

Medicinal Flowers- An Ayurvedic Review

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Abstract

Flower is the reproductive structure of the plant, which contains the active molecules called phyto-chemicals. These phyto-chemicals have potential biological activities when administered in the body, which help to eradicate the diseases and to attain health. Flower is the symbol of love and consciousness. It is one of the ultimate sources of happiness. In the yogic science each our bodily *Chakra* (Plexus) resembles the symbol of flower. Since *Vedic* period the flowers were used in the form of *Pushabhisheka*, Garland, and decorative purposes. The flowers too have spiritual aspects. For example Lord *Bramha*, Goddess *Laxmi* is sitting on lotus flower. Lord *Buddha* holds a lotus flower in his hand symbolises the *Mantra* "OM MANI PADME HUM". Lord *Shiva* likes the *Dhattura* (*Datura metal* Linn), *Dronapushpi* flowers for *Abhisheka*. Lord *Vishnu* likes *Tulasi* flowers. Lord *Ganesha* likes *Japa Pushpa*; likewise flowers are being used since *Vedic* period not only for ritual but also for therapeutic purpose. Here an attempt is made to explore the various types of medicinal flowers, their therapeutic actions which were dealt in *Ayurvedic* classical texts. Further scope of study is to cultivate such medicinal flowers and evaluate the pharmacological actions by experimentally as well as clinical trials.

Keywords: Ayurveda, Pushpa, Charaka Samhita, Sushruta Samhita, Astanga Hridaya, Nighantu etc.

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INTRODUCTION

Flower is the reproductive structure of the plant, which contains the active molecules called phyto-chemicals. These phyto-chemicals have potential biological activities when administered in the body and also help to eradicate the diseases and to attain health. Flower is the symbol of love, beauty and consciousness. It is most attractive part of the plant and also liked by animal beings. Since *Vedic* period flowers were using for various health ailments, various rituals and also for cosmetic purposes. The *Charaka Samhita* explains the group of drugs which mainly contain flowers and which are used for eliminating the abnormal colours of the urine, stool, retaining stools i.e anti-diarrhoeal, flowers eliminating *Daha* (Burning sensation). *Acharya Sushruta* also mentioned some group of drugs. In these groups the flowers are being used for various diseases. Viz; *Utpaladi Gana* –This group is similar to the group of *Mutravirajaniya Gana* of *Charaka Samhita*.

DISCUSSION

In *Charaka Samhita* [1] the therapeutic uses of flowers are described in the following groups.

1. *Mutravirajaniya Gana*- The drugs which eliminates the abnormal colour of the urine. This group contains flowers such as *Padma*, *Utpala*,

Nalina, *Kumuda*, *Saugandhika*, *Pundarika*, *Shatapatra*, *Madhuka*, *Priyangu*, and *Dhataki*.

2. *Purishasangrahaniya Gana*- The drugs which retains the stool called as anti diarrhoeal. This group contains *Dhataki Pushpa* and Stamens of the *Kamala*.
3. *Purishavirajaniya Gana*- The drugs which eliminates the abnormal colour of the stool. The flowers in this group are *Madhuka* and *Utpala*.
4. *Dahaprashamana Gana*- The drugs which pacifies the heat and burning sensation. The flowers are *Madhuka* and *Neelotpala*

In *Sushruta Samhita* [2] the flowers are included in these groups. Viz

1. *Utpaladi Gana*- The drugs are similar to the *Mutravirajaniya* of *Charaka Samhita*. This group subsides *Daha*(Burning sensation), *Rakta-Pitta* diseases, *Thrishna*(Thirst), *Visha*(Poison effects), *Hrit*(Heart diseases), *Chardi*(Vomiting), *Murcha*(Fainting).
2. *Anjanadi Gana*- The flowers of this group are *Nagapushpa*, *Priyangu*, *Neelotpala*, stamens of *Kamala*.
3. *Priyanguwadi Gana*- This group includes *Dhataki*, *Punnaga*, *Nagapushpa*, stamens of *Kamala*.

4. **Ambasthadi Gana**- This group contains *Dhataki* and stamens of *Kamala*.

The *Priyangwadi* and the *Ambasthadi Ganas* are alleviates *Atisara*(diarrhoea), *Sandhanakara*(Heals the fractures.).

