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Traditional Indian Medicinal Flowers in Floral Therapeutics: A Field Survey of Purvanchal, Uttar Pradesh

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Abstract

Flowers play an important role in our lives, whether medicinally or professionally, and flowers help to maintain health and a positive human relationship. The therapeutic uses of flowers utilized in Ayurveda has been attempted to be shown. *Charaka Samhita, Sushruta Samhita, Ashtanga Hridaya, Bhavaprakasha Nighantu,* and *Pushpa-Ayurveda* were used to research the therapeutic use of flowers in ancient and modern literature. In this overview, medicinal flowers are found in special Vargas (groups) of *Sushruta Samhita, Bhavaprakasha Nighantu,* and *Pushpa-Ayurveda,* respectively, and are grouped systematically in tabular form. *Charaka* and *Vagbhat* explained the medicinal advantages of flowers in a random manner. The topic is separated into two parts: the general health benefits of flowers and their pharmacological form. Most of the flowers listed in this study were used in the treatment of Jvara (Fever), Meha (Diabetes), Atisara (diarrhea), Krimi (Wormicidal), Hridaroga (In Heart problems), Kshaya (Wasting), Kasa (Cough), Svasa (Respiratorydiseases), Kustha (Skin diseases), Daha (Burning), Chardi (Vomiting), Raktapitta (Intrinsic hemorrhage), Sopha (Swelling), Dipana (Appetizer), Pachana (Digestive), and Vrana (Wound). Flowers have a special position in Ayurveda and have been employed in healing and sickness since ancient times. As a result, this work gives academics and clinicians who are actively engaged in medicinal plant research and medical practice a unique perspective.

Key words: *Bhavaprakash Nighantu, Charaka Samhita, Flowers, Pushpa-Ayurveda, Sushruta Samhita*

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Introduction

Flowers are the most attractive part of the plant which fascinate with their beautiful harmony, colors, and fragrance. The direct relationship of human beings with vegetation is called as ethno-botany, which incorporates the have a look at of species used as food, fiber, dyes, tannins, resins, drug treatments, and conventional magico-religion. The Indian people have always used different parts of medicinal plants to fight diseases.

Since ancient times, flowers have left their medicinal imprint in the original course textbooks of *Ayurveda-Charaka Samhita, Sushruta Samhita, Ashtanga Hridaya,* and *Bhavaprakash Samhita*. In all *Samhita*, *Audbhid* (Plant), *Jangama* (Animal), and *Parthiva* (Minerals) are three natural origin items that are used as nourishment and medicinal. Flower is one of the eighteen varieties of *Audbhid* (Plant) materials described by *Charaka*.[1]

Due to this wide spread use, various Indian flowers occupy a very important position in Ayurveda - the ancient Indian treatise health. The ancient physicians of Ayurveda their continuous keen observation and experimentation compiled the medicinal uses of different parts of plants including flowers. The use of flowers in the various formulations has been widely used and has been termed as *Pushpa*, *Kusuma*, *Sumana*, and *Suma*. The domain of flowers is very vast. Depending on the nature of the purpose for which they are grown, they can be divided into four categories. (1) Ornamental flowers are the first thing that comes to mind. (2) Flowers from a store. (3) Flowers with medicinal properties. (4) Flowers from the kitchen or vegetables.[2] Flowers are valued for their esthetic and spiritual appeal. Some flowers such as *Michelia champaca* L., *Mimusops elengi* L., and *Nyctanthes arbor-tristis* Linn. are valued for their therapeutic potential and utilized by traditional medicinal systems.[3] These all types of flowers are of either medicinal use or for commercial purposes. Historically other than medicinal usage, plant life used for suitable for eating functions too, as an example in historic Rome, numerous species of Roses had been utilized in cooking distinct sorts of puree and omelets; in medieval France, *Calendula officinalis* in the practice of salads; saffron (*Crocus sativus*) as a flavoring agent; *Viola odorata* for coloring of sugar, syrups, and numerous potions; *Borago officinalis* and Roses as fragrant enhancers of pastry and dandelion (*Taraxacum officinale*) plant life for the practice of beverages and salads in Europe.[4] As flowers play a pivotal role in our life either medicinally or professionally. Thus, an attempt has been made to present the therapeutic uses and medicinal importance of flowers that are used in *Ayurveda*. Various pharmaceutical forms for use of flowers are *Pushpa-Rasa* (Flower-juice), *Churna* (Powder), *Hima* (cold infusion), *Phanta* (Hot infusion), *Kalka* (Paste), *Avaleha* (Linctus), *Asava* (Ferment extracts), and *Taila* (Oil). Nowadays, they are also used in the form of aromatic shampoo, head oil, and paste after bath, etc. For Example-Aromatic shampoo consists of *Tvaka* (*Cinnamomum zeylanicum*), *Kustha* (*Saussurea lappa*), Lotus stamens, *Bola* (*Commiphora myrrha*), *Tagara* (*Valeriana wallichii*), *Nagakeshara* (*Mesua ferrea*), etc., all in equal quantity. Head oil prepared with flowers of *Jati* (*Jasminum officinale*), *Patala* (*Stereospermum suaveolens*), *Muchkunda* (*Pterospermum acerifolium*), etc., are used by healthy people.

