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ETYMOLOGICAL DERIVATION OF SYNONYMS OF *ASPARAGUS RACEMOSUS* WILLD. FROM VARIOUS NIGHANTUS

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ABSTRACT:

The medicinal plant *Asparagus racemosus* commonly known as *Shatavari* is one among the major drug in the Ayurvedic system of medicine due to its medicinal and tonic properties. Ayurveda makes clear to the knowledge about the wholesome and unwholesome substances (food and drug) all along with their properties (*Guna*) and actions (*Karma*), which indicates the importance of *Dravya- Ahara* and *Aushadha* (food and drug substances) has its name for correct identity in Ayurveda. *Paryayas* (Synonyms) help in identification of medicinal plants and they are the symbols of identity to a plant. Most of the synonyms given based on the morphological structures like the shape of leaf, inflorescence, flower's colour, shape, fruit's sizes, structure of roots, habitat, historical importance etc. Synonyms are also given on the basis of properties (*Rasa, Guna, Virya, Vipaka & Prabhava*), *Doshaghnata* (pacifying vitiated doshas) and *Rogaghnata* (therapeutic indications). The knowledge of various synonyms like local, regional,

trade, classical synonyms, scientific names are very important to an Ayurvedic scholar, which makes him distinct than the others. The present study reveals that the critical analysis of the text and the drugs with their synonyms. Here it was studied that all the synonyms by Sanskrit- *Nirukti* version and suitable meaning was established. Apart from this, Ayurvedic proforma for standardization also adopted as mentioned in *Vimana sthana* of *Charaka samhita*. The species *Asparagus racemosus* is mostly fitted with most of the norms of Ayurvedic drug evaluation and can be considered as *Shatavari*.

KEYWORDS: *Ayurveda, Asparagus racemosus, Synonym, Nama Rupa Vijnana.*

INTRODUCTION:

Ayurveda is well recognized as the *Upveda* (sub-division) of *Atharvaveda*. The language of Ayurveda is *Sanskrit* which is an old Indo-Aryan language and it has a great impact on most of the Indian languages. It emphasizes naming of any entity with the particular meaning. The word Etymology consists of two words, Etymon+logos where etymon means true. It is not the study of Grammar but the study of the origin of the words. In *Charaka samhita*, it is clearly stated that all the three *Nama jnana, Rupa jnana, Karma jnana* of *Aushadha* are very important and very necessary to know for Ayurveda physician. *Paryayas* (synonyms) are provides us with a way of structuring and mapping the world in a mind. The word synonym is derived from two Latin words: Syn=a like and noma=name. Synonyms may be defined as the words which are related to each other. Synonyms are the most important factor to identify the plants. As many of the synonyms are given on the basis of the morphology of the plants, properties of the plants, distribution of the plants which helps one for collection and also indicate the properties of the drug. The local and regional names help while visiting a field on study tours, which can find from regional floras or with the help of person of that local and regional area. The trend of naming drug based on various features, properties, actions or specialities lead to emergence of distinct branch of *Namarupa vijnana* which is considered as foundation of *Dravyaguna*. The standard methodology for drugs examination¹ and application of drug is given by *Acharya Charaka* is very important and it will be applicable here. Considerable work has been done to explore the importance of the synonyms in the method of identification of the plants. Here we present a review on etymological derivation of various synonyms of *Asparagus racemosus* (*Shatavari*) from various *Nighantus*.

MATERIALS AND METHODS:

The entire study was conducted in the following stages-

- Collection of Synonym related literature to *Shatavari*.
- Various names for the drugs mainly aiming at their identity.

Collection & Authentication of drug

The herb was collected from Government Ayurveda College, Vadodara during January, 2020 (*Shishira ritu*) and authenticated by Dr. Denial's Laboratory. The pharmacognostical study of the herb was also done for verification of correct identity of drug. The numbers of synonyms of *Shatavari* from various *Nighantus* were found. All the synonyms were grouped in different sections like morphological similarities, and physiological actions and studied by *Sanskrit Nirukti* version with its suitable interpretation.

RESULTS AND DISCUSSION:

AYURVEDIC PROFORMA FOR DRUG EVALUATION

According to *Charaka Samhita vimansthana*¹, an Ayurvedic proforma of drug evaluation is prepared as mentioned below:

1. इदमेवं प्रकृतिः (Nature of plant)

In the text, *Shatavari* is cited as *Shatamuli*.

Observations: *Shatavari* is a climbing plant consisting tuberous roots; root stock with fleshy, elongate tuberous roots spreading horizontally in all directions, generally up to 100 or more in number often reaching 1 m long and 1.5-2 cm thick.

