



AYURVEDIC DRUGS USED IN CORONA VIRUS

Ayurveda

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ABSTRACT

COVID-19 is an illness caused due to Novel Corona Virus 2 now called as Severe Acute Respiratory Syndrome Corona Virus -2 (SARS COV 2).¹ Ayurveda considers it as a Janapadodhwamsa Vikara. In Ayurvedic view, we can compare virus with an aam. This aam produced virkut rasa dhatu. Ultimately it produced abnormal cell. This cell has abnormal DNA and gens. Protein synthesis occurs in RNA will be abnormal. At last gene which is itself protein molecules will become abnormal. This genetic material made from abnormal protein is virus. The choice of medicine (single and poly-herbo-mineral preparations) used should be Kapha Pittahara, Tridosahara, Rakta Prasadaka / Shodhak, Agada (Vishahara), Jwarahara, Ashukaari, Bahukalpa Rasayana / Urjaskara (drugs having immune-boosting properties) and potent antimicrobial activities. Herbo-mineral agents possessing above activities which can be used as prophylactic as well as curative measure is been proposed in the study. Considering above concepts, a detailed review is done from Ayurvedic classics and a possible frame work is proposed in regard to Samprapti (pathogenesis), prophylactic and curative aspects of COVID-19 in the study. This review paper is one of the start to think about concept of virus in Ayurvedic view. It will be helpful to combine approach of Ayurved and modern science to think and solve genetic disease.

KEYWORDS

Virus; Aam; Pathogen; An Ayurvedic View COVID-19, Ayurveda, Preventive Protocol, Curative Protocol, Bhutabhisanga, Aagantu Vikaara, Agada.

Introduction

COVID-19 is an illness caused due to Novel Corona Virus 2, now called as Severe Acute Respiratory Syndrome Corona Virus -2 (SARS CoV 2). It was first reported from Wuhan City, China on 31st of December 2019. It was declared as a pandemic by WHO on March 11, 2020, as it has confirmed its presence in all continents except Antarctica.³ In the wake of COVID 19, an infectious disease caused by a newly discovered coronavirus, entire mankind across the globe is suffering. Till date, no medicine or therapy has demonstrated promising results in either preventing the disease or improving its prognosis to prevent this infection. The best ways of preventing COVID19 infection are breaking the chain, enhancing an individual's body immunity, identifying the infection early and timely medical care. The Ministry of AYUSH is committed to help the nation with the large resource of time-tested traditional knowledge practiced in this continent for the benefit of mankind. The Ministry has already published a series of measures to improve individual's natural defence system (immunity) in addition to the personal hygiene and social distancing measures. Ayurveda documented epidemics/pandemics under the context of Janapadodhwamsa (conditions devastate the human settlements). Similarly, infectious diseases have been considered under Sankramika rogas. Pollution of air, water, climate and environment is responsible for the spread of diseases on such a large scale resulting in Janapadodhwamsa. Causes of vitiation of air, water, climate and place along with their

characteristics have been enumerated in classics⁴. Improper disposal of waste, distribution of polluted water, air pollution, indulgence in unhealthy and unwholesome activities, failure of judgment and misunderstanding of situation etc. also result in reasonable damage to the health of the society; ultimately leading to Janapadodhwamsa. Such conditions will manifest in symptoms like cough, breathlessness, fever etc. In Ayurveda, initial phases of the manifestation can be comparable to Agantu Vata Kapha Jwara. Uncontrolled conditions, further vitiate other Doshas and other Rasa, Rakta, Mamsadi dushyas thus entering into Sannipataja condition. This document "Protocol for Ayurveda Practitioners" is a guideline for the use of registered Ayurveda Practitioners only. There are four sections covering the whole spectrum of COVID 19 infection management. The draft deals with the symptomatology in these three stages:

1st stage – Swasa-Kasa symptoms with Jwara (COVID 19 positive or negative with mild symptoms) 2nd stage – Vata-Kapha pradhan Jwara (Fever) (COVID 19 positive with specific symptoms at moderate level) These drugs can be used for covid 19
Guduchi

Amla

Haridra

Tulasi

Ashwaga

Jeerak

Shunthi

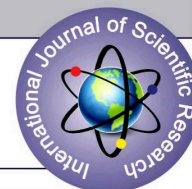
Marich

Pippali

Tinospora cordifolia is an herb used in Ayurveda to enhance vitality. It is being researched for a variety of health effects, including its effect on diabetes, glucose metabolism, inflammation, immune system support, and neurology. *Tinospora cordifolia* supplementation improves the ability of macrophages, an immune system cell, to consume their targets, though this effect is not immunostimulatory. Supplementation can also ward off allergies. One study suggests *Tinospora cordifolia* is as potent as [Spirulina](#) as an anti-allergic supplement.

Preliminary evidence suggests *Tinospora cordifolia* may provide benefits for people with diabetes. Supplementation of *Tinospora cordifolia* can reduce the body's absorption of sugar-derived carbohydrates, and it may also play a role in reducing the pathologies associated with diabetes, like retinopathy and nephropathy. There is currently no human evidence for these effects. *Tinospora cordifolia* may be a monoamine oxidase (MAO) inhibitor, which means it may raise catecholamine levels. The plant may also contain phytoandrogen, which means it can protect against DNA damage induced by the environment and radiation therapy. Finally, *Tinospora cordifolia* may have [Adaptogen](#)-like properties. Guduchi⁵ Consuming 500 to 1000 mg of aqueous extract of Guduchi (*Tinospora cordifolia* (Thunb.) Miers

Amalaki is renowned for its immunity and antiaging benefits and is an excellent supplement during the fall and winter seasons. According to Ayurveda, fall and early winter are characterized by Vata Dosha. In Vata Dosha there is a predominance of cold, dry, rough, light, mobile, subtle, clear, dry and astringent qualities, all of which can be harsh on the system. Furthermore, aggravation of Vata can spread easily to the other two Doshas and lead to lower immunity and resilience, which is the pathway to disease and aging. Prevention is the primary approach emphasized in Ayurveda to stay in balance during this seasonal transition, and Amalaki is the most popular ancient ally from Ayurveda for health and vitality.



THERAPEUTIC AND MEDICINAL USES OF LAVANGA-A REVIEW

Ayurveda

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ABSTRACT

Ayurveda means science of life.. Ayurveda is divided into eight branches. Out of all these branches Dravyguna vijñāna is one of them. It includes information about herbs which is described in ancient classical text of Ayurveda. Among all herbs, *Lavanga* is a well known Ayurvedic herb. *Lavanga* are aromatic flower buds of a tree Latin named as *Syzygium aromaticum* which comes under myrtaceae family. It is known as Lavanga due to its *Kapha* lysing property. According to Ayurveda *lavang* has *tikta* and *katu* rasa and *sheetvirya*. Due to *katu* rasa it acts as *kaphashamaka* and *pitta* hara, due to *sheetvirya*. Therefore, *lepa* (local application of paste) of *lavang* is applied on forehead in *pratishtyayjanyashirshoola* (sinusitis induced headache). It acts as *uttejaka* (aphrodisiac) in *dhvajbhang* (erectile dysfunction) due to its *tikshnaguna*. It also acts as *krumighna* (wormicidal) therefore it is used in *dantshool* (dental carries). In *vyadhis* (diseases) like *amvaatkishoolgrudhrasi* local application of *lavang tail* reduces the pain. Due to its *tikshnaguna*, the salivary secretion increases and also the fibroblastic activity of mucus membrane ceases. Hence it can be used in oro-dental conditions like sub mucus fibrosis as it increases fibroclastic activity of cell. It possesses other properties such as *Deepana*, *Pachana*, *Ruchya*, *Chakshushya*, *Kapha-Pittaghana* properties. It is used in *Trishna*, *Chhardi*, *Aadhmana*, *Shoola*, *Kasa*, *Shwasa*, *Hikka*, *Kshaya* named diseases. It manages the *cough*, *pitta*, blood disorder, thirst, vomiting, pain, hiccups and abdominal distension. Eugenol and *Beta* Caryophyllene, which constitute 78% and 13% respectively. Both have cytotoxic property towards human fibroblasts and endothelial cells. Clove also has been effective in inhibition of cell proliferation in carcinogenesis. Eugenol also helps in inhibition of fungal growth. The leaves of clove contain betulinic acid, which also has cytotoxic property in certain cancers like breast cancer. Clove for a tooth ache has been used by Indians more than a decade. Using of the clove powder or oil to beat toothache and tooth-related troubles are generally used in all Indian families. The clove powder improves the cholesterol ratio, maintains the pH in the GI tract that in turn avoids all kinds of oral infections. Cloves contain eugenol, a chemical compound widely used as an analgesic and local anesthetic, particularly in dentistry. Clove oil provides the greatest benefit for toothaches. Clove oil has natural analgesic, antiseptic and antibacterial properties. Clove oil is used in preparation of some toothpastes and Clovacaïne solution, which is a local anesthetic used in oral ulceration and inflammation. In this review article, an effort has been made to explore all properties of *lavanga* (*Syzygium aromaticum*) and its mode of action.

