

Review article

Varuna-Crataeva nurvula: A critical review

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ABSTRACT:

The holistic system of traditional medicine has the potential to effectively manage and treat several health anomalies. The age-old Ayurvedic medicine brings in a wealth of herbs that work as a sure-shot natural remedial cure for different health woes. And one such powerful herbal plant is Varun, which is a medium-sized deciduous tree found wild and cultivated throughout India. In Ayurvedic medicine, Varun or Varuna bark is used extensively for healing painful kidney stones and has been in use since Vedic times. It is a natural diuretic and a blood purifier herb that aids to keep the homeostasis of the human body. Varun is known by the botanical name *Crataeva nurvula* which belongs to the Capparidaceae family.

This herb gets its name because of its incredible effect on bodily fluids and the urinary system. The traditional system of medicine recommends Varuna in curing urinary disorders like stones in the kidney, uterus, and bladder. This powerful plant is credited to possess urinary, antiseptic and litholytic qualities.

KEY WORDS: Three leaved capers, Holy garglic pear, Lengam tree, Triune leaf tree, and Sacred Lingam tree

INTRODUCTION:

Ayurveda being 'knowledge of life' mainly aims on maintaining the health of healthy living being and if any how a person becomes ill, then to regain the health. Hetu, Linga & Aushdha are Trisutra of Ayurvedic Chikitsa. Dravyas which are having properties to cure disease and make life healthy are Aushadha, according to Charakaacharya.

अनेनोपदेशेन नानोशधीभूताम जगति किंचीद्रव्यमुपलभ्यते तां तां

युक्तिमर्थम च तं तमभिप्रेत्य II

च.सू. २६/१२

Ayurvedic classics namely of Brihatrayi and Laghutrayi have given scientific description about the drugs. They introduced the drugs with Rasa, Guna, Virya, Vipaka and their Karma. Hence it includes various synonyms and homonyms, proper identification, collection, storage and processing of the drugs as well as properties & indication.

So, it is indicated that every drug is used as medicine, should be in its pure and natural form, then only it cures the disease.

शस्यते भेषजं जातं युक्तवर्णरसादिभिः I

जन्तवजग्धं दवाद्गधमविद्गधं च वैकृतैः II

Varun Plant

Varun is a moderate-sized deciduous tree that grows up to 20 meters in height. The leaves are compound, lanceolate and inflorescence terminal corymb. The fruits are spherical or oval-shaped berries that contain fleshy pulp with numerous rein form seeds. The bark is rough, grey to the greyish brown outside, and pale inside. It is a native plant to Myanmar, the Indo-Malaysian region, and South Asia. In India, it is widely cultivated in Bihar, Madhya Pradesh, and Tamil Nadu.

Synonyms of Varun:

Varun is known by different vernacular names, some of the common English names are three leaved capers, Holy garglic pear, Lengam tree, Triune leaf tree, and Sacred Lingam tree. In different regions of India, it goes by the following names in the following regional languages:

Hindi: Barnam, Barun, Bilasi

Sanskrit: Varana, Kumaraka, Setu, Tamalaka, Ajapa, Ashmarygna, Barhapushpa, Kumara

Kannada: Adhiraja, Bitusi, Bilpatri

Telugu: Ulimiri Chettu, Bilvaram, Chinnavulimidi

Figure No. 1 & 2: Showing Varuna-Crataeva nurvula Flowers and Leaves



Figure No. 3 & 4: Showing Varuna-Crataeva nurvula Bark



Marathi: Bhatavarna, Hadavarna Kawan
 Tamil: Maralingam, Adhicharam, anjali, Narvala
 Bengali: Barun Tiktochak
 Guarati: Varno, Vayavarno
 Malayalam: Kili, Niravila, Nirumaliyan
 Punjabi: Barna, Barnahi
 Oriya: Boryno

Chemical Components:

This medicinal plant bark is valued greatly for its strong chemical constituents such as Rutin, Varunol and quercetin that is beneficial in curing various health problems."

