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Dr. Akhilraj AR

Research Fellow (Ayurveda),
Ethnomedicine and
Ethnopharmacology Division,
KSCSTE-Jawaharlal Nehru
Tropical Botanic Garden and
Research Institute (KSCSTE -
JNTBGRI), Palode,
Thiruvananthapuram, Kerala,
India

Dr. Rukmini S

Assistant Surgeon, Primary
Health Centre (PHC), Ittiva,
Kollam, Kerala, India

A Systematic Review on Synonyms and Properties of *Citraka* (*Plumbago zeylanica* Linn. and *Plumbago rosea* Linn.) from *Samhitās* (Ayurvedic classics) and *Nighaṇṭus* (Ayurvedic drug lexicons)

Dr. Akhilraj AR and Dr. Rukmini S

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Abstract

Mankind has from the time immemorial relied on plants and plant products for their health care requirements. As per the recent estimate, nearly 4.4 billion people comprising 80% of world's total population rely on plants as their primary source for medicine. *Citraka* commonly known as *Agni*, a medicinal plant which has been used by the Ayurvedic physicians, for the management of various disease conditions. *Ācārya Śāraṅgadharā* considered *Citraka* as, best among the medicines that perform *Dīpana-Pācana* (Appetizer and Digestive). Root of *Plumbago zeylanica* Linn. (*Śveta Citraka*) and *Plumbago rosea* Linn. (*Rakta Citraka*) of Plumbaginaceae family are used in *Āyurveda* as source plants of *Citraka*. The present review article has been designed to elucidate data on synonyms, properties, actions and various formulations of the drug from various *Samhitās* (Ayurvedic classics) and *Nighaṇṭus* (Ayurvedic drug lexicons).

Keywords: *Citraka*, *Plumbago zeylanica* Linn., *Plumbago rosea* Linn., *Āyurveda*, *Samhitā*, *Nighaṇṭu*

Introduction

Āyurveda signifies “*Na jagat yevamanouśadham*”, ‘There is no substance in the world that cannot be used as medicine’; which means, everything that surrounds us, including plants, animal products, metals and minerals can be used as medicine. Plants have been one of the important source of medicines even since the dawn of human civilization. A wide range of species being used have vast medicinal potential. *Citraka* or Leadwort is an important medicinal plant mentioned in Ayurvedic classics. Regional differences exist in the selection of source plants for the drug *Citraka*.^[1] The Ayurvedic Pharmacopoeia of India^[2] and Quality Standards of Indian Medicinal Plants^[3] specifies root of *Plumbago zeylanica* Linn. (*Śveta Citraka*) and *Plumbago rosea* Linn. (*Rakta Citraka*) of Plumbaginaceae family as the source plants of *Citraka*. In *Sānskr̥it*, it has various synonyms describing its virtues, namely *Agni/Anala* - fire, *Jvala*-flame, *Aruna* - the sun etc., denoting its hot attribute. This plant is extensively used in *Samhitās* (Ayurvedic classics) and *Nighaṇṭus* (Ayurvedic drug lexicons). It is one among the best drug described by *Ācārya Caraka* to cure *Guda śoṭha*, *Arśa* and *Śūla*. *Ācārya Suśruta* advocated the utility of *Citraka rasāyana* similar to that of *Bakūci rasāyana*. It is indicated as the best vehicle (*Anupāna*) in case of *Arśa* by *Lolambarāriyam* (*sadvaidyajīvanam*). *Citraka* is one of the main ingredients in *Trimada*, *Pancakola* and *Śaduṣana*. Therefore, an attempt has been made for the systematic compilation and exploration of the synonyms, properties, actions and various formulations of *Citraka* with the help of *Samhitās* and *Nighaṇṭus*. This can serve as a lead to researcher for the study of this drug extensively.

Materials and Methods

Detailed literature search related to the proposed title are collected from Ayurvedic classics (*Samhitās*) and Ayurvedic drug lexicons (*Nighaṇṭus*). Various publications, internet resources, books, research papers related to the topic are amassed.

Corresponding Author:

Dr. Akhilraj AR

Research Fellow (Ayurveda),
Ethnomedicine and
Ethnopharmacology Division,
KSCSTE-Jawaharlal Nehru
Tropical Botanic Garden and
Research Institute (KSCSTE -
JNTBGRI), Palode,
Thiruvananthapuram, Kerala,
India

Results and Discussion

Historical background

1. Vedic period (From pre-historic period up to 2500 B.C.)

References are not available in any of the Vedas and Purāṇas about the drug *Citraka*.

2. Saṁhitā period (1500 B.C. to 5th cent. A.D.)

2.1 Caraka Saṁhitā ^[4]

In *Śadvirecanasatasritiya adhyāya*, *Carakācārya* mentioned *Citraka* under *Lekhanīya*, *Bhedanīya*, *Dīpanīya*, *Triptigna*, *Arśogṇa* and *Sūlaprasamana mahakaṣāyas*. In *Ātreyaśāstrakapīya adhyāya*, the *rasa* and *vipaka* of *Citraka* was mentioned as *kaṭu* and *virya* as *uṣṇa*; similar to *Danti*. *Ācārya Caraka* described the same drug widely in 168 different conditions by two synonyms. Among the synonyms, *Citraka* is repeated for 165 times and *Agni* is repeated for three times.

