

Relationship in between Ardra Nakshsthra and Khadira Vriksha WSR to Ayurved Authentic Book

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Abstract: *Ardra nakshatra is one of the important nakshatra among all nakshatra. Among 27 nakshatra ardra stand at 6th number. Ayurveda is science of physical, psychological and social well - being. In Ayurveda nakshatras are considered when determining auspicious times for health - related practice like medication and surgery. Specially in Raja nighantu the author correlated all the nakshastra with particular medicinal plant. As per mentioned it Khadira vriksha represents the Ardra nakshastra.*

Keywords: Ayurveda, Nakshatra, Ardra.

1. Introduction

Herbs and *nakshathra* have played important roles in ancient human life. *Nakshatra* is a mythical figure formed by a group of stars in the sky. Vedic astrology describes 9 *grahas*, 12 *rashis* and 27 *nakshatras*. It is believed that every person planting and taking care of the tree, animal or bird according to individual *rashi/ nakshatra*, pleases the ruling deity. The concept says that the position of these *rashis/nakshathra* at the time of birth or their movement in the celestial globe has influence on human beings. Our ancestors established *navagraha/ rashi/ nakshatra vatika* near sacred places with respective plants to worship and ensure good health. According to the *Raja nighantu*, *Ardra nakshathra* represents by *Khadira vriksha*¹.

2. Ardra Nakshatra



Figure 1: Sign of ardra nakshastra



Figure 2: Adhipathi of ardra nakshastra God Shiva

In Indian astronomy 27 *nakshatras* mentioned. list of them first found in *Jyotish Vedanga*. *Jyotish* is one of the anga of Veda. Ayurveda is *upaveda* of *Atharva Veda*. Fundamental source of Ayurveda and *jyotish shastra* are the Vedas.

Ardra nakshatra ruling by *Rahu graha* and *rahu graha* represent by *urdhva chathru*, *prana vaha* and *charma* of the body as well as *ardra nakshatra* belong to *mithuna rashi* and its ruling by *budha graha* which is represent by *urdhva chathru* and *charma* as the body parts again².

According to the *nakshastra shastra* the *Adhipathi* of *Ardra nakshastra* is *Ishwar / God Shiv*. As per the authentic book mentioned *God shiv* Ruling the *pranavaha* of human being.

Based on the above information we can analyses the *Ardra nakshastra* mainly control anatomy and physiological function of the *urdhava chathru*, *charma* and *pranavaha srotas* in human body.

Ardra Nakshatra and Ayurveda -

Nakshatra vriksha - *Rajanighantu* stated different *vriksha* for different *nakshatra* and for *Ardra nakshatra* he mentioned *Khadira vriksha*¹.

S N	Nakshatras	Vriksha
1	Ashwini	Visha thinduka
2	Bharani	Amalaki
3	Kritika	Taru/Dhawa
4	Rohini	Hemadugdha
5	Mrigashira	Jambu
6	Ardra	Khadira
7	Punarvasu	Krishna vamsa
8	Pushya	Ashwatta
9	Ashlesha	Nagaleshara
10	Magha	Vata
11	Purva phalguni	Palasha
12	Uttar phalguni	Plaksha
13	Hasta	Bharangi
14	Chitra	Bilva
15	Swati	Arjuna

16	Vishaka	Vikankata
17	Anurada	Keshara
18	Jyeshtha	Shalmali
19	Moola	Saala
20	Purvashada	Vanjula
21	Uttarashada	Arka
22	Sharavan	Panasa
23	Dhanishta	Shami
24	Shatabisha	Kadamba
25	Purvabhadra	Amra
26	Uttarbhadra	Nimbhi
27	Revati	Madhuka

KHADIRA

Botanical name: *Acacia catechu* Willd

Family: Mimosoideae



- Ayurvedic Pharmacological Properties of *KHADIRA* (*Acacia catechu* Willd) 3 - 5

Rasa: Tikta (bitter) and Kashaya (astringent)

Guna: Laghu (light), Ruksha (dry)

Virya: Sheeta (cold)

Vipaka: Katu (pungent)

- Pacifying Dosha:

Kapha due to its Kashaya, Tikta Rasa, & Katu Vipaka Pitta Dosha due to its Tikta Rasa & Sheeta Virya.

- **Roghagnatha:**

Kustha, Prameha, Pandu, Dadru, Kilas, Kitibha, Pama, & Kusthaghna Mukha paka, mukha pradaha, & Krimi dantha.