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Paste of *Kumkum* (*Crocus sativus*), *Chandana* (*Santalum album*), and *Krishna-agaru* (*Aquilaria agallocha*) which are hot and pacify *Vata* and *Kapha* should be applied as a paste on body parts after a bath in winter, while in rainy season *Chandana* (*Santalum album*) mixed with *Keshara* (*Crocus sativus*), and *Kasturi* should be used are neither hot nor cold. Post bath paste perspiration, foul smell, abnormal complexion, and exertion.

Materials and Methods

A comprehensive overview of the original works of *Charaka Samhita Sushruta Samhita, Ashtanga Hridaya, Bhavaprakash Nighantu*, and *Pushpa Ayurveda* from *Ayurveda*, as well as scientific databases such as Google Scholar, Science Direct, and PubMed using name of the flower and their uses in respect to health and diseases as keyword with emphasis on literature, and pharmacological activity between 1985 and 2021 was done. We analyzed various published and selected data related to the manuscript title and research purpose [Figure 1].

Significance of Study

Within the *Vedas*, the seeds of the *Ayurvedic* medical machine can be found. The ancient sages who preached and advocated *Ayurveda* had made it a point to examine and catalogue the plants and medications that came into contact with them, and to include them in their Materia Medica; It contributes significantly to their credit score that they are familiar with a considerably wider range of medicinal flowers than the residents of any other country. The ground chuckles through her blooms. In a random manner [Figure 2], *Charaka* addressed the medicinal advantages of ten *Pushpa* (flowers) in *Asava kalpana* and five *Pushpa* (flowers) for *Shirovirechana karma* (Head-evacuation).

Asava and *Arishta* are unique dosage forms determined with the aid of using Ayurveda having indefinite shelf existence. In this dosage form, flowers of *Dhataki* (*Woodfordia fruticosa* Linn.) Kurz) and *Mahua* (*Madhuca indica* J. F. Mel.) were extensively used drugs for fermentation purposes.[5] In education of *Asava* and *Arishta*, all through manner of fermentation self-producing alcohol produced, for this reason facilitating the extraction of the energetic materials with inside the drugs, and the alcohol, so generated additionally act as a preservative.[6] In such a lot of *Asava*, and *Arishta Dhataki* and *Mahua* flowers were used as a preservative, that is, (*Abhyarishta, -Mahua, Arvindasava, Ashokarishta, Aswagandharishta, Chandanasava, Dashmoolarishta, Kankasava,) - Dhataki*, and in *Kutjarishta* both *Mahua* and *Dhataki* flowers were used.[7] Survey of flowers was done in purvanchal region of Uttar Pradesh [Figures 3 and 4].

In a haphazard manner, seventeen and sixteen medicinal flowers were discovered in *Charaka Samhita, Ashtanga Hridaya* [Tables 1 and 2]. In their respective Vargas (groups), the *Sushruta Samhita, Bhavaprakasha Nighantu*, and *Pushpa-Ayurveda* found twenty-eight, thirty-seven, and fifty essential medicinal flowers, which are given systematically in tabular form [Tables 3-5]. The theme is divided into two parts: one is a general literary survey of flowers drawn from *Ayurvedic* traditional text books as well as scientific databases and the other is a field survey of flowers in bloom from Uttar Pradesh's purvanchal zone. Compile a list of studies on the pharmacological effects of flowers [Table 6]. Flower is a medicinal material used in floral therapy, and believed that they contain the vibrational energy, which can amplify negative thoughts and emotions.