5. **Sarivadi Gana**- It includes *Madhuka* flowers. This particular group alleviates *Thrishna* (Thirst), *Rakta-Pitta* (Haemorrhage), *Pittaja Jwara* (Fever due to *Pitta Dosha*) associated with *Daha* (Burning sensation).
6. **Eladi Gana**- This group includes *Keshara* and stamens of *Punnaga*. This group alleviates *Vata-Kapha Dosha*, *Visha* (Poison effects), *Kantiprada* (Improves complexion), *Kusthagna* (Skin diseases), *Kandu* (Itching sensation), *Sheetapitta* (Urticaria).
7. **Pittasamshamana Gana** [3] - This group includes *Padma*, *Utpala*, *Nalina*, *Kumuda*, *Saugandhika*, *Pundarika*, *Shatapatra*, *Madhuka*, *Priyangu* and *Dhataki*.

Therapeutic uses of *Pushpa* (Flowers)-

- **AGASTYA PUSHPA** (*Sesbenia grandiflora* Pers) [4-6] - The *Agastya Pushpa* is *Tuvara* (Astringent), *Tikta*(Bitter), *Sheeta*(Cold) in potency, *Pitta-Kapha-Asr Shantikrit*(Subsides *Pitta*, *Kapha* and *Rakta Doshas*).
- **AGNIMANTHA PUSHPA**(*Premna mucranata* Roxb)^{[7],[8],[9]} - The *Angimantha Pushpa* is *Hridaya*(Good for heart), *Sara*(Laxative), *Tridosha shaman*(Subsides all the three *Doshas*), Alleviates *Adhmana*(Flatulence), *Chardi*(Vomiting), *Shotha*(Edema), *Chakshuroga*(Eye diseases), *Vishapaha*(Poisonous effects).
- **MADHAVI PUSHPA**(*Hiptage benghalensis* Kurz) [10, 11] - The *Madhavi Pushpa* is *Kashaya*(Astringent) in taste, *Hima*(Cold) in potency, Subsides *Pitta*, *Daha*(Burning sensation), *Jwara*(Fever), *Unmada*(Euphoria), *Hikka*(Hiccough), *Chardi*(Vomiting), *Shrama*(Lethargy).
- **AMLIKA PUSHPA** (*Tamarindus indica* Linn) [12] - The *Amlika Pushpa* is *Swadu* (Sweet) in taste, *Kashaya* (Astringent), *Amla*(Sour), *Ruchiprada*(Promotes taste), *Mehagna* (Cures urinary diseases including diabetes), *Agnijanana*(Appetizer), *Laghu*(Light), subsides *Vata* and *Kapha Doshas*.
- **ARKA PUSHPA**(*Calotropis procera*(Ait) R.Br)^{[13],[14]} - *Arka Pushpa* is *Madhura*(Sweet) , *Tikta*(Bitter) in taste , Subsides *Kustha*(Skin diseases), *Krimi*(Worms), *Kapha*, *Akhorvisha*(Rat-Poisoning), *Raktapitta*(Haemorrhage), *Shopha* (Edema), *Gulma*(Visceral organ diseases).
- **ALARKA PUSHPA** (*Calotropis gigantean*(Linn), R.Br.exAit) [15] - The *Alarka Pushpa* is *Laghu*(Light), *Vrishya*(Aphrodisiac), *Deepana*(Appetizer), *Pachana*(Digestive), Alleviates *Arochaka*(Loss of appetite), *Praseka*(Excess salivation), *Arsha*(Haemorrhoids), *Kasa*(Cough), *Shwasa*(Dyspnoea).
- **ASHOKA PUSHPA** (*Saraca asoca* roxb. De Wilde) [16] - The *Ashoka Pushpa* is *Kashaya*(Astringent), *Hima*(Cold) in potency, *Tikta*(Bitter), *Grahi*(Absorbent), *Varnya*(Improves complexion), It subsides *Trisha*(Thirst), *Daha*(Burning sensation), *Raktapitta*(Haemorrhage).
- **ASANA PUSHPA** (*Pterocarpus marsupium* Roxb) [17, 18] - The *Asana Pushpa* is *Tikta* (Bitter) in taste, *Madhura Vipaka* (Sweet) in post digestive effect, *Kapha-Pittahara* (Subsides *Kapha* and *Pitta Doshas*).
- **AMRA PUSHPA** (*Mangifera indica* Linn) [19] - The *Amra Pushpa* is *Kashaya* (Astringent), *Grahi* (Absorbent), *Rochana* (Promotes taste), *Kapha-Pittahara* (Subsides *Kapha* and *Pitta Dosha*). It is used in *Prameha* (Urinary diseases including diabetes), *Atisara* (Diarrhea), *Asrag* (Blood diseases).
- **ARAGWADHA PUSHPA** (*Cassia fistula* Linn) [20, 21] - The *Aragwadha Pushpa* is *Kashaya* (Astringent), *Hima* (Cold in potency), *Swadu* (Tasty), *Sangrahi* (Absorbent), *Tikta* (Bitter) in taste, *Manojnya* (Charming/ Beautiful).
- **AVARTAKI PUSHPA** (*Cassia auriculata* Linn) [22] -The *Avartaki Pushpa* is *Kashaya* (Astringent), *Tikta* (Bitter) in taste, possess yellow colour flower, Alleviates *Prameha* (Urinary diseases including diabetes), *Krimi* (Worms), *Kustha*(Skin diseases).
- **INGUDI PUSHPA** (*Balanites aegyptiaca* (Linn) Delile) [23] -The *Ingudi Pushpa* is *Ushna*(Hot in potency), *Snigdha*(Demulcent), *Swadu*(Sweet), *Tikta*(Bitter) in taste, Subsides *Vataja* diseases, *Krimi*(Worms), *Shleshma*(*Kapha Doshas*), *Vrina Ropana*(Heals the wounds and ulcers).
- **UTPALA**-
- 1. **Kumuda** (*Nymphaea nouchali* Burm.f) [24] - *Kumuda* is *Swadu* (Sweet), *Tikta* (Bitter) in taste, *Sheetala*(Cold in potency), *Swadu Paka*(Sweet in post digestive effect). Subsides *Kapha* and *Pitta* diseases, *Rakta Dosha* (Blood diseases), *Daha* (Burning sensation), and *Shrama* (Exertion).
- 2. **Neelotpala** (*Nymphaea stellata* Willd) [25-27] - *Neelotpala Pushpa* is *Swadu*(Sweet), *Tikta*(Bitter) in taste, *Madhura Viapaka*(Sweet in post digestive effect), *Surabhi*(Aromatic), *Sheeta*(Cold in potency), *Vishada*(Non-slimy), *Hridaya*(Cardio tonic), alleviates *Raktapitta*(Haemorrhage), *Daha*(Burning sensation).
- **ERANDA PUSHPA** (*Ricinus communis* Linn) [28] - The *Eranda Pushpa* is *Ushna* (Hot in potency), *Vatagna*(Subsides *Vata*), *Katu* (Pungent), *Tikta*(Bitter in taste). Alleviates *Vata* and *Kapha Doshas*, *Mutragada* (Urinary diseases). Aggravates *Rakta* and *Pitta Dosha*.