KEYWORDS

Ayurveda, *vata dosha*, toothache, eugenol, clove oil.

INTRODUCTION

Syzygium aromaticum commonly known as Clove. Clove has been extensively used in Ayurveda.. It has been used traditionally for the treatment of tooth pain, digestive problems, hiccup, oral ulceration, and inflammation or muscle cramps¹. Clove is an important medicinal plant due to the wide range of pharmacological effects consolidated from traditional use for centuries and reported in literature. In *Charak* and *Sushrutsamhita* the therapeutic use of *lavang* indicated with *tambulsevana* (betel leaf chewing). It is *kaphachhedaka* and *pitta shamaka*. That's why it is used in Indian spices. *Lavang* has great antioxidant property. It possesses antioxidant, anti-fungal, anti-viral, anti-microbial, anti-diabetic, anti-inflammatory, anesthetic, pain relieving, insect repellent properties. It possesses *Deepana*, *Pachana*, *Ruchya*, *Chakshushya*, *Kapha-Pittaghana* properties. It is used in *Trishna*, *Chhardi*, *Aadhmana*, *Shoola*, *Kasa*, *Shwasa*, *Hikka*, *Kshaya* named diseases. As per derivation in terms of Ayurveda it causes lysis of accumulated *Kapha*.² *Kapha* is considered as a *Dosha* of *Tridosha*. Clove is one of the most ancient spices of the orient. Though there is very less explanation of clove in Veda and Samhitas, in the later Ayurvedic treatises, it is explained in detail. Acharya Dalhana has given a synonym *shreechandana pushpa* for *Lavanga* owing to the shape of the flower.³ Health benefits from the use of clove has been known from centuries. However, commercial use of clove is for the production of clove oil which has many pharmacological activities like, anti-oxidant, anti-inflammatory, anti-viral etc. Other than medicine, clove is also used in perfume industries, bio-fuelling, insect repellents etc. Hence due to increased demand for clove in the global market, its quality is being compromised. So there is a need to know the properties of good quality of clove in terms of its habitat, collection, cultivation, extraction etc. In the light of above, an attempt is made to compile an up-to-date review article on clove covering its habitat, cultivation, collection, tests for purity, extraction methods etc. *Lavanga* are the aromatic dried flower buds, which are commonly used in biryanis, pickles, salads and garam masala.