Figure 1: Material and method: An approach for Review of floral therapy

Discussion

In addition, the Sanskrit word *Ayurveda* is a traditional medicinal system that helps fight illness, maintain disease homeostasis, develop the spirit and soul, and teach the body to cope with stress. Human health is determined by the complex interaction of biological, behavioral, socioeconomic, and environmental factors. The World Health Organization (WHO) defines health as a condition of physical, mental, and social well-being, not merely the absence of sickness. When talking about true health, mental, emotional, and environmental health are additional components that need attention. Floral therapy is a natural therapy that works on our emotional state to create balance and harmony, that is, seeing the rose, the activity of the parasympathetic nervous system is improved.[35]

Previous research has shown that natural remedies are more effective when stress levels are higher. In this article, we will try to demonstrate the medicinal uses of flowers in the Ayurvedic medical system. Brahma is called the creator in Indian mythology

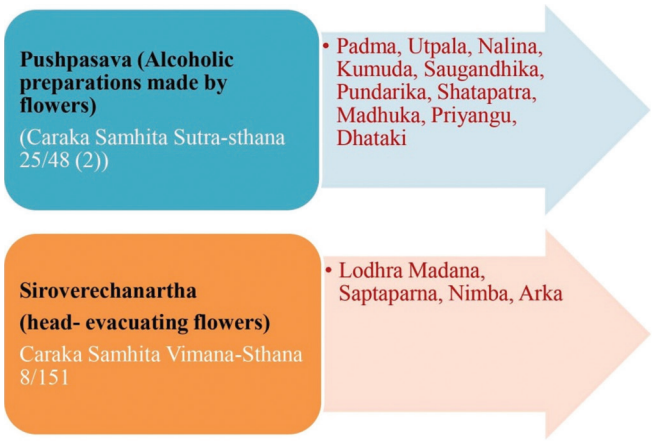

Figure 2: List of medicinal importance of flowers in *Charaka Samhita*

Figure 3: Field survey of traditional Indian medicinal flowers

and is also called "*Pushpa Sambhavan*" or "Born in Flower." *Brahma* is described as a person born from the lotus that emerged from *Mahavishnu* (one of the Hindu trinity).[2] *Brahma* lives in lotus flowers and *Bhavmishra* illustrates that Kamal (lotus) has so many

Figure 4: Map of India showing the investigated area of flowers in Uttar Pradesh (Purvanchal) (Source https://www.mapsofindia.com/maps/uttarpradesh/regions.html)

Table 1: List of medicinal flowers in *Charaka Samhita* with their properties and therapeutic uses[1]

S. No.	*Name of drug*	*Botanical name*	*Therapeutic uses*	*Reference*
1.	*Shana*	*Crotalaria juncea Linn.*	Raktapitta (Bleeding Disorders)	C. S. Su.27/104
2.	*Kovidara*	*Bauhinia purpurea Linn.*	Raktapitta (Bleeding Disorders)	C. S. Su.27/104, C.S. Ci. 4/39,
3.	*Karbudara*	*Bauhinia variegata Linn.*	Raktapitta (Bleeding Disorders)	C. S. Su.27/104
4.	*Shalmali*	*Bombax ceiba Linn.*	Raktapitta (Bleeding Disorders)	C. S. Su.27/104, C.S. Ci. 4/39
5.	*Madhuka*	*Madhuka indica J. F. Gmel., M.*	Rasayana (Immunomodulator)	C.S. Ci. 1/1-1-58, C.S. Ci. 11/71
6.	*Shankhapushpi*	*Convolvulus pluricaulis Choisy*	Medhya Rasayana Brain immunity boaster)	C.S. Ci. 1/1-3-30
7.	*Kashmari*	*Gmelina arborea Roxb. ex Sm.*	Raktapitta (Bleeding Disorders)	C.S. Ci. 4/39
8.	*Kamala*	*Nelumbium speciosum* Willd.	Raktapitta (Bleeding Disorders)	C.S. Ci. 4/103, 107
9.	*Kapittha*	*Feronia limonia Linn.*	Kapha-Pitta Prameha (Diabetes)	C.S. Ci. 6/35
10.	*Karpasa*	*Gossypium harbeceum Linn.*	Kushtha (Skin Disorders)	C.S. Ci. 7/16
11.	*Malti*	*Agnosma caryophyllata G.*	Unmada (Psychosis)	C.S. Ci. 9/36
12.	*Dhataki*	*Woodfordia fruticosa* (L.) Kurz.	Atisara (Diarrhea)	C.S. Ci. 19/54
13.	*Shirisha*	*Albizzia lebbeck* (L.) Benth.	Visarpa (Erysepeles)	C.S. Ci. 23/52,90,55,70,193,208,23,218
14.	*Kakubha*	*Terminalia arjuna (Roxb.)* Wight & Arn.	Vatarakta (Gout)	C.S. Ci. 29/143
15.	*Jimutaka*	*Luffa echinata* (Roxb.)	Vamana (Emesis)	C.S.Ka. 3/6
16.	*Dhamargava*	*Luffa cylindrica* Linn.	Vamana(Emesis)	C.S.Ka. 3/11,4/6
17.	*Vatsaka*	*Holarrhena antidysenterica* (L.) Wall. ex A. DC.	Vamana(Emesis)	C.S.Ka. 5/4