- **KADAMBA PUSHPA** (*Anthocephalus indicus* Miq) [29]- Bhav prak nigh pushpa varga shloka no-36, p.no-324] ----- The *Kadamba Pushpa* is *Swadu*(Sweet), *Kashaya*(Astringent), *Lavana*(Salty) in taste, *Guru*(Heavy), *Sara*(Laxative), *Ruksha*(Dry), *Visthambhakrit*(Produces flatulence), *Kapha-Vatakara*(Aggravates *Kapha* and *Vata Dosh*), *Stanyaprada*(Galactagogue).
- **KADALI PUSHPA** (*Musa paradisiacal* Linn) [30]- The *Kadali Pushpa* is *Swadu*(Sweet), *Tikta*(Bitter), *Kashaya*(Heavy), *Guru*(Heavy), *Sheeta*(Cold in potency), *Kapha-Pittahara*(Subsides *Kapha* and *Pitta Dosh*), *Alleviates Rakatapitta* (Haemorrhage), *Kshaya* (Emaciation).
- **KAPITTHA PUSHPA** (*Feronia limonia* (Linn) Swingle) [31] - The *Kapittha Pushpa* is *Kashaya* (Astringent), *Tikta* (Bitter), *Sheeta* (Cold in potency), *Visha Nashana* (Subsides poisonous effects). It is significantly used in Rat Poison.
- **KAMALA PUSHPA** (*Nelumbo nucifera* Gaertn) [32, 33] - The *Kamala Pushpa* is *Madhura* (Sweet), *Tikta* (Bitter), *Kashaya* (Astringent) in taste, *Sheeta* (Cold in potency). *Alleviates Raktapitta* (Haemorrhage), *Daha* (Burning sensation), *Thrishna* (Thirst). The flower stalk of *Kamala* is *Madhura* (Sweet) in taste, *Sheeta* (Col in potency), *Ruksha* (Dry), *Durjara* (Difficult to digest). It alleviates *Pitta Dosh*, *Daha* (Burning sensation), *Asr* (Blood diseases), *Stanyaprada* (Promotes lactation). It increases *Vata* and *Kapha Dosh*as. The Stamens and pollens of *Kamala* are *Kashaya* (Astringent), *Swadu* (Sweet in taste), *Ruksha*(Dry), *Sheeta*(Cold in potency). It subsides *Kapha*, *Pitta Dosh*as, *Thrishna*(Thirst), *Daha*(Burning sensation), *Raktapitta*(Haemorrhage), *Raktarsha*(Bleeding piles), *Visha*(Poisonous effects), *Shotha*(Edema).
- **KARIRA PUSHPA** (*Capparis deciduas* Edgew)^[34] -The *Karira Pushpa* is *Kashaya*(Astringent), *Bhedi*(Purgative). It aggravates *Vata* and subsides *Kapha* and *Pitta Dosh*a.
- **KANCHANARA-KOVIDARA PUSHPA**-**KANCHANARA PUSHPA** (*Bauhinia variegata* Linn), -**KOVIDARA PUSHPA** (*Bauhinia purpurea* Linn)^{[35],[36]} - The *Kanchanara* and *Kovidara Pushpa* is *Kashaya*(Astringent), *Swadu*(Sweet) in taste, *Madhura Vipaka*(Sweet in post digestive effect), *Guru*(Heavy), *Sheeta*(Cold in potency), *Rochani*(Tasty), *Ruksha*(Dry). It alleviates *Shwasa* (Dyspnoea), *Kasa* (Cough), *Kshaya* (Emaciation), *Raktapitta* (Haemorrhage), *Pradara* (Dysmenorrhoea).
- **KASAMARDA PUSHPA** (*Cassia occidentalis* Linn) [37] - The *Kasamarda Pushpa* alleviates *Shwasa* (Dyspnoea), *Kasa* (Cough), *Urdhwa Anila* (Upward movement of the Vayu).