Ayurvedic Properties:

Varun is Tikta, Kashaya (bitter, astringent) rasa (taste) and Laghu (light to digest and rooksha (dry) guna (qualities) while it is Ushna (hot potency) veerya and balances kapha and vata Dosha.

Ayurvedic Indications:

Pittala: increases pitta dosha
 Jantujit, Krumihara: beneficial in treating worm infestation, heals wound
 Vatasrahar: treats gout
 Deepana: promotes the digestion process
 Bhedi: piercing in nature
 Mutraghatahara: beneficial in curing urinary retention, dysuria
 Vataghna- helpful in treating Vata dosha problems like neuralgia, paralysis, constipation, bloating etc.

Hrudgada: treats heart disorders
 Raktadoshahara- treat blood disorders
 Ashmahara - treats renal calculi
 Gulmahara- cures abdominal tumours
 Vidradhihara- heals abscess
 Sheershavatahara- manages headaches and migraine

Potential Health Benefits of Varun:

Digestive Stimulant:

This herbal formulation may help ease constipation owing to its natural laxative action, which aids to loosen stools and regularize bowel movement. It is attributed to having an anti-inflammatory action that aids to lower inflammation and joint pain caused by gout. Furthermore, applying a paste of Varun leaves on abscess supports lessens inflammation and pain.

Promotes Appetite:

Adding this herbal plant to the regular meal plan is well-known to improve appetite. As per Ayurveda, poor appetite is caused due to Agnimandhya (weak digestion) which is aggravated by Vata, Pitta and Kapha doshas leading to an incomplete digestion process. This results in inadequate secretion of gastric juice in the stomach resulting in loss of appetite. The potent Deepan (appetizer) nature of Varun triggers the digestion process and improves appetite. It is suggested to have Varun powder alongside honey post lunch to stimulate digestive health and appetite.

Remedies Renal Stones:

Thanks to its diuretic nature, this medicinal plant is valuable in treating urinary stones. Mutrashmari (renal stones in Ayurveda) is a disorder of Vatta-Kapha origin which results in Sanga (obstruction) in the Mutravaha Srotas (urinary system). Varun is one of the best ayurvedic medicine which aids to break renal calculi, owing to its Asmaribhedan nature (penetration) and eliminates the stones out of the urinary tract.

Treats Urinary Tract Infection:

Mutrakrucha (UTI in Ayurveda) means ooze and krucha painful micturition. Severe urinary tract infection is associated with dysuria and painful urination. Taking Varun powder aids to control the burning sensation, owing to its diuretic action that increases urine output and eases the symptoms of UTI.

Prevents Benign Prostatic Hyperplasia (BHP):

Benign prostatic hyperplasia (BHP) is a common cause of lower UTI symptoms in elderly men. This condition is quite alike to Vatashila (as per Ayurveda) and the condition gets worsened due to Vata dosha that gets confined in between the urinary bladder and rectum. This results in firm glandular swelling called Vatashila or BHP. Regular intake of Varun formulation aids to pacify Vata dosha and reduces the size of the prostate gland and eases the symptoms

Dosage:

The bark, root bark and leaves of this medicinal plant are used extensively to prepare various ayurvedic formulations. It is readily available in the form of powder, tablets and churna. The appropriate therapeutic dose of Varun may differ from person to person depending upon their age, the severity of health problems and the effects on dosha. It is recommended to consult an ayurvedic practitioner, as he or she will completely evaluate the patient's health problem and suggest the right dosage for a particular period.

Side Effects:

Varun is well tolerated and considered safe when taken in recommended dosage by most healthy adults. This herbal medicine does not exhibit any known side effects.

Precautions:

There is no reliable information on the effects of Varun during pregnancy, thus it is advisable that pregnant women should avoid using this without medical advice. Patients with heart problems should use Varun only after consultation with their doctor if they are taking antihypertensive drugs, this is due to its natural diuretic action.

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