Morphological description

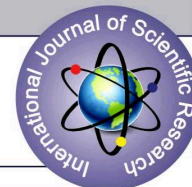
Etymological Derivation⁴ It causes lysis of accumulated *Kapha*.⁵ Cloves are the aromatic dried buds of a tree (*Eugenia caryophyllata* also sometimes *Syzygium aromaticum*) used as a spice in virtually all

the world's cuisine. The term 'Clove' is derived from the French word 'Clou' and the English word 'Clout', both meaning 'nail' - from the likeness of the flower bud of the Clove tree to a broad-headed nail. Clove (*Syzygium aromaticum*) belongs to the family *Myrtaceae*. A large shrub or medium sized tree with pyramidal or conical crown 9-12 meter high and sometime taller. The trunk of this tree is straight. The tree has large leaves and the flower from small clusters. Leaves lanceolate (oval shape), in pairs. Flower buds borne in small clusters at the ends of branches are greenish purple. Drupe called mother of clove is fleshy dark pink. The clove is harvested when it is 1.5 to 2 cm long and consists of calyx, 4 unopened petals and 4 sepals.⁶

Habit: the clove tree is a small, handsome, evergreen tree reaching 12-15 meter in height, conical in shape when young, later becoming roughly cylindrical in a mature plant. **Stem:** the trunk is up to 30 cm in diameter, is composed of very hard wood. The bark is grey and rough, and slash on a healthy tree is white to rose-pink in colour. **Leaf:** - these are simple, opposite, coriaceous, exstipulate, glabrous and aromatic. The petiole is slender, 2-3 cm long, somewhat swollen and pinkish at the base and the lamina is lanceolate or narrowly elliptic dotted with glands, the new leaves appear in flakes and are bright pink. Later the upper surface becomes glossy and dark green, and the lower surface dull and paler. **Inflorescence:** terminal, shortly pedunculate and branched from the base, from 3 flowers as many as 50 or more. The angled peduncles and shorter pedicels, about 5 mm long, constitute the clove stems of commerce. **Flower:** hermaphrodite with fleshy hypanthium which is surrounded by the sepals. **Calyx:** four lobed, 3-4 mm long, easily observed in the spice. **Corolla:** 4, imbricate, tinged red, rounded, about 6mm in diameter. Anthers are pale yellow, ovate, opening longitudinally. The style is very stout, swollen at the base, pale green, gland dotted. The stamens fall soon after the flowers open. The two celled, multi ovate inferior ovary is embedded in the top of the hypanthium⁷

General introduction

Lavang, *devkusum*, *shrisangaya*, and *shriprasunkam*, is the Sanskrit name of *lavang*. It is pungent and bitter in taste, light in nature, good for eyes, cold in potency, and promotes digestive fire. It is digestive in nature and enhances taste. It manages the cough, *pitta*, blood disorder,



CLASSICAL REVIEW OF MISHREYA

Ayurveda

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ABSTRACT

Ayurveda is a proven age old science of life & it has its own natural scientific approach regarding to line of treatment. Village & ethnic communities in India have been using *Mishreya*. *Mishreya* is cultivated extensively throughout India up to 18 – 30 Meter & also found in wild. This herb is very useful in relaxing muscles of stomach and also helps relieve gastrointestinal spasms. Due to this, it is considered as an effective herbal remedy for treating bloating and flatulence. It is also helpful in curbing constipation and cures an upset stomach by which abdominal cramps could be relieved. Those suffering from chronic irritable bowel syndrome should take *mishreya* in the form of tea. *Mishreya* is full of volatile oils like anethole and estragole which are helpful in promoting the digestive enzymes secretion in the stomach. The present article attempts to provide comprehensive information on the classical uses of *Mishreya* for further research.

KEYWORDS

Gastrointestinal, foeniculum Vulgare, volatile Oil, *mishreya*

INTRODUCTION

Ayurvedic classic says, “Nothing in the world exists which does not have therapeutic utility”¹

In Ayurveda *Mishreya* & *Satpushpa* are controversial drugs. In Bhavprakash, *Mishreya* & *Satpushpa* have some Properties & Action. But *Mishreya* have specific action on *Yonishoola*.