- **KUMKUMA PUSHPA** (*Crocus sativus* Linn) [38] - The *Kumkuma* is *Katu*(Pungent), *Tikta*(Bitter) in taste, *Ushna*(Hot in potency), *Shleshma Samirajit*(Subsides *Kapha* and *Vata*), *Vrina*(Wound), *Drishthi*(Eye diseases), *Shiro Roga*(Diseases of head), *Visha*(Poison effect), *Kayakanti Krit*(Improves complexion and lustre of the body).
- **KUTAJA PUSHPA** (*Holarrhena antidysenterica* (Linn) Wall) [39, 40] - The *Kutaja Pushpa* is *Laghu* (Light), *Kashaya* (Astringent), *Tikta* (Bitter) in taste, *Sheeta* (Cold in potency), *Sangrahi* (Absorbent). It subsides *Pitta*, *Asr* (Blood), *Kapha Dosh*as. It cures *Kustha* (Skin diseases), *Hridroga* (Heart diseases), *Atisara* (Diarrhea), *Jwara* (Fever), *Udavarta* (Upward movement of the *Vata*), *Udara* (Abdominal diseases).
- **KUNDAM PUSHPA** (*Jasminum multiflorum* Andr) [41] - The *Kunda Pushpa* is *Laghu* (Light), *Sheeta* (Cold in potency). It subsides *Kapha* and *Pitta Dosh*as, *Shiroroga* (Diseases of head), *Visha* (Poison effects).
- **KUBJAKAM PUSHPA** (*Rosa moschata* Herrm) [42] - The *Kubjaka Pushpa* is *Surabhi* (Aromatic), *Swadu* (Sweet), *Kashaya* (Astringent) in taste, *Laghu* (Light), *Sheeta* (Cold in potency). Subsides *Kapha* and *Pitta Dosh*as, *Varnya* (Improves complexion), *Dahaprashaana* (Alleviates burning sensation).
- **KUMARI PUSHPA** (*Aloe vera* Tourn ex Linn) [43] - The *Kumari Pushpa* subsides *Vata* and *Pitta Dosh*as, *Krimi* (Worms).
- **KURANTAKA PUSHPA** (*Barleria prionitis* Linn) [44] -The *Kurantaka Pushpa* subsides *Kapha* and *Pittaja* diseases.
- **KETAKI PUSHPA** (*Pandanus odoratissimus* Roxb) [45] -The *Ketaki Pushpa* is *Katu* (Pungent), *Tikta* (Bitter) in taste, *Ushna* (Hot in potency). It subsides *Vata-Kapha*, *Visha* (Poison effect), *Kantijanan* (Improves complexion), *Daha* and *Durgandha Nashana* (Alleviates burning sensation and foul smell).
- **GAMBHARI PUSHPA** (*Gmelina arborea* Linn) [46] - The *Gambhari Pushpa* is *Madhura* (Sweet), *Tikta* (Bitter), *Kashaya* (Astringent) in taste, *Sheeta* (Cold in potency), *Sangrahi*(Absorbent), *Vatala*(Aggravates *Vata Dosh*a). It subsides *Raktapitta* (Haemorrhage).
- **CHAMPAKA PUSHPA** (*Michelia champaka* Linn) [47, 48] - The *Champaka Pushpa* is *Laghu*(Light), *Grahi*(Absorbent), *Tikta*(Bitter), *Kashaya*(Astringent), *Madhura*(Sweet) in taste, *Hima*(Cold in potency). Subsides *Kapha* and *Pitta Dosh*as, *Visha* (Poison effects), *Kustha* (Skin diseases), *Vrina* (Heals the wound).
- **JATI PUSHPA** (*Jasminum officinale* Linn) [49] - The *Jati Pushpa* is *Tikta* (Bitter), *Ushna* (Hot in potency), *Kashaya*(Astringent), *Laghu*(Light). It subsides *Vata*, *Shiro Rogas*(Diseases of head), *Mukha*(Mouth), *Danta*(Teeth), *Visha*(Poison), *Kustha*(Skin diseases), *Vrina*(Wounds), *Asr*(Blood diseases).

