

Utility of Nirgundi leaves in medicinal oils prescribed in the treatment of Karna Roga in indigenous medicine

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Abstract

Nirgundi is botanically known as *Vitex nigundo*. According to all classical texts, it is a reputed medicinal plant used for various preparations prescribed for different disease conditions. The leaves are specially reputed for wider range of applications in treating diseases of ear and contain many active principles which are scientifically proven to have analgesic, antimicrobial, anti-inflammatory activities. According to Ayurveda, *Nirgundi* has *vēdhanā sthāpana*, *shōthahara*, *vrana shōdana*, *vrana rōpana* properties and is used in *karna srāwa* condition. The aim of this study was to analyze the availability of *Nirgundi* leaves as a common ingredient of medicinal oils used in treatment of ear diseases in indigenous medicine. Since this is a literature based study for the primary data collection indigenous classical texts *Sarartha Sangrahaya*, *Yogarnavaya*, *Varayogasaraya*, *Besajjamanjusa*, *Yogaratnakaraya*, *Sarasankshepaya*, *Vaidyachintamani Baisajya Sangrahaya* were used. The data were analyzed in comparative method and demonstrated the availability of leaves of *Nirgundi* as a common ingredient in the selected formulas. All the texts have mentioned 18 formulas in the chapters dedicated for treatments of ear diseases and leaves of *Nirgundi* was the only ingredient commonly found in all of them. *Sarasankshepaya* has 5 formulas and *Vaidyachintamani Bhisajya Sangrahaya* 4, *Prayogaratnavaliya* has 3 and *Sarartha Sangrahaya* 2 while each of *Yogarnavaya*, *Bhesajjamanjusa* and *Varayogasaraya* mentions 1 formula. Except two formulas found in *Vaidyachintamani Bhisajya Sangrahaya* and *Sarasankshepaya* all other formulas are exclusive. Another formula prescribed for ear diseases in *Taila Pancashatakaya* contains four ingredients with *Nirgundi* leaves which can be considered as an effective remedy in the fresh form. The formula of *Nirgundyadi taila* found in Ayurveda pharmacopeia is mostly similar with one of the formulas of *Sarasankshepaya* but not identical. *Nirgundi* leaves are reputed as an ingredient with an exclusive therapeutic effect on wider range of ear diseases and not commonly found in formulas of similar category in classical Ayurveda.

Keywords: *Nirgundi leaves, indigenous medicine, Karn roga, medicinal oil*

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