

Review article**Important uses of flowering plants in Ayurveda**Namrata R. Bansode^{1,*}, Amrapali V. Done², Vijay Done³, Vrushali Zare⁴, Soniya Koli⁵Associate Professor^{1,3}, Assistant Professor^{2,4,5}Dept. of Dravyagun vidnyan¹, Dept. of Rasashatra & Bhaishajya kalpana^{2,3}, Dept. of Samhita Sidhant^{4,5}^{1,2,4}Dr. J. J. Magdum Ayurved Medical College Jaysingpur, Maharashtra, India-416101³Ashokrao Mane Ayurvedic Medical College, Hospital and RC, Vathar Tarf Vadgaon, Maharashtra, India-416112⁵Dr S.P. Patil Ayurved Medical College and Research centre, Korochi, Ichalkaranji, Maharashtra, India-416109*** Corresponding Author:** Dr. Namrata R. Bansode, **E-mail:** nrbansode1@gmail.com

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ABSTRACT:

Flowers are playing important role in our day to day life directly or indirectly. They not only add color, texture and biodiversity to gardens and environments, they are also an important structure for plants and an essential food source for many organisms. They have been an integral part of human beings since ancient times for various purpose like ornamental, decorations, medicine, nutrients, during religious rites, to pray gods, culinary preparation, essential oils and beauty care products etc. As there are several flowers drugs which are useful for treating different types of disease, a review has been made focusing on the important uses of flowering plants in various organ related problem.

KEY WORDS: Flowers, Ayurveda**INTRODUCTION:**

The Traditional primary health care system in india is embodied in a people s health culture. This culture is based on very effective and sound, region – specific health practices involving 8000 species of plants across the country where flowers play a prominent role among them. For several centuries medical practitioners have long been acknowledged the therapeutic properties of certain flowers. Flowers are the matchless ornaments to the nature queen. They are not only source of the beauty and delicacy but also fountain heads of health and joy. The kingdom of flowers is very vast as we can categorize them in-general into four main classes depending upon the purpose for which they are grown i.e. ornamental, commercial, medicinal and vegetables or edible flowers because of medicinal properties of flowers. Modern medicine use flower extracts. Though many flowers available in our surroundings are having medicinal uses and are widely used in ayurvedic medicine, there is scarce data about the flowers medicinal uses at one place in the available literature and for that reason this article tries to present the uses of flowers and summarizing the special karmas on specific organs or system

Role of flowers in stress management:

- Apart from expressing feelings and emotions, flowers are capable of influencing our moods.
- Beautiful flowers kept in hospital rooms can reduce

the stress of patients and improve their recovery. It has also been seen a vase filled with fresh flowers in the drawing room, dining room and living room creates a relaxing atmosphere.

- They have a great role in make us feel happy and cheerful in every situation of our life.
- Presence of multicolored flowers can produce joyful impact on people's mind.
- If you have worries or are depressed, you will see how these flowers can impact our lives. You will feel a lot more relaxed and refreshing after sitting in the park or garden with full of flowers.

Vision related(chakshushya):

Some flowers have special attributes like-

- *Agastya pushpa* {*Sesbania grandiflora* (L.) Poir.} in *Nakthandyatha* (Night blindness) (**Sushruta, 2000**).
- Lavanga flowers {*Syzgium aromaticum* (L.) Merr. & Perry} are described as "*Chakshushya*" (Beneficial to the eyes)
- *Kusumbha* flowers are stated to be "*Drusti Prasadaka*"
- *Moringa Oleifera* (*Shigru*) flowers are depicted as "*Drusti Pathya*" (Wholesome food for the eyes). (**Bhavamishra**)

Figure No. 1: Vision related(chakshushya)



Figure No. 2: Hair related- (keshya):



- *Bhringaraja* - {*Eclipta alba* (L.) flowers help in imparting dark colour to the hair
- *Japa* (*Hibiscus esculentus*) flowers facilitate the hair growth (*Keshavivardhaka*) by its remedial action on "*Indralupta* (*Alopecia*).
- *Ketaki* - flowers remove the foul smell by spreading its aroma, hence labelled as "*Keshadaurgandhya nashana*".

Figure No. 3: Gynecological Related:



Few flowers like :

- *Dhataki* {*Woodfordia fruticosa* (L.) Kurz} have been attributed with special actions like "*Garbhasthapani*" (Which helps in stabilizing the growth of foetus).
- *Shalmali pushpa* (*Bombax malabarica*) is "*Pradara nashaka* (Reduces menorrhagia).
- *Kumuda* (*Nymphaea alba* L.),
- *Kamala* (*Nelumbo nucifera* Gaertn.)
- *Utpala* (*Nymphaea stellata* Willd.),
- *Shringataka* (*Trapa natans*),
- *Kaseruka* (*Scirpus grossus*)
- In contrary, *Jayanthi Pushpa* {*Sesbania sesban* (L.) Merr.} is used for "antifertility" effect (*Garbha nirodhartha*).

In Prevention and management of miscarriage - medicinal flowers like-

Figure No. 4: Controlling Haemorrhage (Raktasthambak):



Some special properties have been attributed to certain flowers like

- *Dadima* (*Punica granatum* L.) has styptic properties, hence used in the form of juice for Rakta pitta (epistaxis) (condition characterized by bleeding with nostrils).
- *Mango flowers* (*Magnifera indica* L.) *Kamala* (*Nelumbo nucifera* Gaertn.) *Kovidara* (*Bauhinia purpurea* Linn.) also possess Raktapittahara actions.
- *Nagakesara* (*Mesua ferera* auct non L.) has special action in Raktarshas and Raktatisaara (Bleeding piles and bloody diarrhea)

Wound healing (vranropak):



- *Jati* flowers (*Myristica fragrans* Houtt.)
- *Champaka* flowers (*Michelia champaka* Linn.),
- *Arka* (*Calotropis procera*), *Kumkuma* (*Crocus sativus* L.) possess wound healing (vrana ropaka) properties whereas
- *Dhattura* is specially mentioned as "Vranartinuth" (Reduces the pain in the wound).
- *Bakula Pushpa* (*Mimusops elengi* L.) is specially indicated in "Krimidanta" (Dental caries).
- Similarly *Vasa* (*Adathoda zeylanica* Medic.) flowers have *Kashaya* (astringent) *Kasahara* (antitussive) properties, kushtahar
- Thus the present review of medicinal flowers not only provides recognition to this knowledge but will also help in its conservation vis-a-vis providing pharmacological leads for the betterment of human society
- Flowers plays important role in stress management with his unique property of fragrance and based on this peculiar property of flower a new therapy has been developed named as AROMA therapy That's why the purpose of study is served.

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CONCLUSION:

- All parts of plants are very usefull, and flowers are one of them.
- Considering the importance of flowers, its chemical composition and its indication in various ailments, a need was felt to collect its medicinal uses
- Hence, an attempt has been made to highlight the medicinal uses of flowers, as mentioned in *Ayurvedic* classics.

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