Citraka was mentioned as one of the ingredient of *Mūlāsava* (*Āsava* prepared from roots) in *Yajñajñapuruṣīyamadhyāya*; *Tryūṣanadi ghr̥ta*, *Hapusādyā ghr̥ta*, *Hinguvādi cūrṇa*, *Bhallatakādyā ghr̥ta*, *Kṣīrasatpalaka ghr̥ta*, *Danti harītaki* indicated in *Gulma cikitsa*; *Madhvāsava* in *Prameha cikitsa*; *Mustādi cūrṇa*, *Triphalāsava*, *Kanakakṣīri taila*, *Śvetakaravīrādyā taila* in *Kuṣṭha cikitsa*; *Kṣaraguḍikā*, *Citrakādi ghr̥ta*, *Citraka ghr̥ta* in *Śvayathu cikitsa*; *Pancakola ghr̥ta*, *Nārāyaṇa cūrṇa* in *Udara cikitsa*; *Tryūṣanadi cūrṇa*, *Takrārīṣṭha*, *Pippalyādyā ghr̥ta*, *Nāgarādyā ghr̥ta*, *Pippalyādyā taila*, *Dantyarīṣṭha*, *Phalārīṣṭha* in *Arśa cikitsa*; *Citrakādyā guṭikā*, *Pippalyādyā cūrṇa*, *Madhukāsava*, *Kṣara ghr̥ta*, *Durālabhāsava* in *Grahaṇī doṣa cikitsa*; *Navāyasa cūrṇa*, *Punarnavā Maṇḍūra* in *Pāṇḍuroga cikitsa*; *Citrakādi leha*, *Agastya Harītakī*, *Kaṇṭakārī ghr̥ta* in *Kāsa cikitsa*; *Saindhavādyā taila* in *Ūrustambha cikitsa*; *Mūlakādyā taila* in *Vātavyādhi cikitsa*.

2.2 Suśruta saṁhitā ^[5]

In *Dravya sangrahaṇīyam adhyāya*, *Ācārya Suśruta* included *Citraka* under *Āragvadhādi*, *Varuṇādi*, *Muṣkakādi*, *Pippalyādi* and *Āmalakādi gaṇas*. *Citrakakṣara nirmaṇa* was explained in *Kṣarapaka vidhiṁ adhyāya*. In *Samśodhana samśamaniya adhyāya*, *Citraka* was mentioned as *virchana dravya*. *Suśrutācārya* quoted *Citraka* in *katu rasa śaka* of *Annapāna vidhiṁ adhyāya*. *Ācārya Suśruta* used *Citraka* in 99 various conditions using these synonyms *Citraka* (85), *Agni* (6), *Hūtabhuk* (3), *Hūtaṣana* (2) and *Hūtaś* (3) times.

In *Suśruta Saṁhitā*, *Citraka* was mentioned as an ingredient of ‘*Sāddharāṇa yoga*’ in *Vātavyādhi cikitsitam adhyāya*; *Mahānīla Ghr̥ta*, *Vajraka taila* and *Mahavajraka taila* in *Kuṣṭha cikitsitam adhyāya*; *Dhanvantara ghr̥ta* in *Prameha pidaka cikitsitam adhyāya*; *Ajitagada* in *Sarpadaṣṭa viṣacikitsitam kalpa adhyāya*; *Citraka ghr̥ta* in *Gulmapratīṣedhopakrama* of *Uttaratanttram*.

2.3 Aṣṭāṅga saṁgraha ^[6]

In *Mahākaṣāyasangraha adhyāya*, *Citraka* was included under *Lekhanīya*, *Bhedanīya*, *Triptighna* and *Arśogṇa gaṇas*. *Citraka* was mentioned as a *dīpana dravya* in *Annasvarupa vijñāniya adhyāya*. In *Vividha dravyagana sangraha adhyāya*, *Citraka* was placed in *Pippalyādi*, *Āragvadhādi*, *Muṣkakādi*, *Varuṇādi* and *Ūsakādi gaṇas*. *Citraka* was recommending as one among *virecanopayogi* in *Śodhanadigaṇa sangraha adhyāya*. In *Agryasangrahaṇīya adhyāya*, *Citraka mūla* is indicated for *Śopha* and *Gudaśūla*. *Citraka* was specified as an ingredient of *Kṣara taila*, *Dantyarīṣṭha*, *Āmalakārīṣṭha* and *Kalyāṇaka kṣara* in *Arśas cikitsitam*; *Lodrāsava* in *Premeḥa*

cikitsitam; *Vajraka taila* in *Kuṣṭha cikitsitam*.