2. इदमेवं गुणम्: (Properties)

The properties of the drug stated in the classics are in the form of *Rasapanchaka*:

Rasa: Madhura, Tikta

Guna: Snigdha, Guru

Veerya: Sheeta

Vipaka: Madhura

3. प्रभावः (Special Properties)

In the classics, it is quoted the drug is having properties like *Stanyajanana* (increases breast milk), *Shukrakari* (reproductive tissue promoting), *Rasayana* (rejuvenative), *Balya* (strength promoter) etc.

4. अस्मिन्देशे: (Habitat)

Shatavari is found throughout the country in scrub, deciduous, moist deciduous and mixed types of forests. It grows in hilly region (द्वीपिका,).

5. अस्मिन्जातम् : (Season in which it grows)

The flowering of *Shatavari* can be seen in the month of June to August and fruiting in the month of October to January.

6. अस्मिन्ऋतौजातम्एवम्गृहितम् : (Time and part of plant to be collected)

The plant was collected in *Sharada* (Root) *ritu*.

7. अस्मिन्निहितम्: (Method of preservation)

The plant was dried in shade and fine powder was prepared and was preserved in airtight container.

8. उपस्कृत्यम्: (Pharmaceutical process)

The shade dried whole plant raw material was subjected to powder by mixture through fine powered was obtained.

9. मात्रा: (Therapeutic dose)

The therapeutic dose prescribed was 3-6 gm of fine powder with cow milk in the morning before meals.

10. युक्ति - व्याधिप्रयोज्य: (Therapeutic indications)

Shatavari is indicated for the diseases like *Atisara* (diarrhoea), *Gulma* (abdominal tumor), *Shopha* (inflammation), *Raktadoshahara* (bleeding disorders) etc.

11. विविधस्यपुरुषस्य: (Personality to which administered)

The drug is *Vatapitahara* in nature so can be administered in *Vatapittaja Vikara* and more suitable for *Pittaja vikara and Vyadhi*.

12. दोषमपकर्षत्युपशमयति: (Action on *Dosha*)

The drug is *Vatapitthara* in nature especially *Pittahara*.

13. यदन्यपि चैवं विधम्भेषजं (Plan of study)

The drug was taken for study to assess the seasonal variations after its authentication and standardization.

CONCLUSION:

The knowledge of synonyms, local, trade, regional names is very essential for Ayurveda physician. Among the texts maximum synonyms of *Shatavari* were found in *Raj nighantu* (33 synonyms) followed by *Kaiyadeva nighantu* & further followed by *Shaligrama nighantu* i.e. 11, 9 respectively. *Nighantus* have been mentioned mostly morphological synonyms of *Shatavari*. There are three synonyms for *Rasa* related and one synonym for *Virya* related indicates its action. For its

organoleptic characteristic leaves there are 10 synonyms, for root there are 6 synonyms and for spines there are 5 synonyms, 10 synonyms for properties, 6 synonyms for actions, 2 synonyms for habitat and 4 synonyms according to mythology are observed in different Ayurvedic classical texts. The knowledge of the different names also gives the sense of importance and uniqueness. While on study tour, a visit of local market drug traders should also be positively made so that one can collect the trade names of the part specific is used as drug and this would also help to a *Dravyaguna* scholar to understand about substitution, adulteration and availability of the genuine plant part and remove the controversy of the plant. The synonym helps to acquire the knowledge about the drug and its advanced knowledge based on experience included in published work of different time period like *Samhitas* and *Nighantus* etc. The knowledge of botanical name of the Ayurvedic drugs has become essential for a *Dravyaguna* scholar, which helps to present scientific paper in traditional and international conferences along with the hidden knowledge about the Ayurvedic plant Drugs.

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Table- 1

Sr. No.	Synonym	Nirukti	Interpretation
According to Root			
1.	शतावरी ^{5,6,7-15}	शतकन्दैरावृता: ³	It has numerous succulent tuberous roots.
2.	शतमूली ^{8,10}	शतं मूलानि यस्या: ² ।	It has hundreds of roots.
3.	बहुमूलो ⁸	बहुनि मूलानि यस्य: ² ।	It has many more roots.
4.	जटामूला ⁸	जटति परस्परं संलग्न मूलानि भवतीति ² ।	It consists of fibrous (hairy) roots.
5.	केशिका ⁸	प्रशस्तः केशः अस्यातीति ²	It has many fibres like roots.
6.	पीवरी ^{7,8}	स्थूलकन्दा: ³	It has tuberous roots which are succulent in nature.
According to Leaves			
7.	शतपदी ^{5,6,7,8,9,10}	शतं पदानि मूलान्यस्या: ²	It has hundreds of roots which are long and tuberous.
8.	शतपाद ^{8,9}		
9.	सूक्ष्मपत्रा ⁸	सूक्ष्माणि पत्राणि यस्या: ³	The cladodes of <i>Shatavari</i> are very thin.
10.	सूक्ष्मदला ¹²		

