



“बेटी बचाओ, बेटी पढ़ाओ”

JAYOTI VIDYAPEETH WOMEN'S UNIVERSITY, JAIPUR

Faculty of Ayurvedic Science

Faculty Name - JV'n Dr. Balraj Singh Rathore
(Assistant Professor)

Program - 2nd Year

Course Name - Dravyaguna Vigya

Session No. & Name - Varuna

Academic Day starts with –

- Greeting with saying ‘**Namaste**’ by joining Hands together following by 2-3 Minutes Happy session, Celebrating birthday of any student of respective class and **National Anthem**.

Lecture Starts with-

Review of previous Session- **Madhuyasti**

- Topic to be discussed today- Today We will discuss about SARPAGANDHA
- Lesson deliverance (ICT, Diagrams & Live Example)-
 - PPT (10 Slides)
 - Diagrams

Introduction & Brief Discussion About Varun

Varun

Varuna tree (Three-leaved caper) is a medicinal tree found throughout India. It grows abundantly in Kerala, Madhya Pradesh, Bengal, Assam and also distributed in sub Himalayan tracts. The bark and leaves of the tree are the mainly used for medicinal purpose. In Ayurveda Varun bark is recommended for blood purification, urinary-bladder problems, erysipelas, lymphadenopathy, BPH (Enlarged Prostate) and calculi.

Scientific Classification

The botanical name of Varuna is *Crateva nurvala*. It belongs to genus *Crataeva* and family *Capparidaceae*. Below is given taxonomical classification of the plant.

Kingdom	: Plantae
Division	: Magnoliophyta
Phylum	: Tracheophyta
Class	: Magnoliopsida
Order	: Brassicales
Class	: Magnoliopsida Brongniart
Family	: Capparidaceae A.L. de Jussieu, nom. cons.
Genus	: Crataeva
Species	: nurvala (Buch-Ham)

Part(s) used for medicinal purpose: Leaves, flower, root, bark

Distribution: Wild as well as cultivated in gardens all over India.

Habitat: Along river banks of semi-evergreen forests

Flowering and Fruiting: February – May

Vernacular names/Synonyms

Latin name: *Crataeva nurvala*

Sanskrit: Varun, Varana, Tiktshaak, Setu, Ashmarighna, Kumarak

Hindi: Baruna, Barna

Bengali: Varne, Borun

English: Three-leaved caper, caper tree, Holy garlic pear

Gujarati: Vayvarno, Varano

Constituents of *Crataeva nurvala*

Lupeol

β -sitosterol

Betulinic Acid

Quercetin

Kaempferol

Friedelin

Ayurvedic Properties and Action

In Ayurveda, the bark of Varun tree is considered bitter, astringent in taste (Ras), pungent after digestion (Vipaka), and is hot in effect (Virya). It is an Ushna Virya herb. Ushna Virya or hot potency herb, subdues Vata (Wind) and Kapha (Mucus). It has the property of digestion, vomiting and purging, and gives a feeling of lightness.

Varuna is used in Ayurveda to treat Vata-Kapha type Ashmari (calculi). It is indicated in all Kapha disorders of the urinary tract.

Rasa (taste on the tongue): Kashaya (Astringent), Tikta (Bitter)

Guna (Pharmacological Action): Laghu (Light), Ruksha (Dry)

Virya (Action): Ushna (Heating)

Vipaka (transformed state after digestion): Katu (Pungent)

Action (Karma)

Bhedi (purgative)

Deepana (promote appetite but do not aid in digesting undigested food)

Kapha-Vata har (Remover of the Humor of Kapha-Vata)

Ashmarighna (disintegrates and expels stones)

Shothagna (Reduces swelling and inflammation)

Anulomna (anulomna means one which promotes excretions and favour discharge)

Krimighna (destroys worms)

Important Medicinal Properties

Anti-inflammatory: Reducing inflammation by acting on body mechanisms.

Anthelmintic: expel parasitic worms (helminths) and other internal parasites from the body.

Astringent: causing the contraction of the skin cells and other body tissues.

Antirolithic: preventing the formation of the urinary calculi.

Contraceptive: Prevents conception.

Demulcent: relieving inflammation or irritation.

Diuretic: Promoting excretion of urine/agent that increases the amount of urine excreted.

Laxative: tending to stimulate or facilitate the evacuation of the bowels.

Tonic: Restore or improve health or well-being.

Medicinal Uses of Varuna / Varana

Three-leaved caper or Varun tree has anti-fertility, analgesic, anti-diarrheal, anti-arthritic, cardioprotective, urolithic, antidiabetic and anti-inflammatory properties. The various parts Crataeva nurvala tree is internally and externally

The Dosage of Crataeva nurvala

5 grams bark powder, twice day, is taken orally.

20-30g of the bark powder for decoction. The decoction is prepared by boiling the herb powder in 400 ml water till it reduces to 100 ml. This is filtered and taken in a dose of 50 ml, two times a day.

Important Ayurvedic Formulations

Varanadi Ghrita

Varunadi kwath for Kidney Stone Treatment

Varunadi kwath / Varanadi Kashaya

Prabhanjana Vimardhana thailam

Reference-

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Competitive questions from today topic –

1. What is the Family of Varun ? [RPSC- 2001]

A. Fabaceae B. Meliaceae C. Euphorbiaceae D. Cappiredaceae

Questions to check understanding level of students-

1. What is the therapeutic indication of Varun According to Bhavprakash Nighantu?
2. What are the Chemical compositions of Varun?