- **JEEVANTI PUSHPA** (*Leptadenia reticulata* W & A) [50] - The *Jeevanti Pushpa* is *Kashaya* (Astringent), *Madhura* (Sweet) in taste, *Laghu* (Light), *Pathya* (Cleanses the channels), *Ruchikara* (Appetizer), *Vrushya* (Aphrodisiac), and subsides *Kapha* and *Pitta Doshas*.
- **TILAKA PUSHPA** (*Wendlandia exerta* DC) [51] - The *Tilaka Pushpa* is *Katu* (Pungent), *Ushna* (Hot in potency), alleviates *Kapha* and *Vata Doshas*, *Netra Roga* (Eye diseases), *Krimi* (Worms).
- **TULASI PUSHPA** (*Ocimum sanctum* Linn) [52] - The *Tulasi Pushpa* is *Katuka* (Pungent), *Tikta* (Bitter), *Ushna* (Hot in potency), *Dipana* (Appetizer), *Hridya* (Cardio tonic), *Pittakara* (Aggravates *Pitta Dosh*). It alleviates *Daha* (Burning sensation), *Kustha* (Skin diseases), *Krachra* (Dysuria), *Asr* (Blood diseases), *Parshwaruk* (Pain in flanks), *Kapha* and *Vata*.
- **DADIMA PUSHPA** (*Punica granatum* Linn) [53] - The *Dadima Pushpa* is *Grahi* (Absorbent), *Hima* (Cold in potency), *Bala Atisarajit* (Cures diarrhoea in children), The juice of this flower instilled in case of cures nasal bleeding.
- **DHATAKI PUSHPA** (*Woodfordia fruticosa* Kurz) [54,55] - The *Dhataki Pushpa* is *Kashaya* (Astringent), *Sheeta* (Cold in potency), *Madakrit* (Causes drowsiness), *Laghu* (Light). Cures *Trishna* (Thirst), *Krimi* (Worms), *Visha* (Poison effects), *Raktapitta* (Haemorrhage), *Atisara* (Diarrhoea).
- **NAGA PUSHPA** (*Mesua ferrea* Linn) [56] - The *Naga Pushpa* is *Kashaya* (Astringent), *Tikta* (Bitter), *Alpa Ushna* (Slightly hot in potency), *Laghu* (Light). Alleviates *Kapha-Pitta Doshas*, *Visha* (Poison effects), *Rakta Rodhaka* (Acts as haemostatic).
- **NARIKELA PUSHPA** (*Cocos nucifera* Linn) [57] - It alleviates *Raktatisara* (Diarrhoea with blood), *Raktapitta* (Haemorrhage), *Prameha* (Urinary diseases including diabetes).
- **NIMBA PUSHPA** (*Azadirachta indica* A. Juss) [58] - The *Nimba Pushpa* is *Sheeta* (Cold in potency), *Sangrahi* (Absorbent). It is *Chakshushya* (Good for eyes), *Vatala* (Aggravates *Vata Dosh*), *Katu Paka* (Pungent in post digestive effect), *Visha* (Poison effects), *Sarva Arochaka Nashaka* (Cures all types of anorexia).
- **NIRGUNDI PUSHPA** (*Vitex negundo* Linn) [59] - The *Nirgundi Pushpa* is *Tikta* (Bitter), *Ushna* (Hot in potency), *Katu* (Pungent). It alleviates *Krimi* (Worms), *Pleeha* (Enlargement of spleen), *Aruchi* (Anorexia), *Kustha* (Skin diseases), *Kandu* (Itching), *Shopha* (Edema).
- **NEPALIKA PUSHPA** (*Jasminum species*) [60] - The *Nepalika Pushpa* is *Tikta* (Bitter) in taste, *Ushna* (Hot in potency), subsides *Vata Pitta Doshas*, *Ruja* (Pain), *Netra Rogas* (Eyes diseases).
- **PANASA PUSHPA** (*Artocarpus heterophyllus* Lam) [61] - The *Panasa Pushpa* is *Tikta* (Bitter), *Guru* (Heavy), *Vakra Vishodhanam* (Cleanses mouth).