therapeutical benefits, namely *Trishna*, *Daha* (burning), *Raktavikara* (bleeding disorders), *Vishphot* (blisters), *Visarpa* (erysipelas), *Visha Roga* (toxic diseases).

We discovered that *Agastya* (*Sesbania grandiflora* Pers.) is common in all three *Ayurvedic* texts, that is, *Sushruta Samhita, Bhavaprakash Nighantu*, and *Pushpa Ayurveda*, and that many other flowers, such as *Shirisha, Dhataki, Priyangu, Mallika, Kovidara, Karira, Nimba, Arka, Asana, Kutaja, Utpala, Bakula, Palash, Patla, Tulsi, Madhavi, Japa, Kadamba, Ashoka*, and *Nirgundi*, are more popular. According to a previous study, *Agastya* (*Sesbania grandiflora* Pers.)

Table 2: List of medicinal flowers in *Ashtanga Hridaya* with their properties and therapeutic uses[8]

S. No.	Name of drug	Botanical name	Therapeutic uses	Reference
1	*Priyangu*	*Callicarpa macrophylla Vahl.*	Pakvatisara (Chronic Diarrhea), Sandhana (Uniting), Vranaropana (wound healing)	A.H.Su.15/37
2	*Dhataki*	*Woodfordia fruticosa* (L.) Kurz.	Raktapitta (Bleeding disorders) Pittatisara (Diarrhea)	A.H.Ci.2/17 A.H.Ci. 9/23,36,63
3	*Vasa*	*Adhatoda vasica* Nees.	Raktapitta (Bleeding disorders)	A.H.Ci.2/43
4	*Saptaparna*	*Alstonia scholaris* (L.) R. Br.	Hikka (Hiccough) Svasa (Respiratory diseases)	A.H. Ci. 4/33
5	*Shirisha*	*Albizia lebbeck* (L.) Benth.	Hikka (Hiccough) Svasa (Respiratory diseases), Visarpa (Erisepeles), Bhutounmada (Psychotic syndrome)	A.H. Ci. 4/33, A.H.Ci. 18/18, A.H.U. 5/15, 41, 46
6	*Shalmali*	*Salmalia malabarica* (DC.) Schott & Endl.	Pichha Basti (Enema)	A.H.Ci. 8/125
7	*Madhuka*	*Madhuka indica* J. F. Gmel., M.	Grahani (Bowel diseases)	A.H.Ci. 10/47, 51
8	*Rohitaka*	*Tecomella undulata (Sm.)* Seem.	Prameha (Diabetes)	A.H.Ci. 12/16
9	*Karpasa*	*Gossypium harbeceum* Linn.	Kushtha (Skin Diseases)	A.H.Ci. 19/63
10	*Ratha/ Madanaphala*	*Randia dumetorum* Lam.	Vamana (To induce Emesis)	A.H.Ka. 1/18
11	*Jimutaka*	*Luffa echinata* (Roxb.)	Vamana (To induce Emesis)	A.H.Ka. 1/20
12	*Ikshwaku*	*Lagenaria siceraria standle.*	Vamana (To induce Emesis)	A.H.Ka. 1/34
13	*Sukatraru/ Syonaka*	*Oroxylum indicum* L. Kurz.	Bhutounmada (Psychotic syndrome)	A.H.U. 5/20
14	*Atimuktasya/ Madhvilata*	*Hiptage madablota* Gaertn.	Unmada (Psychotic disorders)	A.H.U. 6/58
15	*Jati*	*Jasminum officinale* Linn.	Bhutounmada (Psychotic syndrome)	A.H.U. 6/58
16	*Sahacharapushpa*	*Barleria prionitis* Linn.	Bhutounmada (Psychotic syndrome)	A.H.U. 6/58