2.4 Aṣṭāṅga hr̥daya ^[7]

In *Rasāyanavidhi adhyāya*, *Vagbhatācārya* explained three varieties of *Citraka* based on flower colour; namely *pīta*, *sīta* and *asīta*. *Citraka* was included as one, among ‘*Pancakola*’ in *Annasvarupa vijñāniyam*. In *Kṣāragnikarma vidhi*, *Citraka kṣara* was mentioned in the explanation of *Tikṣṇa kṣara nirmana*. In *Aṣṭāṅga Hr̥daya*, *Citraka* was mentioned 104 times in different preparations. Here *Citraka* was referred as three synonyms i.e. *Citraka-67*, *Agni-27* and *Agnika-10*. *Rasāyana prayoga* of *Citraka* was described in *Rasāyana vidhi adhyāya* of *Uttarasthanam*.

Citraka was used as an ingredient of *Kaṇṭhakāri ghr̥ta*, *Agastya harītakī rasāyana*, *Vasiṣṭha harītakī rasāyana* and *Cavikadi ghr̥ta* in *Kāsa cikitsa*; *Takrārīṣṭha*, *Duralabharīṣṭha*, *Kalyāṇakakṣara*, *Pūtikarāṇa cukra*, *Citrakadi avaleha* in *Arśas cikitsa*; *Sukumāra ghr̥ta* in *Vidrādhi-vṛddhi cikitsa*; *Dantiharītakī avaleha* in *Gulma cikitsa*; *Nārāyaṇa cūrṇa* in *Udara cikitsa*.

2.5 Bhāvaprakāśa saṁhitā ^[8]

In *Miśraprakaraṇa*, *Ācārya Bhāvamishra* explained ‘*abhāva dravya* concept’; where *Citraka* was substituted with *kṣara* of *Danti* or *Sikhiri* (*Apamārga*). In *Nighaṇṭu prakaranam* (*Harītakyādi varga*), synonyms and *gunakarma* of *Citraka* were explained.

In *Bhāvaprakāśa Saṁhitā*, *Citraka* was mentioned as an ingredient of *Sudarśana curna* in *Jvarādhikāra*; *Gudaṣṭaka cūrṇa*, *Bṛhad agnimukha cūrṇa*, *Vaiṣvanara kṣara* in *Arśodhikāra*; *Punarnavadi maṇḍūra*, *Navāyasa cūrṇa*, *Maṇḍūra vataka* in *Pāṇṭhurogākāmalahalīmākadhiḥ āra*; *Mahāyogarāja guggulu* in *Vātavyādhi adhikāra*; *Laśūna taila* and *Nārāyaṇa cūrṇa* in *Udararoga cikitsa*.

2.6 Śārāṅgadhara saṁhitā ^[9]

In *Dīpanapācana adhyāya*, *Ācārya Śārāṅgadhara* described *Citraka* as the best example for *dīpana-pācana karma*. *Citraka* was used as an ingredient of *Sūraṇa pindi*, *Kuṭajāvaleha* in *Arśas cikitsa*; *Maṇṭhuravataka* in *Kāmala cikitsa*; *Yogarāja guggulu* in *Vātavyādhi cikitsa*. In *Sneha kalpana adhyāya*, *Citraka* was mentioned as an ingredient of *Vajri taila* in *Kuṣṭha cikitsa*.

2.7 Cakradatta ^[10]

Citraka was mentioned as one of the ingredient of *Pippalyādi kvātha* indicated in *Kapha jvara cikitsa*; *Citrakādyā guḍika*, *Bhunimbādyā cūrṇa*, *Paṭhadyā cūrṇa*, *Citrakaghr̥ta*, *Bilvādīghr̥ta*, *Cangeri ghr̥ta*, *Marīcādyā ghr̥ta*, *Kalyāṇaguṭha* in *Grahaṇi cikitsa*; *Dantyarīṣṭha*, *Sūraṇapīndi*, *Vyoṣādyā cūrṇa*, *Vijaya cūrṇa*, *Guṭhabhallataka*, *Cavyādyā ghr̥ta*, *Pippalyādi taila*, *Kutajaleha*, *Agnimukha lauha*, *Bhallātaka lauha* in *Arśa cikitsa*; *Citrakaguṭha* in *Agnimāndya cikitsa*; *Dasamūlaṣaṭpalaka ghr̥ta*, *Bṛhat kaṇṭhakāri ghr̥ta*, *Agastyaharītakī* in *Kāsa cikitsa*; *Bṛhat pancagavya ghr̥ta* in *Apasmāra cikitsa*; *Yogarājaguggulu* in *Āmavāta cikitsa*; *Nārāyaṇa cūrṇa* in *Udara cikitsa*; *Yamanikādi cūrṇa*, *Citraka ghr̥ta*, *Pippali-Citraka ghr̥ta*, *Maharohīṭaka ghr̥ta* in *Pliha-Yakṛt vikāra*; *Citrakādyā taila* in *Kṣudraroga cikitsa*; *Citrakādi cūrṇa* in *Bālaroga cikitsa*.