Latin name:- *Foeniculum vulgare* Mill.

Sanskrit name:- *Madhureka* (*Mishreya*)

CLASSIFICATION IN BRIHATRAI

Charak Shamita

- *Madura Skandha*.

COMMON SYNONYMS

Chatra, *Madhurika*, *Misi*, *Salina*, *Saleya*.

DIFFERENT VARIETIES

1. *Vanya*
2. *Gramya*

PROPERTIES & ACTION:-

Rasa (Taste) – *Madhur* (Sweet), *Katu* (Spicy taste after digestion), *Tikta* (Bitter).

Guna (Qualities) – *Laghu* (Light for Digestion), *Snigdha* (Unctuousness).

Virya (Potency) – *Sheeta* (Cold).

Vipaka (Metabolic Property) – *Madhur* (Sweet taste after digestion).

Karma (Actions) – *Kapha-Vata hara*, *Dipanapacana*, *Hridya*, *Shukrahara*/*Avrsya*.

DOSAGE:-

Fruit powder:- 3 – 6 grams per day.

Oil:- 5 – 10 drops per day.

Distillate:- 20 - 40 ml per day.

Root powder:- 3 – 6 grams per day.

ACCORDING TO SAMIHITA KALA

*Sushrat Shamita*²:-

Chatra, *Atichatra* have antimicrobial actions and have origin from *kanda*, It also protect from aging sign and death.

But in this context they are described as having tuber origin (*Kanda Sambhava*).

Charak Shamita:-

Acharya Charak described *Mishreya* under *Madura Skandha chatra* & *Atichatra*. Which is Identified by *F. Vulgare* *Ajwain*, *Arjak*, *Sehjan*, *Shalya*, *Mrishtak* its all beneficial effect for Heart, and best in taste, it vitiate the *pittadosha*.⁴

Ashtang Sangraha:-

In *Ashtang Sangraha* Acharya describes the *Chatra*, *Atichatra* in *Madura skanda*, *Chatra* is synonyms of *Saunf*.⁵

Shangdhra samitha:-

Which aushadi not digest the undigested food, but increase the gastric fire (*Jathra-agni*) called *Deepnya* like *Mishi*.⁶ In *shandhra samitha* *Phalgrita* also have *saunf* *dravya* as contents but *saunf* word used for *mishi* or *satpushpa* yet not cleared.

Kashyap samhita:-

In *kashyap samhita*, *Satpushpa* is described as *ritupravartini* mea “Initiator of mensuration”. According to *Kashyap* no indication that *Satpushpa* word used for *sowa* or *Mishreya*.⁷

MISHREYAIN NIGHANTUS

In Majority of the *Nighantu* like *Dhanwantri*, *Kaidev*, *Raj Nighantu* the name of *Mishreya*. *Shalya* is commonly accepted and in recent *Nighantu* of *Bhavprakash*, It is accepted as *Talpatri*, *Talparni*.

Reference of *Mishreya* as such is found in *Kaidev*, *Madanpal Nighantu*, *Hali*, *Tikta* as synonyms.

Bhavprakash Nighantu the mentioned *Mishreya*, *Mishi* *Foeniculum vulgare* have same Properties & Action of *Yonishoola*.

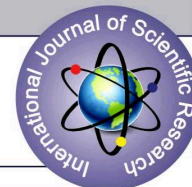
Dhanwantri Nighantu has mentioned *Mishreya* Synonyms like *Mishreya*, *Talpatri*, *Talparni*, *Mishi*, *Shalya*, *Shalin*, *Sheetshiva*. According to *Dhanwantri Nighantu* its *Rasa* is *Tikta* & *Madhura*, *Veerya* - *Sheeta*, *Vrashya*, *Balya*. It is also effective in *Arsha*, *khashyajnya roga*, *chasheennashak*, it is *vata pitta*, *rakta dosha* *shamka*.

