Medica* have their origin between 8-10<sup>th</sup> cent. A.D. These *Nighantus* are simile to "*Nirukta*" on *Vedas*. As we know *Nirukta* will point out the concealed or secret meanings of *Veda*. Similarly *Nighantu* throws

light on to the secret meaning of the terms denoting different synonyms of the plant kingdom.

**Review of Jivak from various Nighantus**

[Table No. 1.12]

S.N	Nighantu	Jivak (Varga/Gana)
1.	Saushrut Nighantu <sup>[12]</sup>	Kakoliyadi, Vidarigandhadi
2.	Amarkosh <sup>[13]</sup>	Vanoshadhi varga (Dwitiya Kanda)
3.	Ashtanga Nighantu <sup>[14]</sup>	Vidaryadi gana
4.	Dhanvantari Nighantu <sup>[15]</sup>	Guduchyadi
5.	Madanadi <sup>[16]</sup>	Saptam gana
6.	Shabdachandrika <sup>[17]</sup>	Vrikshadi varga
7.	Shodhal Nighantu <sup>[18]</sup>	Guduchyadi
8.	Madhava dravyagund <sup>[19]</sup>	Vividha Oshadhi varga
9.	Abhidhanratnamala <sup>[20]</sup>	Swadu Skandha
10.	Hrudaydeepak Nighantu <sup>[21]</sup>	Ek naam varga
11.	Madanpal Nighantu <sup>[22]</sup>	Abhayadi varga
12.	Kaideva Nighantu <sup>[23]</sup>	Oshadhi varga
13.	Bhavprakash Nighantu <sup>[24]</sup>	Haritakyadi varga
14.	Raj Nighantu <sup>[25]</sup>	Parpatadi varga
15.	Rajvallabha Nighantu <sup>[26]</sup>	Oshadhashrayaparichheda
16.	Shaligram Nighantu <sup>[27]</sup>	Astha varga

**Kaal of Different Nighantus -**

1. Saushrut Nighantu (Sau. N) - 5<sup>th</sup> cent A.D
2. Amarkosh - 6<sup>th</sup> cent A.D
3. Astanga Nighantu (A.N) - 8<sup>th</sup> cent. A.D
4. Madanadi Nighantu (M.N) - 10<sup>th</sup> cent. A.D
5. Dhanvantari Nighantu (D.N) - 10-13<sup>th</sup> cent. A.D
6. Shabdachandrika (S.C) - 11<sup>th</sup> cent. A.D
7. Shodhal Nighantu (Sho. N) - 12<sup>th</sup> cent. A.D
8. Madhava Dravyaguna (M.D) - 12-13<sup>th</sup> cent. A.D
9. Abhidhan Ratnamala (A.R.M) - 12-13<sup>th</sup> cent. A.D
10. Hrudaydeepak Nighantu (H.D.N) - 13<sup>th</sup> cent. A.D
11. Madanpal Nighantu (M.P.N) - 14<sup>th</sup> cent. A.D
12. Kaideva Nighantu (K.N) - 15<sup>th</sup> cent. A.D
13. Bhavprakash Nighantu (B.P.N) - 16<sup>th</sup> cent. A.D
14. Raj Nighantu (R.N) - 17<sup>th</sup> cent. A.D
15. Rajvallabha Nighantu (R.V.N) - 18<sup>th</sup> cent. A.D
16. Shaligram Nighantu (S.G.N) - 19<sup>th</sup> cent A.D

## Synonyms of Jivak in Different Nighantus

[Table No. 1.13]