3. Nighaṇṭu period

3.1 Sauśruta nighaṇṭu (6th Cent. A.D.) ^[11] In this *Nighaṇṭu*, *Citraka* was described in *Āragvadhādhigaṇa*. Here the synonyms of the drug were mentioned.

3.2 Aṣṭāṅga nighaṇṭu (8th Cent. A.D.) ^[12]

In *Aṣṭāṅga Nighaṇṭu*, *Citraka* was described in *Āragvadhādhiḡaṇa*. Here the synonyms of the drug were mentioned.

3.3 Dhanvantari nighaṇṭu (10th - 13th Cent. A.D.) ^[13]

Citraka was placed in *Śatapuspādi varga*. Here the synonyms, properties and therapeutic indications of the drug were mentioned.

3.4 Soḡhala nighaṇṭu (12th Cent. A.D.) ^[14]

Citraka was described in *Śatapuspādi varga*. Here the synonyms and properties of the drug were mentioned.

3.5 Hṛdayadīpika nighaṇṭu (13th Cent. A.D.) ^[15]

Nighaṇṭukāra placed this drug in *Tripāda varga*. Here the synonyms of the drug were mentioned.

3.6 Madanapāla nighaṇṭu (14th Cent. A.D.) ^[16]

Citraka was included in *Śūṇṭhyādi varga*. Here the synonyms, properties and therapeutic indications of the drug were mentioned.

3.7 Rāja nighaṇṭu (14th Cent. A.D.) ^[17]

Citraka was included in *Pippalyādi varga* of the *Nighaṇṭu*. Here the synonyms, properties and varieties of the drug were described. Synonyms and specific action of *Rakta citraka* was mentioned separately.

3.8 Sarasvati nighaṇṭu (14th Cent. A.D.) ^[18]

Citraka was placed in *Ulapādi varga*. Here the synonyms of the drug were mentioned.

3.9 Kaiyadēva nighaṇṭu (15th Cent. A.D.) ^[19]

In this *Nighaṇṭu*, *Citraka* was described in *Auṣadhi varga*. Here the synonyms and properties of the drug were mentioned. Properties of *Citraka sakha* were also mentioned.

3.10 Bhāvaprakāśa nighaṇṭu (16th Cent. A.D.) ^[20]

Citraka was described in *Harīṭakyādi varga*. *Bhāvaprakāśa* included *Citraka* in *Panchakola* and *Śaḡḡṣaṇa* groups. Here *Bhāvaprakāśa* mentioned the synonyms and *guṇa karmas* of *Śveta citraka*, *Rakta citraka*, and *Nīla citraka*.

3.11 Nighaṇṭu ratnākara (18th Cent. A.D.) ^[21]

In this *Nighaṇṭu*, *Citraka* was not placed in any of the *varga*. The *guṇa*, *karma* and *rogaghṇata* of the drug were mentioned here.

3.12 Śāligrāma nighaṇṭu (19th Cent. A.D.) ^[22]

Citraka was placed in *Harīṭakyādi varga*. Here the synonyms, properties and three varieties (*śveta*, *rakta*, *kṛṣṇa*) of *Citraka* were mentioned.

3.13 Nighaṇṭu ādarśa (19th Cent. A.D.) ^[23]

Bapalal Vaidya in his *Ādarśa Nighaṇṭu* described *Citraka* under *Citrakādi varga*. 2 varieties of *Citraka* were mentioned; *Śveta Citraka* and *Rakta Citraka* along with its *Paryāya* and *Guṇa karma*.

3.14 Priya nighaṇṭu (20th Cent. A.D.) ^[24]

Citraka was grouped under *Pippalyādi varga*. Here the synonyms and properties of the drug were mentioned.

Table 1: Classical categorization of *citraka* (*Gana*, *varga*, *daśēmāni*)

<i>Samhitās</i>	
<i>Caraka Samhitā</i>	<i>Lekhanīya, Bhedanīya, Dīpanīya, Triptigna, Sūlaprasamana, Arśogṇa</i>
<i>Suśruta Samhitā</i>	<i>Āragvadhādi, Varuṇadi, Muṣkakādi, Pippalyādi, Āmalakyādi</i>
<i>Aṣṭāṅga Samgraha</i>	<i>Lekhanīya, Bhedanīya, Triptighna, Arśoghna, Pippalyādi, Āragvadhādi, Muṣkakādi, Varuṇādi, Ūsakādi</i>
<i>Nighaṇṭus</i>	
<i>Sauśruta Nighaṇṭu</i>	<i>Āragvadhādhi</i>
<i>Aṣṭāṅga Nighaṇṭu</i>	<i>Āragvadhādhi</i>
<i>Dhanvantari Nighaṇṭu</i>	<i>Śatapuspādi</i>
<i>Soḡhala Nighaṇṭu</i>	<i>Śatapuspādi</i>
<i>Hṛdayadīpika Nighaṇṭu</i>	<i>Tripāda</i>
<i>Madanapāla Nighaṇṭu</i>	<i>Śūṇṭhyādi</i>
<i>Rāja Nighaṇṭu</i>	<i>Pippalyādi</i>
<i>Sarasvati Nighaṇṭu</i>	<i>Ulapādi</i>
<i>Kaiyadēva Nighaṇṭu</i>	<i>Auṣadhi</i>
<i>Bhāvaprakāśa Nighaṇṭu</i>	<i>Harīṭakyādi</i>
<i>Śāligrāma Nighaṇṭu</i>	<i>Harīṭakyādi</i>
<i>Nighaṇṭu Ādarśa</i>	<i>Citrakādi</i>
<i>Priya Nighaṇṭu</i>	<i>Pippalyādi</i>