Kaidev Nighantu has mentioned *Mishreya* Synonyms like *Talparni*, *Madhurika*, *Mishreya*, *Ashavbla*, *Mishi*, *Shali*, *Shalya*, *Shalin*, *Tikta*, *Sheetshiva*

According to *Kaidev Nighantu*, *Rasa* is *katu*, *Vipaka* is *katu*, *Guna* is *Tikshna*, *Laghu*, *Ushna*, *Ruksha*. It is *Haridya*, *Shukarghna*, *Vatahara*, *Dahanashak*, *Aruchinashaka*, *Chardinashaka*, *Kasahara*, *Vatakaphahara*.

Raj Nighantu has mentioned *Mishreya* synonyms like *Talparni*, *Talpatri*, *Mishi*, *Shalya*, *Sheetshiva*, *shalina*, *Vanja*, *Avakpushpi*, *Madhurika*, *Chatra*, *Sahmitapuspika*, *Supushpa*, *Sursa*, *Vanya*, *Mishreya*. As per *Raj Nighantu*, *Mishreya* *Rasa* is *Madhura*, *Katu*. *Guna* is *Snigdha*, *Kaphahara*, *Vatapitadoshaghna*, *Plheearoganashak*, *Jantunashak* (*Antimicrobial*)

Bhavprakash Nighantu has mentioned *Mishreya* synonyms like *Chatra*, *Shalya*, *Shalin*, *Mishreya*, *Madhura*, *Mishi*. *Mishreya* has same *Guna* as *Satpushpa*, but specific action on *Yonishoola*. As per



THERAPEUTIC AND MEDICINAL USES OF LATAKASTURI: A REVIEW

Ayurveda

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ABSTRACT

Traditional and complementary medicine has helped discover several medicinally important herbs, understand their mechanism of action and use them as drugs to treat serious medical conditions. Herbal medicine is playing an essential role in health care, with about 75–80% of the world's population relying mainly on the use of traditional or alternative systems of medicines for their primary health care. *Abelmoschus moschatus* Medik., commonly known as musk okra belonging to the family Malvaceae, is used traditionally in the treatment of various health ailments throughout the world. The plant has been extensively studied by various researchers for its biological activities and therapeutic potentials. The present review summarizes information published in various academic journals and books, covering folkloric uses, chemical compositions, pharmacological activities of the extracts and isolated compounds, and safety profile of *A. moschatus* for further research studies.

KEYWORDS

Abelmoschus moschatus, Malvaceae, myricetin

INTRODUCTION

Lata kasturi or *Abelmoschus moschatus* Medik is a medicinal herb native to India. It is also found in Cambodia, Laos, Thailand, and Vietnam. It is known by different names like Latakasturi (Ayurveda), Habb-ul-mushk (Unani) and Ambrette (English). Latakasturi has immense medicinal as well as non-medicinal values. Almost every part of this plant is used in some way or the other.

Latakasturi is an aromatic and medicinal plant native to India in the Malvaceae family. The fruit is a rich source of dietary fiber. The plant, which has many health benefits. Herbs have been used as medicine since time immemorial. Many plant based natural products used in traditional medicine offer us new sources of drugs¹. Plants have evolved the ability to synthesize chemical compounds that help them, defend against attack from a wide variety of predators such as insects, fungi and herbivorous mammals. By chance, some of these compounds while being toxic to plant predators turn out to have beneficial effects when used to treat human diseases². The use of plants to heal or combat illness is as old as humankind. In the present scenario, the demand for herbal products is growing throughout the world and major pharmaceutical companies are currently conducting extensive research on plant materials for their potential medicinal value³.

