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“BHARANGI:A LITRATURE REVIEW”

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Abstract:

Clerodendrum serratum Linn. Is very widely distributed in tropical and subtropical regions of world. *Bharangi* is oldest herb used in Ayurvedic system which is very famous for respiratory system and to give good rhythm into voice. Its common names are glory bower, bag flower, and bleeding heart. In *Ayurveda* it is used to cure various disorders like *Shwas*, *Kaas*, *Vran*, *Shoth*. Chemical constituents found in plant are D- manitol, Hispidine, serratogenic acid, Clerodermic acid. Betasitosterol etc. It has various pharmacological activities such as Antioxidant, antibacterial, anticancer, hepatoprotective, antiasthmatic, antiinflammatory.

Keywords:

Bharangi, *Clerodendrum serratum* Linn., medical use, *Shwas*, *Kaas* etc

Introduction:

” *Bharangi*” botanical name is *Clerodendrum serratum* and it is woody medicinal shrub used in *Ayurvedic* system for his various medicinal properties. It is also called” *kasghni*” and is best used to cure respiratory system related diseases. It is nontoxic plant, flower and leaves are also edible. Root of plant is bitter, dry, antiinflammatory, digestive, carminative, stimulent, expectorent and anti spasmodic in nature.

Plant Profile Of Bharangi:¹

Botanical

name: *Clerodendrum serratum* Linn.

Family: Verbinaceae

Local name: *Bharangi, Kasjit, Padma.*

English name: Blue glory, Beetle killer.

Distribution And Habitat Of Bharangi:²

Bharangi is medicinal shrub growing in tropical and warm regions of world. Especially it is found in warm temperature and native of South Africa, Southern Asia, and Malaysia and distributed in various regions of tropical America, India, Sri Lanka. In India *Bharangi* plant is easily available in region like Himalaya, Bhopal, Bihar, Bengal, Maharashtra. Red loam soils are best for growth of this shrub.

Raspanchak Of Bharangi:³

Ras: kashay, katu, tikta

Guna: Laghu, Ruksha

Virya: Ushna

Vipak: Katu

Karma: Kasaghna, Shwasaghna.

Pharmacognostic Features Of Bharangi:⁴

Morphological features:

- It is small shrub, 2-4 meter tall bearing opposite leaves and having woody root stock.
- The plant has quadrangular glabrous branches.
- Leaves are large and ovate or oblong, usually ternate whorled, coarsely and sharply serrate, glabrous and pale beneath six pairs of lateral nerves.

Foral characteristics:

- Flowers are small bluish in colour and numerous appearing in May to August month.
- It has leafy bract and calyx is cup shaped 5mm long.
- Corolla is pale to pinkish blue with tube about 6-7 mm long, the lower larger lip like lobe is sky blue in colour.
- Stamens are long, exerted, curved and bluish.

Major Chemical Components Of Bharangi:⁴

D-mnitol, Hispidine,

Cleroflavone, Apigenine, Scutellarine, Serratogenic acid,

acteside, Verbascoside, Oleanic

acid, Clerodermic acid, Y-sitosterol, Beta-

sitosterol, Cholestanol, Clerosterol, Campesterol.

Pharmacological Activites Of Bharangi:⁵

Antioxident, Antibacterial, Anticancer, Hepatoprotective, Wound healing, Antiallergic, Anti asthmatic , Anti inflamtory.

Historical View Of Bharangi:

Vedic kala: Surprisingly , Critical review of Vedic litrature does not show any references regarding *Bharangi*.

Sambhita kala:

Bruhatrayi:

1) Charak samhita: Charak has mentioned *Bharangi* in the treatment of Respiratory disorder mainly *Kas, Shwas, Hikka, Kshatkshin, Swarbhed*, also in *Apasmar, Prameha, Pandu, Kushtha, Vish chikitsa*.

2) Sushrut samhita: In this samhita *Bharangi* include in the Treatment of *Jwar, Shwas, Kass, Hikka, Yakshma*. Sushruta has cited its usefulness in treatment of surgical disorders like *Arsh, Arbud, Granthi, Vran, moodgarbha*.