Table 3: List of medicinal flowers in *Sushruta Samhita* with their properties and therapeutic uses[9]

S. No.	Name of drug	Botanical name	Properties andAction	Therapeutic uses	Reference
1.	*Kovidara*	*Bauhinia purpurea* Linn.	Rasa-Madhura, Vipaka-Madhura	Rakta-pitta nashaka	S.Su 46/281
2.	*Shana*	*Crotalaria juncea* Linn.	Rasa-Madhura, Vipaka-Madhura	Rakta-pitta nashaka	S.Su 46/281
3.	*Shalmali*	*Salmalia malabarica* Schott & Endl.	Rasa-Madhuara, Vipaka-Madhura	Rakta-pitta nashaka	S.Su 46/281
4.	*Agastya*	*Sesbania grandiflora* Pers.	Rasa-Tikta, Vipaka-Katu	Kshaya-kasanashaka	S.Su 46/282
5.	*Vasa*	*Adhatoda vasica* Nees.	Rasa-Tikta, Vipaka-Katu	Kshay-kasanashaka	S.Su 46/282
6.	*Karira*	*Capparis deciduas* Edgew.	Vipaka-Katu Vatahara	Mala-mutra-pravartaka	S.Su 46/283
7.	*Madhushigru*	*Moringa oleifera* Lam.	Vipaka-Katu Vatahara	Mala-mutra-pravartaka	S.Su 46/283
8.	*Raktavriksha*	Techoma sp.	Kapha-pitta nashaka	Kushthagna	S.Su 46/284
9.	*Nimba*	*Azadirachta indica* A. Juss	Kapha-pitta nashaka	Kushthagna	S.Su 46/284
10.	*Mushkak*	Elaeodendron glaucum	Kapha-pitta nashaka	Kushthagna	S.Su 46/284
11.	*Arka*	*Calotropis procera* (Ait) R.Br.	Kapha-pitta nashaka	Kushthagna	S.Su 46/284
12.	*Asana*	*Pterocarpus marsupium* Roxb.	Kapha-pitta nashaka	Kushthagna	S.Su 46/284
13.	*Kutaja*	*Holarrhena antidysenterica* (Linn) Wall.	Kapha-pitta nashaka	Kushthagna	S.Su 46/284
14.	*Padama*	*Nelumbium speciosum* Willd.	Madhura, Tikta, Shita	Kapha-pitta nashaka	S.Su 46/285
15.	*Kumuda*	*Nymphaea alba* Linn.	Madhura, pichchhila,Snigdha, Shita	Aahladjanaka	S.Su 46/285
16.	*Kuwala*	Zizyphus jujube Mill.	Madhura, Pichchhila, Snigdha, Shita	Aahladjanaka	S.Su 46/285
17.	*Utpala*	Nymphaea stelleta Willd.	Madhura, Pichchhila, Snigdha, Shita	Aahladjanaka	S.Su 46/285
18.	*Sindhuwara*	*Vitex negundo* Linn.	Shita	Pitta nashaka	S.Su 46/286
19.	*Malti*	Agnosma caryophyllata G.	Tikta	Pitta nashaka	S.Su 46/286
20.	*Malllika*	*Jasminum sambac*	Tikta	Pitta nashaka	S.Su 46/286
21.	*Bakula*	*Mimusops elengi* Linn.	Sugandha-yukta, Vishad	Hridya	S.Su 46/287
22.	*Patala*	*Stereospermum suaveolens DC.*	Sugandh-yukta, Vishada	Hridya	S.Su 46/287
23.	*Champaka*	*Michelia champaca* Linn.	Samshita-ushana, Kaphanashaka	Rakta-pitta nashaka	S.Su 46/288
24	*Kinshuka*	*Butea monosperma* (Lam.)	Kapha-pitta nashaka	-	S.Su 46/288
25	*Kurantaka*	Barleria sp.	Kapha-pitta nashaka	-	S.Su 46/288
26	*Kshawaka*	*Centipeda minima* Linn.	Madhura vipak, Pichchhila, Vatajanaka, Krimijanaka	Kaphadisrava	S.Su 46/290
27	*Kulewer*	-	Madhura, Kashaya Ruksha, kapha-vardhaka, Vidaha-janak, Vatakaraka	Kapha-nashaka, Mala-mutra-pravartaka	S.Su 46/290
28	*Vansha*	*Bambusa arundinacea* Willd.	Madhura, Kashaya Ruksha, kapha-vardhaka, Vidaha-janaka, Vata-karaka	Kapha-nashaka, Mala-mutra-pravartaka	S.Su 46/290