TAXONOMIC CLASSIFICATION

Plant name : *Abelmoschus moschatus* Medik (AM)
 Kingdom : Plantae
 Phylum : Tracheophyta
 Subphylum : Euphyllophytina
 Class : Spermatosida
 Subclass : Mangoliidae
 Order : Malvales
 Family : Malvaceae
 Genus : *Abelmoschus* Medik.
 Species : AM Medik.
 Common name: Musk Mallow, Musk okra, Ambrette, ornamental okra, annual hibiscus, yorka okra, galu gasturi, bamia moschata, Muskdana, Ornamental okra
 Vernacular Names:
 Hindi: Mushkdana, Kasturi-dana, Jangli bhindi
 Manipuri: Bawrthsaisbe suak, Uichhuhlo
 Marathi: Kasthooribhendi, Muskadaana
 Tamil: kasturi-vendaik-kay-virai, kaattu kasturi
 Malayalam: kasturi-venta-vitta, kattu-kasturi
 Telugu: kasturi-benda-vittulu, karpoorabenda
 Kannada: kasturi bende, kaadu kastoori
 Bengali: kalkasturi, latakasturi, mushakdan
 Urdu: Mushkdana^{4,5}
 Assamese: gorokhiakarai
 Sanskrit: Latakasturika.

Abelmoschus is a genus of about 15 species of flowering plants belongs to the family of flowering plants called Malvaceae. Out of which *Abelmoschus moschatus* is cultivated in the tropical regions of Asia, Africa, and South America for its seeds which are used mostly for the isolation of fragrance components.⁶ In India, it is found wild all over the hilly regions of Deccan and Karnataka and also at the foothills of the Himalayas.⁷ The plant is traditionally used in the treatment of various health ailments. The plant is rich in a number of phenolic compounds, flavonoids, carbohydrates, proteins, sterols, tannins, fixed oil, and fats. *A. moschatus* has been extensively studied by various researchers for its biological activities and therapeutic potentials such as diuretic, antioxidant activity and free-radical scavenging, antiproliferative, antimicrobial, antilithiatic, hepatoprotective, memory strengthening, antidiabetic, hemagglutinating, anti-ageing, antidepressant, anxiolytic, anticonvulsant, hypnotic, and muscle relaxant activity. The present review summarizes information published in various academic journals and books, *A. moschatus* is annual, erect herb which grows up to 1.6 m in height. Leaves are polymorphous, more or less cordate, the lower ovate, acute or roundish-angled with the upper palmately 3–7 lobed divided nearly to the base. Lobes are narrow-acute or oblong-ovate, crenate, serrate or irregularly toothed, and hairy on both surfaces. Flowers are large, bright yellow with dark purple base in color and usually appear solitary axillary. Capsules are 6.5–7.5 cm long, ovate, acute, and hispid. Seeds are subreniform, black or grayish brown in color, concentrically ribbed, and scented.^{8,9} covering phytochemical, pharmacognostic, pharmacological, and toxicity updates of *A. moschatus*. It is an erect hispid herbaceous trailing herb that grows up to 1.5 m tall with a long slender tap root. Leaves are alternate, rough, hairy and heart-shaped. They have 3 to 5 lobes and can grow to 15 cm long. Flowers resemble those of the hibiscus and are usually watermelon pink, although they are sometimes white or cream in colour. They last for only one day and their flowering depends on the timing of wet season. Seeds are contained within hairy capsules up to 8 cm long, which are tough but papery. The seeds have a sweet, flowery, heavy fragrance similar to that of musk^{10,11,12}.

DISTRIBUTION:

Cultivated throughout India, usually sown in March-April, flowering starts from September, harvested from November to January, This species is native to the old world tropics, globally distributed in the Paleotropics. Within India, it is found throughout Peninsular India and in Himalayan foothills. It is cultivated in Maharashtra and Uttar Pradesh^{13,14,15}

Reference: Dravya - Substance, Rasa - Taste, Guna - Qualities, Veerya - Potency, Vipaka - Post-digestion effect, Karma - Pharmacological activity, Prabhava - Therapeutics.