- **PALASHA PUSHPA** (*Butea monosperma* (Lam) Kuntze) [62] - The *Palasha Pushpa* is *Kashaya* (Astringent), *Tikta* (Bitter), *Madhura* (Sweet) in taste, *Sheeta* (Cold in potency), *Grahi* (Absorbent), alleviates *Kustha* (Skin diseases), *Daha* (Burning sensation), *Trishna* (Thirst).
- **PATALA PUSHPA** (*Stereospermum suaveolens* DC) [63] - The *Patala Pushpa* is *Kashaya* (Astringent), *Swadu* (Sweet) in taste, *Hima* (Cold in potency), *Hridya* (Cardio tonic). It subsides *Kapha*, *Rakta* diseases, *Atisara* (Diarrhoea), *Daha* (Burning sensation). These flowers are used for flavouring the water.
- **PARIBHADRA PUSHPA** (*Erythrina indica* Linn) [64] - The *Paribhadra Pushpa* is *Kashaya* (Astringent) in taste. It alleviates *Pitta* and *Karna Rogas* (Ear diseases).
- **PRIYANGU PUSHPA** (*Callicarpa macrophylla* Vahl) [65] - The *Priyangu Pushpa* is *Tikta* (Bitter), *Sheeta* (Cold in potency). It alleviates aggravated *Rakta* (Blood), *Moha* (Confusion), *Daha* (Burning sensation), *Jwara* (Fever), *Vamana* (Vomiting). It is one of the *Shonita Sthapana* (Haemostatic).
- **BAKULA PUSHPA** (*Mimusops elengi* Linn) [66, 67] - The *Bakula Pushpa* is *Kashaya* (Astringent), *Swadu* (Sweet), *Surabhi* (Aromatic), *Sheeta* (Cold in potency), *Grahi* (Absorbent), *Ruchya* (Palatable). It subsides *Kapha*, *Pitta*, *Rakta* diseases, *Visha* (Poison), and *Krimi* (Worms).
- **BADARA PUSHPA** (*Zizyphus jujuba* Lam) [68] - The *Badara Pushpa* is *Kustagna* (Subsides Skin diseases), *Kapha-Pittahara* (Pacifies *Kapha* and *Pitta Doshas*).
- **BANDHUKA PUSHPA** (*Pentapetes phoenicea* Linn) [69] - The *Bandhuka Pushpa* is *Laghu* (Light), *Snigdha* (Demulcent), *Kaphapaha* (Increases *Kapha* and subsides *Vata-Pitta Doshas*), *Grahi* (Absorbent), *Jwaragna* (Cures fever), *Bhuta Nashana* (Alleviates external evil spirits).
- **BIMBI PUSHPA** (*Coccinia indica* W. & A.) [70] - The *Bimbi Pushpa* is Red in colour, *Tikta* (Bitter) in taste, cures *Prameha* (Urinary diseases including diabetes), *Pitta Dosh*, *Kamala* (Jaundice).
- **BILVA PUSHPA** (*Aegle marmelos* Corr) [71] - The *Bilva Pushpa* is *Kashaya* (Astringent), *Tikta* (Bitter) in taste, *Sangrahi* (Absorbent), *Dipana* (Appetizer). It subsides three *Doshas* (*Vata-Pitta-Kapha*), *Atisara* (Diarrhea), *Trishna* (Thirst), *Vami* (Vomiting).
- **MADHUKA PUSHPA** (*Madhuka indica* J.F.Gmel) [72] - The *Madhuka Pushpa* is *Madhura* (Sweet) in taste, *Sheeta* (Cold in potency), *Balya* (Tonic), *Shukrakara* (Increases semen), *Vata-Pitta Nashana* (Subsides *Vata* and *Pitta Doshas*).
- **MALLIKA PUSHPA** (*Jasminum sambac* Ait) [73] - The *Mallika Pushpa* is *Laghu* (Light), *Vrushya* (Aphrodisiac), *Tikta* (Bitter), *Katu* (Pungent) in taste, *Kapha-Vatahara* (Subsides *Kapha* and *Vata Dosh*), cures *Mukha*