is a key new drug in the nutraceutical business that is utilized as an anti-hyperglycemic and antioxidant. Among other things, it contains alkaloids, flavonoids, saponins, tannin, diterpenes, triterpenoids, glycosides, and phenols.[36]

Table 4: Medicinal flowers in *Bhavprakash Nighantu* with their properties, phytoconstituents and therapeutic uses[10]

S. No.	Name of Drug	Botanical Name	Properties and action	Therapeutic Uses	Phytoconstituents	Reference
1.	*Kamal*	*Nelumbium speciosum* Willd.	Madhur, Kapha Pitta nashak	Trishna (Thirst), Daha (Burning), Raktavikara (Bleeding disorders), Vishphota (Blisters), Visharpa (Erysipelas), Visha roga (Toxcicity)	Metarbine, Nelumbine	Pu.VargaPg. No. 466
2.	*Sthalapadya 1*	*Ionidium suffruticosum* Ging.	Kinchitushna virya, Katu, Tikta, Kashaya, Kaphavatanashak	Mutrakriccha (Burning micturation), Shoola (Pain), Shvasa (Respiratory problems), Kasa (Cough), Visha roga(Toxcicity)	-	Pu.VargaPg. No.469
3.	*Sthalapadya 2*	*Hibiscus mutabilis* Linn.	Kinchit ushna virya, Katu,Tikta, Kashaya, Kaphavatanashak	Mutrakriccha (Burning micturation), Shoola (Pain), Shvasa (Respiratory problems), Kasa (Cough), Visha roga (Toxcicity)	-	Pu.Varga Pg.No.470
4.	*Kumud*	*Nymphaeaalba* Linn.	Pichhil, Snigdha, Madhur, Shita	Pravahika (Bloody diarrhea), Atisara (diarrhea)	Nymphaeine, Nymphalin	Pu.Varga Pg.No.471
5.	*Jalkumbhi (Variparni)*	*Pistia stratiotes* Linn.	Tikta, Katu, Madhur, Shita, Laghu, Ruksha, Tridoshnashak	Raktavikara (Bleeding disorders), Jvara (Fever), Shosha (Emaciation)	-	Pu.Varga Pg.No.472
6.	*Jalkumbhi*	*Eichhorniacrassipes* Solms.	Tikta, Katu, Madhur, Shita, Laghu, Ruksha, Tridoshnashak	Raktavikara (Bleeding disorders), Jvara (Fever), Shosha (Emaciation)	Carotene	Pu.Varga Pg.No.473
7.	*Sivara 1*	*Ceratophyllumdemersum* Linn.	Shita virya, Jwarhara	Pitta vikara, Raktapitta (Bleeding disorders)	Myrophyllin	Pu.Varga Pg.No.473
8.	*Sivara 2*	*Vellisneria spiralis* Linn.	Deepan, Shothaghan	Shwetapradara (Leukorrhea)	-	Pu.Varga Pg.No.474
9.	*Gulaba*	*Rosa centifolia* Linn.	Shita virya, Mridusarak,pachan, Tridoshaghan	Paushtic (healthy promoting), Hridya (Cardioprotective), Varnya (Complex promoting)	-	Pu.Varga Pg.No.475
10.	*Nevari*	*Jasminum arborescens* Roxb.	Tikta , Kashay	Balya (Strength promotor, Deepana (Appatizer)	-	Pu.Varga Pg.No. 476
11.	*Bela*	*Jasminum sambac* Ait.	Tridoshaghan, Shothaghan, Stanyanashak	Varnaropaka (Wound healer), Garbhashaya-uttejaka (Uterine tonic)	-	Pu.Varga Pg.No.477
12.	*Chameli*	*Jasminum grandiflorum* Linn.	Tikta, Kashaya, Ushna, Laghu, Doshnashak	Visha (Antitoxic), Kushtha (Skin problems), Vayu and Raktavikara Raktavikara(Bleeding disorders),	-	Pu.Varga Pg.No.478
13.	*Juhi*	*Jasminum auriculatum* Vahl.	Shita, Laghu, Tikta, Madhur, Kashaya, Pittanashak, Kapha-Vatajanak	Varnya (Complex promoting). Raktavikara(Bleeding disorders), Mukha-danta-shiro-netra roga (ENT diseases),Visha vikara (Antitoxic)	-	Pu.Varga Pg.No.479
14.	*Champa*	*Michelia champaca* Linn.	Katu, Tiktta, Kashaya, Madhur, Hima, Kaphavataraktapittajit	Visha(Antitoxic), krimihara (Antimicrobial), Mutrakrichha (Burning micturation)	-	Pu.Varga Pg.No.480
15.	*Maulasiri*	*Mimusops elengi* Linn.	Kinchit ushn, Katu, Tikta, Kapha pitta har	Visha (Antitoxic), Trisha (Thirst), Kushtha (Skin disorders), Shotha (Anti-inflammatory), Raktavikara (Bleeding disorders), Yonishool (Vaginal pain).	Saponin	Pu.Varga Pg.No.481