3) Ashtang hriday: *Vagbhat*, an author of this samhita has mentioned *Bharangi* in chikitsa of *Kapha, Vatarog* as well as Gynacological disorder tratment like *Rajonash, Yonirog, Gulma*, Pediatric disorders like *Mrudbhakshanjanyapandu*.

Laghutrayi:

1) Sharangdhar samhita:⁶

References of *Bharangi* found in various formulations including traetment of *Jwar, Kas, Kushtha, Mandagni*.

Bharangi included in-

- 1) *Kwath- Katphaladi, Kshudradi, Bruhat manjishthadi*.
- 2) *Churna- Sudarshan, Lavantrayadi*
- 3) *Avleha- Kantkari*
- 4) *Guggul- Maharyograj guggul*
- 5) *Arishtha- Dashmoolarishtha*

2) **Bhavprakash:**⁷ The use of *Bharangi* formulations not only in *Jwar, Kaas, Vatrog, Kushtha* and *Mandagni* but also in *Shwas, Kaas, Hikka, Apsmar, Gulm, Shoth, Streerog and Balrog, Masoorika, Snayuk*.

References of Bharangi kwath formulations in Bhavprakash Samhita:

1)

<i>Arkadi</i>	<i>Tryushnadi</i>	<i>Lashunadi</i>
<i>Asthdashan g</i>	<i>Darvyadi</i>	<i>Vasadi</i>
<i>Ugradi</i>	<i>Rasnadi</i>	<i>Brihat Bharangyadi</i>
<i>Katphaladi</i>	<i>Laghurasna di</i>	<i>Swalpa Bharagyadi</i>
<i>Brihat Kantakarya di</i>	<i>Devdarvyadi</i>	<i>Madhyam bharangyadi</i>
<i>Karchuradi</i>	<i>Drakshadi</i>	<i>Bharangyadi</i>
<i>Shathyadi</i>	<i>Pathyadi</i>	<i>Bharangyadi</i>
<i>Shrungyadi</i>	<i>Sinhyadi</i>	<i>Brihat</i>

		<i>manjishthadi</i>
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<i>Kshudradi</i>	<i>Nagaradi</i>	<i>Brihat manjishthadi</i>
<i>Chatushashtik</i>	<i>Brihat pippalyadi</i>	<i>Brihatyadi</i>
<i>Tiktadi</i>	<i>Pippalyadi</i>	<i>Vyaghradi</i>
<i>Baladi</i>	<i>Dwatrishadakhya</i>	<i>Granthya di</i>
<i>Dwatrinshang</i>	<i>yograj</i>	<i>Trayantya di</i>

2) *Churn: Sudatrshan, Bharangyadi, Krishnadi gana.*

3) *Leha: Karantkadi, Saidhvadyavleha*

3) *Ghrita: Vasadyam*

4) *Rasa: Sudarshan, Vishveshwar, Parpati, Chintamani,*

5) *Tailam: Saindhavadya*

RASGRANTH:

Rasratnakar:

No	Formulations	Indications
1	<i>Shringyadi Choorna</i>	<i>Hikka-Shwas</i>
2	<i>Brihatkulathhadi guda</i>	<i>Hikka –Shwas</i>

3	<i>Katphaladi Kwath</i>	<i>Kasa</i>
4	<i>Pippalyadi gana</i>	<i>Jwar</i>
5	<i>Mahayograj guggul</i>	<i>Vatvyadhi</i>
6	<i>Prachandbhairav rasa</i>	<i>Apsmar</i>
7	<i>Trinetra Rasa</i>	<i>Vatrakta</i>
8	<i>Bhallatakavleha</i>	<i>Kushtha</i>
9	<i>Brihat Agnimukh Choorna</i>	<i>Agnimandya</i>
10	<i>Pippalyadyam Ghritam</i>	<i>Sootikarog</i>
11	<i>Saindhavadi Vati</i>	<i>BRadhna-Vridhhi</i>

Rastantrasamuchhaya:

No.	Formulations	Indications
1	<i>Parpati Rasa</i>	<i>Shwas</i>
2	<i>Chandramrit Rasa</i>	<i>Kasa</i>
3	<i>Prannath Rasa</i>	<i>Yakshma</i>
4	<i>Khandkhadyam Rsayanam</i>	<i>Yakshma</i>
5	<i>Parpatadi Rasa</i>	<i>Vatrog</i>
6	<i>Chadramrit rasa</i>	<i>Vatrog</i>
7	<i>Prannatha rasa</i>	<i>Vatrog</i>
8	<i>Suryaprabha Gutika</i>	<i>Agnimandya</i>
9	<i>Vishveshwaro Rasa</i>	<i>Jwar</i>
10	<i>Brihatchintamani rasa</i>	<i>Jwar</i>
11	<i>Rasendrachoodamani rasa</i>	<i>Vajeekaran</i>

Nighantu Kala:⁸⁻¹⁹

References of *bharangi* regarding synonyms, Properties, and Actions on Dosha can be easily found in all Nighantus.

References of *Bharangi* in Nighantu Period

Nighantu	Varga	Shloka	Synonyms	Guna Karma
<i>Dhanvantari</i>	<i>Guduchyadi</i>	67-68	√	√
<i>Madanpal</i>	-	6,7	√	√
<i>Shodhal</i>	<i>Guduchyadi (nam-sanhgraha)</i>	141-142 138	√	√
<i>Kaiydev</i>	<i>Aoshadhi</i>	1134 - 1135	√	√
<i>Raj</i>	<i>Pippalyadi</i>	149-150, 151	√	√
<i>Bhavprakash</i>	<i>Haritakyadi</i>	174	√	√
<i>Shaligrama</i>	<i>Asthavarga</i>	15	√	√
<i>Mahoushadhi</i>	<i>Mahoushadhi</i>	107, 108	√	√
<i>Laghu</i>	-	75,7 6,77	√	√
<i>Priya</i>	<i>Shatpashpadi</i>	126	-	√

Disease Review Of Bharangi:

External uses:

1. Leaves are useful as an external application for Cephalgia and Opthamia and snake bite.
2. The pulp of leaves mitigates the glandular swelling.
3. The juice of leaves is applied on Erysipelas.
4. The pulp of leaves hasten the wound healing.
5. Root paste applied on forehead alleviates headache.

Internal uses:

1. Root decoction used for relieving nausea and also in Asthma, Bronchitis, other Catarrhal affections of lungs.
2. Mixture of *Bharangi* root juice and ginger juice given in asthma to reduce attack of dyspnea.
3. Decoction of root increases appetite and lessens expectoration and uterine tumors (*Raktgulma*).
4. In cough, fever and asthma decoction of *Bharangi*, *Shunthi* and *Pippali* is used with honey.
5. In hiccup the root powder is given along with sugar or its *avaleha*.

6. The combination of *Bharangi* and *Pippali* (2:1) with Honey also effective in hiccup.

7. When cough is due to *kapha* and *Vata*, The *avaleha* prepared of sesame oil, *Bharangi* and *Shunthi* is beneficial.

8. Cooked vegetable of *Bharangi* leaves is given in Malaria.

9. In Amenorrhoea, *Bharangi* root powder is used along with decoction of sesame seed, and cows ghee, jaggery and Trikatu powder is added to it.

10. Seed bruised and boiled in buttermilk are used as aperients and in dropsy.

11. The decoction of *Bharangi* root is extremely effective in edema over body especially due to *Kapha*.

12. The decoction of *Bharangi* root is Benevolent in worm infestations.

Materials and Methods:

Personal recollection from various books, Articles, research papers.

Result:

This review concise literary data of *Bharangi* (*Clerodendrum serratum* Linn.)

Conclusion: Present article is reviewed of taxonomy, Pharmacognostic, Chemical constituents, pharmacological effects of *Bharangi* also gives glance view of categorisation of *Bharangi* in *Brihatrayi*

and *Laghutrayi* also in *Nighantusand Rasagranthas*. *Bharangi* has multiple effects like antioxidants, anti-inflammatory, antibacterial, anticancer, anti-asthmatic, hepato-protective activities.

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