Roga(Diseases of mouth), *Netra*(Eye), *Kushta*(Skin diseases), *Aruchi*(Anorexia), *Visha*(Poison), *Vrina*(Wounds).

- **MATULUNGA PUSHPA** (*Citrus medica* Linn)[74] - The *Matulunga Puspa* is *Rochana*(Tasty), *Grahi*(Absorbent), *Sheetala*(Cold in potency), *Laghu*(Light). It subsides *Vata* and *Raktapitta*(Haemorrhage).
- **MUCHAKUNDA PUSHPA** (*Pterospermum acerifolium* Willd)[75] -The *Muchakunda Pushpa* is yellow in colour. It cures *Shirashoola* (Headache), *Pittasr*(Haemorrhage), *Visha*(Poison effect).
- **MUSHKAKA PUSHPA** (*Schrebera swietenoides* Roxb) [76, 77]- The *Mushkaka Pushpa* is *Kapha* and *Pitta Shamaka*(Pacifies *Kapha* and *Pitta Doshas*), *Kustha*(Skin diseases).
- **MOOLAKA PUSHPA** (*Raphanus sativus* Linn)[78] - The *Moolaka Pushpa* is *Kapha-Pitta Nashaka* (Subsides *Kapha* and *Pittaja* diseases).
- **YUTHIKA PUSHPA** (*Jasminum auriculatum* Vahl)[79, 80] - The *Yuthika Pushpa* is *Tikta*(Bitter), *Madhura*(Sweet), *Kashaya*(Astringent) in taste, *Katu Vipaka*(Pungent in post digestive effect), *Sheeta*(Cold in potency), *Hridya*(Good for heart), *Pittagna*(Subsides *Pitta Dosh*), *Kapha-Vatala*(Aggravates *Kapha* and *Vata Doshas*). It cures *Vrina* (Wound), *Mukha* (Mouth), *Danta*(Teeth), *Akshi*(Eye), *Shira*(Head) diseases, *Visha*(Poison effect), *Thrishna*(Thirst), *Kustha*(Skin diseases).
- **LAVANGA PUSHPA** (*Syzygium aromaticum* (Linn) Merr and Per)[81] - The *Lavanga Pushpa* is *Hridya*(Cardio tonic), *Sheetala*(Cold in potency), pacifies *Pitta Dosh*, *Chakshushya*(Good for eye diseases), *Vishahrit*(Subsides Poison effects), *Vrishya*(Aphrodisiac), *Mangalya*(It is auspicious), *Moordharogahrit*(Cures diseases of head).
- **LODHRA PUSHPA** (*Symplocos racemosa* Roxb)[82] -The *Lodhra Pushpa* is *Kashaya*(Astringent), *Madhura*(Sweet), *Tikta*(Bitter) in taste, *Hima*(Cold in potency), *Katu Vipaka*(Pungent at post digestive effect), *Sangrahi*(Absorbent), *Kapha-Pittahara*(Subsides *Kapha* and *Pitta Doshas*).
- **VARUNA PUSHPA** (*Crataeva nurvala* Buch-Ham)[83]- The *Varuna Pushpa* is *Kashaya*(Astringent), *Tikta*(Bitter), *Laghu*(Light), *Grahi*(Absorbent). It alleviates *Kapha-Pitta-Rakta Doshas* and helps to digest the *Ama*(Immature or uncooked or immature food).
- **VASA PUSHPA** (*Adhatoda vasica* Nees)[84],[85] - The *Vasa Pushpa* is *Tikta*(Bitter), *Katu Vipaka*(Pungent at post digestive effect). It subsides *Kapha* and *Pitta Doshas*, and cures *Kasa*(Cough), *Shwasa*(Dyspnoea), *Kshaya*(Tuberculosis).
- **SHANA PUSHPA** (*Crotalaria juncea* Linn)[86] - The *Shana Pushpa* is *Sheeta Virya*(Cold in potency), *Ruchya*(Tasty), *Swadu*(Sweet) in taste,