(Contd...)

Table 4: *(Continued)*

S. No.	Name of Drug	Botanical Name	Properties and action	Therapeutic Uses	Phytoconstituents	Reference
16.	*Kadam*	*Anthocephalus cadamba* Miq.	Madhur, Kashaya, lavan, Shita, Guru, Sarak, Ruksha, Vatavishtambha, Kaphakarak, Dugdhavardhak, Vayujanak	Jvara (Fever), Mutrakrichha (Burning micturation), Mutradosha (Urinary problems), Mukhapaka (oral ulers)	Cinchotannic acid	Pu.Varga Pg.No.483
17.	*Kooja*	*Rosa moschata* Herrm.	Madhur, Kshaya, Sarak, Tridoshanashak, Vrishya, Shitahar	Pitta-vikara, Daha (Burning), Netraroga (Eye diseases)	-	Pu.Varga Pg.No.483
18.	*Mallika*	*Jasminum sambac*	Ushna, Laghu, Vrishya, Tikta-Katu Vata- pitta much-netra-vikar	Kushtha (Skin problems), Aruchi (Anorexia), Visha (Antitoxic), Varnahara (wound healer)	-	Pu.Varga Pg.No.484
19.	*Madhavi*	*Hiptage madablota* Gaertn.	Madhur, Shita, Laghu, Tridoshnashak	Kushtha (Skin problems)	Hiptagin	Pu.Varga Pg.No.484
20.	*Kevada*	*Pandanus odoratissimus* Roxb.	Katu, Madhur, Tikta, Laghu, Ushna, Kaphanashak	Chkshushya (Improve sight)	-	Pu.Varga Pg.No.485
21.	*Kinkirata*	*Acacia latronum* Willd.	Tikta, Kashaya Sheetal, Kapha pitta nashak	Raktavikara (Bleeding disorders), Daha (Burning), Shosha (Emaciation) Vamana (Emesis), Krimi roga (Antimicrobial)	-	Pu.Varga Pg.No.486
22.	*Karnikara*	-	-	-	-	Pu.Varga Pg.No.486
23.	*Asali Ashoka*	*Saraca indica* Linn.	Tikta, Kashaya, Shita, Varnya, Vednasthapan, Raktastambhan, Grahi	Apchi (Painless swelling), Trisha (Thirst), Daha (Burning), Shosha (Emaciation), Visha (Antitoxic), Krimi (Antimicrobial), Raktapradara (Red discharge per vagina), Kashtaartava (Dysmenorrhea)	Tannins, Catechol	Pu.Varga Pg.No.487
24.	*Ashoka*	*Polyalthia longifolia* Benth.		Jwarnashaka (Antipyretic)	-	Pu.Varga Pg.No.488
25.	*Banapushpa*	*Barlaria* species	Tiktta, Madhur, Kinchitamla, Ushna, Atisnigdha, Kaphanashak	Kushtha (Skin diseases), Vataraktaa (Gout), Khujali (Itching) Visha disorder (Toxic diseases)	-	Pu.Varga Pg.No.489
26.	*Katsareya*	*Barleria prionitis* Linn.	Tikta, Amla, Ushna, Kaphanisharak, Swedjanak, Shothahar, Varnaropak, Vishaghana, Keshranjak	Kasa (Cough)), Shotha (Inflammation), Dantaroga (Dental Problems), Charmaroga (Skin Diseases).	-	Pu.Varga Pg.No.490
27.	*Kunda*	*Jasminum pubescens* Willd.	Shita, Laghu, Kapha pitta nashak	Shiro-roga (head releted problems), Sarpa visha (Snake poison),	-	Pu.Varga Pg.No.491
28.	*Muchukunda*	*Pterospermum acerifolium* Willd.		Shiroshoola (Headache), Pitta and Raktavikara, Vishanashan (Antitoxic)	-	Pu.Varga Pg.No.491
29.	*Tilaka*	*Wendlandia exerta* DC.	Katu, Laghu, Rasayan	Kapha- Kushtha-Kriminashak,Basti-mukha-dantroga (Skin protor, antimicrobial, Mouth diseases, Dental disorders)	-	Pu.Varga Pg.No.492
30.	*Dupahariya*	*Pentapetesphoenicea* Linn.	Laghu, Kaphakarak	Grahi (Seizing), Vata-pittanashak	-	Pu.Varga Pg.No.493
31.	*Gudahal*	*Hibiscus rosa sinensis* Linn.	Kapha-vatanashak	Sangrahi (Sezing), Keshya (Hair promoter)	-	Pu.Varga Pg.No.493