Etymology ^[25]

चित्रकः चित्रव्याघ्रः चीता इति लोके प्रसिद्धः तद् भेदकः यथोक्तं प्रियनिघण्टौ चित्र व्याघ्रनिभो भिनत्ति बहुशो गुल्मानतश्चित्रकः इति।

Citraka is very potent drug that it tears of unwanted growth. Its action is sharp like a spotted Leopard.

Table 2: Synonyms of *Citraka*

Synonyms	B.P.N.	K.N.	M.N.	P.N.	R.N.	D.N.	Sa. Ni.	So. Ni.	S.N.	N.A.	A.N.	H.N.
<i>Dahanah</i>		+			+	+		+		+		+
<i>Vahni</i>		+	+	+	+	+					+	
<i>Agnī</i>				+	+					+		+
<i>Agnikā</i>						+		+				
<i>Agnimalī</i>			+									
<i>Pathina</i>		+				+		+				
<i>Pāḍipāthi</i>									+			
<i>Dārūna</i>		+	+		+	+		+				
<i>Aruṇa</i>		+	+									
<i>Vyāla</i>	+	+	+		+	+	+	+				+
<i>Hūtāsa</i>		+										+
<i>Hūtābhuk</i>		+	+									
<i>Palī</i>		+				+		+				
<i>Pāthi</i>	+	+			+	+	+	+				
<i>Pāvaka</i>		+			+	+						
<i>Jvāla</i>		+										
<i>Anala</i>	+	+			+		+					
<i>Jyothi</i>		+										
<i>Dvipī</i>		+			+	+		+			+	+
<i>Sikhani</i>		+				+						
<i>Śikhī</i>					+			+				+
<i>Jvālana</i>		+										
<i>Sata</i>		+										
<i>Ūsana</i>	+						+					
<i>Citrabhānū</i>						+						
<i>Vallarī</i>						+		+				
<i>Kaṭu</i>					+	+		+				
<i>Kriṣṇārūna</i>						+						
<i>Jyotiṣka</i>					+	+		+				
<i>Śārdūla</i>					+							+
<i>Spoṭakah</i>									+			
<i>Pavakasamjnakah</i>									+			
<i>Dadruvairi</i>									+			
<i>Citrapāli</i>					+							
<i>Kriṣānu</i>					+							
<i>Havi</i>			+									
<i>Havipāci</i>			+									
<i>Mārjara</i>								+				
<i>Hitanga</i>								+				
<i>Citrānga</i>					+							
<i>Vyalakola</i>								+				
<i>Pālaka</i>					+							
<i>Śabala</i>					+							
<i>Śūraḥ</i>					+							

Probable interpretation of synonyms

Agni, Agnika, Agnimālī - *Citraka* has *uśna virya* and it is hot to touch. If comes in contact with skin, cause burning sensation and induce swelling.

Ūsana - *Citraka* has *kaṭu rasa* (Pungent taste) and metabolised as *kaṭu vipāka*.

Dahana - *Citraka* digests *Anna* (Food).

Jwāla - *Citraka* increases appetite.

Pathina, Pāthi - The *uśna* property of *Citraka* is as powerful as leopard.

Anala - *Citraka* has burning qualities like that of *Agni*, hence different synonyms of *Agni* is also synonymous with *Citraka*.

Vyāla, dvipī, Dārūna - Due to its *tikṣṇa* property, *Citraka* can perform *bhedana karma* (*Citraka* can tear apart unwanted tissue growth).