Sara(Laxative). It alleviates *Pitta*, *Rakta Doshas*, and *Raktapitta*(Haemorrhage).

- **SHATAPATRI PUSHPA** (*Rosa centifolia* Linn)[87],[88] - The *Shatapatri Pushpa* is *Hima*(Cold in potency), *Tikta*(Bitter), *Madhura*(Sweet) in taste, *Sara*(Laxative), *Hridya*(Cardio tonic). It alleviates *Kustha*(Skin diseases), *Daha*(Burning sensation), *Pitta*, *Rakta Dosh*, *Varnya*(Improves complexion).
- **SHALLAKI PUSHPA** (*Boswellia serrata* Roxb)[89] - The *Shallaki Pushpa* is a gum-resin (*Kunduru*), It alleviates *Kapha-Vata Doshas*, *Rakta Dosh*(Blood diseases), *Kustha*(Skin diseases), *Aruchi*(Anorexia).
- **SHAKA PUSHPA** (*Tectona grandis* Linn. f)[90, 91]- The *Shaka Pushpa* is *Kashaya*(Astringent), *Tikta*(Bitter), *Ruksha*(Dry), subsides *Prameha*(Urinary diseases including diabetes), *Kapha* and *Pitta Doshas* and aggravate *Vata Dosh*.
- **SHALMALI PUSHPA** (*Salmalia malabarica* Schott. & Endl)[92] - The *Shalmali Pushpa* is *Tikta*(Bitter), *Kashaya*(Astringent), *Swadu*(Sweet at the post digestive effect), *Grahi*(Absorbent), *Hima*(Cold in potency), *Kapha-Pitta-Asrjit*(Subsides *Kapha- Pitta* and *Rakta Doshas*). The Vegetables of *Shalmali* flowers prepared in ghee and *Saindhava Lavana* (Rock salt) and given in *Pradara Roga* (Leucorrhoea).
- **SHIGRU PUSHPA** (*Moringa oleifera* Lam)[93, 94] - The *Shighru Pushpa* is *Teekshna*(Penetrating), *Ushna*(Hot in potency), *Katu*(Pungent) in taste, subsides *Kapha* and *Vata Doshas*. It alleviates *Snayu Shotha* (Neuritis), *Krimi* (Worms), *Shotha* (Edema), *Pleeha*(Splenomegaly), *Gulma*(Visceral organ diseases).
- **MADHU SHIGRU** (*Moringa concanensis* Nimmo) [95]- The *Madhu Shighru* subsides *Kapha* and *Pitta Doshas*, *Chakshushya*(Good for eyes), *Raktapittahara*(Haemorrhage).

CONCLUSION

By the above discussion the flowers are the integral part of *Dravyaguna Vijnana*(Indian Pharmacology) and highlighted the medicinal values which helps in the alleviating the diseases and maintains the health of the person. The clinical application is well explained in the *Ayurvedic* classical texts. This could be the new research area one should concentrate on the potent medicinal flowers. Further scope of study is to cultivate such medicinal flowers and evaluate their pharmacological actions by experimentally as well as clinical trials.

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