S.N	Synonym	SauNNN N	A.N	M.A.N	D.N	S.C	N.S	ShoN	A.R.M	H.D.N	M.P.N	K.N	B.P.N	G.R.M	R.N	S.G.N	P.N	N.A	SarNnNNNNNnnnnnnnnnnnnNnnnN
1.	Kshringakh	-	-	-	+	-	-	+	-	-	-	+	-	-	+	-	-	-	-
2.	kshweda	-	-	-	+	-	-	+	-	-	-	-	-	-	-	-	-	-	-
3.	Drighayu	+	-	-	+	-	-	+	-	-	-	+	-	-	+	-	-	-	-
4.	Kurchsirshak	+	-	+	+	-	-	+	+	-	+	+	+	-	+	-	-	-	-
5.	Hraswang	-	-	+	+	-	-	+	+	-	+	+	+	-	+	-	-	-	-
6.	Madhura	-	-	-	+	-	-	-	-	-	+	+	+	-	+	-	-	-	-
7.	Svadu	-	-	-	+	-	-	-	-	-	-	-	-	-	-	-	-	-	-
8.	Pranda	-	-	-	+	-	-	-	-	-	-	+	-	-	-	-	-	-	-
9.	Chirjivi	-	-	-	+	-	-	-	+	-	-	+	-	-	+	-	-	-	-
10.	Sami	-	-	-	-	-	-	-	-	-	-	+	-	-	-	-	-	-	-
11.	Jiwad	-	-	-	-	-	-	-	-	-	-	+	-	-	+	-	-	-	-
12.	Shodri	-	-	-	-	-	-	-	-	-	-	+	-	-	-	-	-	-	-
13.	Mangalya	+	-	+	-	-	-	-	-	-	-	+	-	-	+	-	-	-	-
14.	Priya	+	-	+	-	-	-	-	-	-	-	+	-	-	+	-	-	-	-
15.	Jivan	-	-	-	-	-	-	-	-	-	-	+	-	-	+	-	-	-	-
16.	Sharya	-	-	-	-	-	-	-	-	-	-	+	-	-	-	-	-	-	-
17.	Jivya	-	-	-	-	-	-	-	-	-	-	-	-	-	+	-	-	-	-
18.	Vrididh	-	-	-	-	-	-	-	-	-	-	-	-	-	+	-	-	-	-

S.N	Synonym	Sau. N	A.N	M.A.N	D.N	S.C	N.S	Sho.N	A.R.M	H.D.N	M.P.N	K.N	B.P.N	G.R.M	R.N	S.G.N	P.N	N.A	Sar.N
19.	Ayushman					+										+			
20.	Balad														+				
21.	Jivak	+	-	+	-	-	-	+	+	-	+	-	+	-	-	-	-	-	-
22.	Kshringi	-	-	-	-	-	-	-	-	-	+	-	+	-	-	-	-	-	-
23.	Gandhko	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
24.	Kurchnibh	-	+	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
25.	Dirghas	-	-	+	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
26.	Suesthir	-	-	+	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
27.	Dheyay	-	-	+	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-

## KARMA AND ROGAGHNATA OF JIVAK IN DIFFERENT NIGHANTUS

[Table No. 1.14]

S.N	Karma & Rogagnata	D.N	M.P.N	M.A.N	M.D.G	R.N	Sho.N	B.P	K.N
1.	Rakt-pitta	+	-	+	-	+	-	-	-
2.	Daha	+	+	-	+	+	-	+	+
3.	Jvara	+	-	-	+	+	+	-	-
4.	Sukravardhak	+	+	-	+	-	-	+	+
5.	Kasa	-	+	-	-	-	-	-	-
6.	Kshaya	-	+	-	-	+	-	+	+
7.	Brahana	-	-	+	-	-	+	-	+
8.	Keshvardhan	-	-	+	-	-	-	-	-
9.	Garbhsandhankar	-	-	+	-	-	-	-	-
10.	Trisha	-	-	-	+	-	-	-	-
11.	Kshosh	-	-	-	+	-	-	-	-
12.	Rakt vikara	-	+	-	+	-	-	+	+
13.	Krishta	-	-	-	-	-	-	+	-

## CONCLUSION

From *Samhita*, *Chikitsa grantha* and *Nighantus*, it has been concluded that *jivak* has the potency of vitality strengthening and rejuvenating.

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