Sr. No.	Synonym	Nirukti	Interpretation
11.	लघुपर्णिका ⁸		
12.	बहुपत्रा ¹⁰		It has great numbers of leaves.
13.	बहुपत्रिका ⁹	
14.	भीरुपत्री ⁶	भीरुणीव पत्राण्यस्याः ² ।	The leaves of <i>Shatavari</i> are free from external invasion.
15.	जिह्विका ¹³	सर्पजिह्वावत पत्राण्यस्याः ³ ।	Leaves are like those of snake tongue.
16.	फणिजिह्वा ¹⁴		
According to Spine			
17.	अमरकण्टिका ⁸	कण्टति इति कटि ण्वुल ² ।	It is a spinous climber.
18.	अधरकण्ठी ^{9,10}	अधोमुखा कण्टका अस्याः ³ ।	The spines of <i>Shatavari</i> are recurved.
19.	उर्ध्वकण्टका ^{5,6,12}	It has recurved spines.
20.	आत्मशल्या ⁸	आत्मन शलति इति ² ।	It has spines which protects <i>Shatavari</i> .
21.	अभीरु ^{5,7,8,11}	न भीरुः भयाक्रान्तः, कण्टकित्वात् ; व्याधितानां भयहरणाद्वा “न भीरवो व्याधिता अनया” ³ ।	The plant is free from incursion.
According to properties			
22.	अतिरसा ¹¹	अति अधिकं रसं यस्याः सा अतिरसा ⁴ ।	The tuberous roots contain more juice/ oily content.
23.	स्वादुरसा ⁸	स्वादुः रसो यस्याः ³ ।	It has <i>Madhura</i> rasa.
24.	मधुरा ⁸		
25.	शतवीर्या ^{7,8}	शतं वीर्याणि यस्याः , बहुवीर्येत्यर्थः ³ ।	It is efficient in many disorders and having manifold action.
26.	द्वीपिशत्रु ^{8,9,10}	द्वीपी चित्रव्याध्रस्तीक्षणप्रकृतिः , तस्य शत्रुः संहारकः , सौम्यत्वात् ³ ।	It is antagonist to <i>Tikshna</i> as it is predominant in watery elements.
27.	अहेरु ¹⁵	न हिनोति । हि गतौ ⁴ ।	The plant does not fall easily.
28.	दुर्मरा ⁸	दुष्करं मरणं नाशोडस्याः ³ ।	The plant do not perish easily, it has a long spare of life.
29.	शताह्वा ⁸	’शत’ इति शब्देन प्रसिद्धा ³ ।	The features of <i>Shatavari</i> like roots, leaves, spines etc. are in numbers of hundred.
30.	शतनेत्रिका ⁸		
31.	शतांडिनी ¹²		
According to actions			
32.	मदभज्जनी ¹⁵	मदं भज्जयति नाशयति इति ⁴ ।	It destroys the effect of alcohol.
33.	बहुसुता ⁷	बहुः सुतः सन्ततिर्मूलं वा यस्याः ² ।	It is indicated for promoting fertility.
34.	बहुपुत्री ^{6,12}		

Sr. No.	Synonym	Nirukti	Interpretation
35.	वरी ^{5,6,8,10}	वृणोति इति ² ।	It is regarded as one of the best drugs.
36.	इन्दीवरी ^{7,8,12}	इन्दीवरमत्स्यस्याः ² ।	The herb which provides benefits many people.
37.	वरीयसी ⁸	वि अत्यन्तम उरुः ² ।	It is one of the best drugs in Ayurveda.
According to habitat			
38.	द्वीपिका ⁵	The plant grows in hilly region as it is having properties like <i>Shita virya</i> .
39.	द्विपिशिता ^{5,6}		
According to mythology			
40.	नारायणी ^{7,8,9,10}	नारायणस्येयम इति ² ।	It is originated from <i>Lord Vishnu</i> .
41.	वैष्णवी ⁸	विष्णोरियम ² ।	It is like <i>Lord Vishnu</i> .
42.	वासुदेवी ⁸	वासुदेवस्यापत्यमिति ² ।	It is considered as one of the major drugs like <i>Lord Vasudeva</i> is the father of deity.
43.	ऋश्यप्रोक्ता ^{5,6}	ऋष्येण ऋषिसमूहेन प्रोक्ता ² ।	It is praised by many <i>Acharyas</i> .