Table 2: Synonyms of *Rakta citraka* - *Rāja nighaṇṭu* and *Śāligrāma nighaṇṭu*

<i>Rakta Citraka</i>	<i>Kāla</i>
	<i>Mārjāra</i>
	<i>Vyāla</i>
	<i>Agni</i>
	<i>Kālacitra</i>
	<i>Dāhaka</i>
	<i>Kālamūla</i>
	<i>Pāvaka</i>
	<i>Mahānga</i>
	<i>Citrānga</i>
	<i>Atidīpya</i>

Table 3: Rasapañcaka of *Citraka*

<i>Nighaṇṭus</i>				
	<i>Rasa</i>	<i>Guna</i>	<i>Virya</i>	<i>Vipāka</i>
<i>Bhāvaprakāśa Nighaṇṭu</i>	<i>Kaṭu</i>	<i>Laghu Rukṣa</i>	<i>Uṣṇa</i>	<i>Kaṭu</i>
<i>Dhanvantari Nighaṇṭu</i>	<i>Kaṭu</i>	<i>Tikṣṇa</i>	<i>Uṣṇa</i>	<i>Kaṭu</i>
<i>Madanapāla Nighaṇṭu</i>	<i>Kaṭu</i>	<i>Laghu Rukṣa</i>	<i>Uṣṇa</i>	<i>Kaṭu</i>
<i>Kaiyadēva Nighaṇṭu</i>	<i>Tikṭa</i>	<i>Rukṣa Laghu</i>	<i>Uṣṇa</i>	<i>Kaṭu</i>
<i>Priya Nighaṇṭu</i>	<i>Kaṭu</i>	<i>Tikṣṇa</i>	<i>Uṣṇa</i>	<i>Kaṭu</i>
<i>Rāja Nighaṇṭu</i>	<i>Kaṭu</i>	<i>Tikṣṇa</i>	<i>Uṣṇa</i>	<i>Kaṭu</i>
<i>Nighaṇṭu Ādarśa</i>	<i>Kaṭu Tikṭa</i>	<i>Tikṣṇa</i>	<i>Uṣṇa</i>	<i>Kaṭu</i>
<i>Samhitās</i>				
<i>Caraka Samhitā</i>	<i>Kaṭu</i>	<i>Uṣṇa</i>	<i>Uṣṇa</i>	<i>Kaṭu</i>
<i>Suśruta Samhitā</i>	<i>Kaṭu</i>	<i>Uṣṇa</i>	<i>Uṣṇa</i>	<i>Kaṭu</i>
<i>Aṣṭāṅga Sangraha</i>	<i>Kaṭu</i>	<i>Uṣṇa</i>	<i>Uṣṇa</i>	<i>Kaṭu</i>

Table 4: Doṣakarma of *Citraka*

<i>Nighaṇṭus</i>	<i>Doṣa karma</i>
<i>Bhāvaprakāśa Nighaṇṭu</i>	<i>Vāta kaphahara</i>
<i>Dhanvantari Nighaṇṭu</i>	<i>Kapha vātahara</i>
<i>Madanapāla Nighaṇṭu</i>	<i>Kapha vātahara</i>
<i>Rāja Nighaṇṭu</i>	<i>Kapha vātahara</i>
<i>Nighaṇṭu Ādarśa</i>	<i>Vāta kaphagna</i>
<i>Kaiyadēva Nighaṇṭu</i>	<i>Tridoṣahara</i>

Table 5: Karma of *Citraka*

<i>Karma</i>	<i>C.S.</i>	<i>S.S.</i>	<i>A.S.</i>	<i>A.H.</i>	<i>S.G.</i>	<i>B.P.N.</i>	<i>R.N.</i>	<i>K.N.</i>	<i>Sa. Ni.</i>	<i>M.N.</i>	<i>P.N.</i>	<i>D.N.</i>
<i>Dīpana</i>	+					+	+	+	+	+	+	+
<i>Pācana</i>						+		+	+	+	+	+
<i>Pittaśāmakā</i>								+				
<i>Krimighna</i>						+	+		+			
<i>Arśoghna</i>						+						
<i>Raktapittaprakopa</i>						+						
<i>Kaphaghna</i>						+			+	+		+
<i>Grāhi</i>						+		+	+			
<i>Garbhaśaya sankocaka</i>						+						
<i>Rucikari</i>							+		+			
<i>Svedajanana</i>						+						
<i>Jvaraghna</i>						+						
<i>Kuṣṭhahara</i>						+	+		+			
<i>Rasāyana</i>			+	+		+	+		+			

Table 6: Karma of Rakta citraka - *Rāja nighaṇṭu*

<i>Rakta Citraka</i>	<i>Sthūlakāyākara</i>
	<i>Rucya</i>
	<i>Kuṣṭhaghna</i>
	<i>Rasa niyāmaka</i>
	<i>Loha vedhaka</i>
	<i>Rasāyana</i>