- Pharmacological activities 6 - 13:

Anti - bacterial, Antimycotic, antimicrobial, Anti - inflammatory, antioxidant activity, antipyretic, antidiarrheal, hypoglycemic, hepatoprotective.

- Phytochemicals of *Acacia catechu* Willd: Catechin, catechu - tannic acid, and tannin.

- The Heartwood of *Acacia catechu* contains flavonoids - epigallocatechin, epicatechin gallate, catechin, epicatechin, epigallocatechingallate, catechin, phloroglucinol, protocatechuic acid

- The Leaves contain Alkaloids: Kaempferol,

dihydrokaempferol, taxifolin, afzelechin gum.

- The Bark of *A. catechu* Willd contains Glycosides: Poriferasterol, poriferasterol acyl glucoside, Tannins: Gallic acid, d rhamnose, Sugars: D - galactose, and l - arabinose, phlorotannin.

Important of *khadira vriksha* in relevant to ruling body parts by *Ardranakshastra*

Authentic books references

Charaka Samhitha

- 1) *In agrya dravya* - *Khadira kushtaghnanam*
- 2) *Krimi kushta* - *Pana ahara vidhane prasedhane dhupane pradeha cha vishisyathe kushta hrith khadirah.* (chi.8)
- 3) *Vataja kasa* - *Pibeth kadira saram va madira dadhi masthu bhi* (vi 22 - 62)
- 4) *Vrana shodhane* - *Thriphala khadira kashaya shodhana matha* (chi 13 - 72)

Susrutha Samhitha

Kushta - *Didru ksharanthu kushtasya khadiram kushta peedithah Yatha hanthi prawruddahathwath kushtam athura ojasa* (chi 9 - 80 - 82)

Vagbhata Samhitha

Mukha roga - *Thailam idham vari medasa prathitham anushilayan prathidinam dhatdviyo bhavathi*

Chakradattha

- 1) *Visphota - Kadirendra yavambhu va vispotam nashayatyashu vayu jala dharanniva (visarpa vispota chikithsa)*
- 2) *Svara bheda - thaila kvatham swara bhedevara khadiram dharayenmukhe*

Haritha Samhitha

Dantha roga - kadirasya thatha kwatho dantha roga nivarana (chi 450)

Khadira in Charma roga Charaka Samhita**Khadira is classified**

- 1) *Kusthaghna Mahakashaya*¹⁴
 - 2) *Udardaprashamana Mahakashaya*
 - 3) *Kashaya skandha*.
- It can be consumed in churna form as well as decoction. Churna of Khadira bark has *Dadru, Kilas, Kitibha, Pama*, and *Kusthaghna* properties¹⁵.
 - *Khadira kushtagnanam* (Ch. S. Su.25/40)

Sushruta Samhitha

- *Khadira* is described under the group of *Salasaradi gana*¹⁶ according to Acharya. The Gana is also indicated in *Kustha*.
- *Khadira* is considered as the best remedy for the treatment of skin disorders in Ayurveda system of medicine.
- The principle pharmacological action of *Khadira* is *Kusthaghna*. The term '*ghna*' means destroying.
- It completely inhibits the pathway of pathogenesis of *Kustha* by creating an unfavorable condition in *Dosha dushya samurchana*. *Khadira* is most potent drug to alleviate all types of *Kushtha*

Khadira in Mukha roga

Khadira constricts *Sleshmakala* due to its *Tikta* and *Kashya Rasa*, It normalizes the excessive *pitta*. *Khadira kashaya* and *vati* are used in dental disorders to checked. The heartwood, bark, and leaf of *Khadira* have many properties like Anti - bacterial, Antimycotic, etc., to treat mouth sores, gingivitis, and dental caries.^{3 - 5}

Research articles

Therapeutic Effect of *Khadira* (*Acacia catechu*) in *Ekakustha Vis - Å - Vis Psoriasis* by Apala Senguptal, Human Journals Research Article, May

A review on *laghu khadira vatika*: Anayurvedic formulation for oral diseases, devendra Yadav, Uttarakhand Ayurved University, Dehradun, Review!Article, www.ijrap. net

3. Conclusion

Comparison of the relevant body parts denoted by *Ardra nakshasthra* and ayurvedic clinical indication of *Khadira* in *Charmaroga, Mukharoga* and *kasa* reveals that the plants mentioned according to the *nakshasthra* can be used as medicine as well as worshiped to alleviate diseases and obtain divine peace.

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