Table 7: Therapeutic indications of *Citraka*

<i>Nighaṇṭus</i>	<i>Indications</i>
<i>Bhāvaprakāśa Nighaṇṭu</i>	<i>Grahani, Kuṣṭha, Śoṭha, Arśa, Krimi, Kāsa</i>
<i>Dhanvantari Nighaṇṭu</i>	<i>Śopha, Udara, Arśa, Grahani, Pāṇḍu, Kṣaya</i>
<i>Madanapāla Nighaṇṭu</i>	<i>Grahani, Kuṣṭha, Śopha, Arśa, Krimi, Kāsa</i>
<i>Nighaṇṭu Ādarśa</i>	<i>Grahani, Āmadoṣa, Śoṭha, Kuṣṭha, Udara, Krimi, Kapha-Vāta roga</i>
<i>Rāja Nighaṇṭu</i>	<i>Kapha roga, Vāta roga, Udara, Arśa, Grahani, Krimi, Kaṇḍu</i>
<i>Nighaṇṭu Ratnakara</i>	<i>Śopha, Kuṣṭha, Arśa, Kāsa, Krimi, Vatodara, Kaṇḍu, Yakṛt roga, Grahani, Āma doṣa, Kṣaya</i>
<i>Samhitās</i>	
<i>Caraka Samhitā</i>	<i>Arśa, Guda roga, Śopha, Śūla</i>
<i>Suśruta Samhitā</i>	<i>Sikatameha</i>
<i>Aṣṭāṅga Hrdaya</i>	<i>Vāta roga, Switra, Kuṣṭha</i>

Varieties

*Nighaṇṭukāra*s described four varieties such as *Śveta*, *Rakta*, *Nīla* and *Pīta*; based on the colour of flowers. Vagbhatāchārya mentioned three varieties of *Citraka*, based on colour of the flower as *Pīta*, *Sīta* and *Asita*. Among these, *Asita* variety was considered to be best. In *Rāja nighaṇṭu*, *Citraka* and *Rakta Citraka* was mentioned as the two varieties of the plant and *Rakta Citraka* is denoted as 'Kālah'. In *Bhāvaprakāśa Nighaṇṭu*, *Śveta*, *Rakta*, *Neela* varieties of *Citraka* were

mentioned. In *Nighaṇṭu Ādarśa*, *Citraka* and *Rakta Citraka* were stated as two varieties of this drug. In *Śāligrāma Nighaṇṭu*, *Citraka*, *Rakta Citraka* and *Kṛṣṇa Citraka* were described as three varieties of *Citraka*.

Botanically 3 varieties are seen

- *Śveta Citraka* - *Plumbago zeylanica* Linn.
- *Rakta Citraka* - *Plumbago rosea* Linn.
- *Nīla Citraka* - *Plumbago auriculata* Lam.



1a - Whole plant



1b - Inflorescence

Fig 1: *Plumbago zeylanica* Linn. (*Śveta Citraka*)



2a - Whole plant



2b - Inflorescence

Fig 2: *Plumbago rosea* Linn. (*Rakta Citraka*)



3a - Whole plant



3b - Inflorescence

Fig 3: *Plumbago auriculata* Lam. (*Nīla Citraka*)

Part used*Mūla* and *Mūla tvak***Therapeutic dose***Cūrṇa* 1 - 2 gms*Kvātha* 25 - 50 ml**Therapeutic uses****A. Caraka saṁhitā****1. Arśas**

- *Dadhi* obtained from the milk stored in a vessel coated externally with *Citrakamūlatvak* *cūrṇa* taken internally cures *Arśas*.
- Paste of *Citraka* mixed with *Śuṇṭhi* and sour gruel is applied to haemorrhoids.

2. Atisāra

- *Citrakamūlatvak* *cūrṇa* with *Takra* administered internally.
- In *Atisāra*, after consuming *Pippali* and *kshoudram*; *Citraka* with *Takra* or *Bala* *Bilvaphala* has to be consumed.

3. Udara roga

- Internal administration of *Citraka ghr̥ta* along with *yavakṣara* is advised.

4. Śoṭha, Arśas, Atisāra, Vāta gulma, Prameha

- The *ghr̥ta*, which is prepared from *Takra* processed with *Citrakamūla* *kalka* is considered to be best for *Sotha*, *Arśas*, *Atisāra*, *Vāta gulma*, *Prameha*.

B. Suśruta saṁhitā**1. Kuṣṭha**

- *Citrakamūla* *cūrṇa* with water in the ratio ¼: 1 is to be taken internally.

2. Sikata meha

- Internal administration of *Citrakamūla* *kvātha* is advised.

3. Shvitra

- *Citraka* along with *gomūtra*, *vyoṣam*, *kṣoudram* and *sarpi* is kept undisturbed for 15 or more days and then administered in *Shvitra*.

4. Svarasāda

- In *Svarasāda*; *aja ghr̥ta* processed with *Citraka*, *Āmalaka* and *Kṣoudram* or *Citraka*, *Devadaru* and *Kṣoudram* is beneficial.

5. Pāṇḍu roga

- One *tola* of *Bala* and *Citrakamūla* *cūrṇa* is to be taken with *uṣnodaka*.

C. Aṣṭāṅga hṛdaya**1. As rasāyana**

- *Citraka rasāyana*; roots dried in shade, made into *cūrṇa* form, and take as *leha* with *anupāna* *ghr̥ta* or *madhusarpi*, or consumed along with *payas*, or water for one month. If used with *taila* for a month, cures *Vāta roga*, consumed along with *gomūtra*, cures *Kuṣṭha* and with *Takra*, cures *Arśas*.

D. Cakradatta*Citraka ghr̥ta* can be administered in *Grahaṇi*, *Gulma*, *Śoṭha*,*Udara roga* and *Pliha roga*.**1. Yakṛt vikāra**

- Internal administration of *Citraka* *kvātha* is recommended.

2. Slipada

- *Lepa* of *Citrakamūla* and *Devadāru* is indicated in *Slipada*.

3. Vranaśoṭha bedana

- Application of *lepa* prepared out of *Citrakamūla* is advised.

SubstituteIn the *abhāva* (non-availability) of *Citraka*, the *kṣāra* of *Danti* or *Śikhari* (*Apamārga*) may be substituted.**Table 8:** Formulations of *Citraka*

Sl. No.	Name of the formulations	Indications
1	<i>Citrakādi vati</i>	<i>Grahaṇi</i> , <i>Agnimāndya</i>
2	<i>Citrakādyā ghr̥ta</i>	<i>Arśas</i> , <i>Śoṭha</i>
3	<i>Citraka harīṭaki</i>	<i>Kāsa</i> , <i>Pīnasa</i>
4	<i>Citrakādi kvātha</i>	<i>Vātakaphaja Atisāra</i>
5	<i>Citrakādi cūrṇa</i>	<i>Āmavāta</i>
6	<i>Citraka rasāyana</i>	<i>Vāta roga</i> , <i>Kuṣṭha</i> , <i>Arśas</i>
7	<i>Pañcakola cūrṇa</i>	<i>Aruci</i> , <i>Gulma</i> , <i>Udara</i>
8	<i>Nārayana cūrṇa</i>	<i>Udara</i>
9	<i>Agastya harīṭaki rasāyana</i>	<i>Kṣaya</i> , <i>Kāsa</i> , <i>Śvāsa</i>
10	<i>Yogarāja guggulu</i>	<i>Āmavāta</i>
11	<i>Sudarśana cūrṇa</i>	<i>Jvara</i>
12	<i>Madhūkāsavaṁ</i>	<i>Prameha</i> , <i>Grahaṇi</i> , <i>Śophaṁ</i>
13	<i>Punarnavā maṇḍūram</i>	<i>Pāṇḍu</i>
14	<i>Takrāriṣṭha</i>	<i>Arśas</i>
15	<i>Dantīriṣṭha</i>	<i>Arśas</i> , <i>Udara</i> , <i>Vibandha</i>
16	<i>Durālabhāriṣṭha</i>	<i>Arśas</i> , <i>Udara</i> , <i>Mūtraghāta</i>
17	<i>Navāyasa cūrṇa</i>	<i>Pāṇḍu</i> , <i>Udara</i>
18	<i>Pañcagavya ghr̥ta</i>	<i>Mahāgrahahara</i>
19	<i>Dāḍimādi ghr̥ta</i>	<i>Hrudroga</i> , <i>Pāṇḍu</i> , <i>Gulma</i>

Conclusion

Oushadhajnāna forms one of the triad among the ‘*Trisūtrās* of *Āyurveda*’. For a better understanding and to have good authority in dealing with the diseases and treating comprehensively, knowledge about medicinal plants becomes an essential tool. *Citraka* is popularly known as *Agni*, denoting its hot attribute and its action is sharp like a spotted Leopard. Here an attempt is made to analyze the variation across the *Samhitās* (Ayurvedic classics) and *Nighaṇṭus* (Ayurvedic drug lexicons) of the same plant in all aspects - *Varga* (Grouping), *Nama* (Naming), *Guna* (properties) and *Karma* (action). Literary review in the initial stage done for the better understanding of plant, gives a strong foundation for Preclinical and Clinical Research studies. This can also act as a path for future studies into unexplored therapeutic applications of the plant *Citraka*. The knowledge from Traditional system of medicine - *Āyurveda* can help to widen the horizon of research in Pharmacotherapeutics.

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Conflict of interest

The authors declare no conflict of interest.

Abbreviations

A.H: *Aṣṭāṅga Hṛdaya*; A.N: *Aṣṭāṅga Nighaṇṭu*; B.P.N: *Bhāvaprakāśa Nighaṇṭu*; C.S: *Caraka Saṁhitā*; D.N: *Dhanvantari Nighaṇṭu*; H.N: *Hṛdayadīpika Nighaṇṭu*; K.N: *Kaiyadēva Nighaṇṭu*; M.N: *Madanapāla Nighaṇṭu*; N.A: *Nighaṇṭu Ādarśa*; P.N: *Priya Nighaṇṭu*; R.N: *Rāja Nighaṇṭu*; Sa.Ni: *Śāligrāma Nighaṇṭu*; S.N: *Sarasvati Nighaṇṭu*; S.G: *Śārṅgadhara Saṁhitā*; So.Ni: *Soḍhala Nighaṇṭu*; S.S: *Suśruta Saṁhitā*

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