(Contd...)

Table 4: *(Continued)*

S. No.	Name of Drug	Botanical Name	Properties and action	Therapeutic Uses	Phytoconstituents	Reference
32.	*Sinduri*	*Bixa Orellana* Linn.	Shita	Visha-Pitta-Raktavikara (Bleeding disorders), Trisha (Thirst), Vamana (Emesis)	Bixin	Pu.Varga Pg.No.494
33.	*Agastya*	*Sesbania grandiflora* Linn.	Tikta, Shita, Ruksha, Vatakarak	Pitta-kaphanashak, Chaturthak jvara (quotidian fever), Pratishyaya (Rhinorrhea)	-	Pu.Varga Pg.No.494
34.	*Tulsi*	*Ocimum sanctum* Linn.	Katu, Tikta , kapha-vatanashak	Hridya (Cardioprotective), daha-pitta karak, Deepana (Appatizer), kushtha (Skinn diseases), Mutrakrichha (Burning micturation)	-	Pu.Varga Pg.No.496
35.	*Maruaa*	*Origanum majorana* Linn.	Katu, Tikta, Ruksha, Tikshana, Ushna, Kapha-vatanashak	Agnivardhak (Digestive Fire inhancer), Hridya(Cardioprotective), kushtha (Skin diseases), Krimi (Antimicrobial)-Vishanashak (Antitoxic)	-	Pu.Varga Pg.No.497
36.	*Davana*	*Artemisia vulgaris* Linn.	Kashaya, Tikta, Tridoshnashak	Hridya (Cardioprotective), Vrishya (Aphrodisiac), Raktavikara (Bleeding disorders),, Kushtha (Skin diseases), -Kleda-Kandunashaka (Moisture , and Ithching remover)	-	Pu.Varga Pg.No.498
37.	*Barbari*	*Osimum basilicum* Linn.	Ruksha, Shita, Katu, Vidahi, Ttikshana, Ruchikarak, Pittajanak	Hridya (Cardioprotective),, Agnideepaka (Appatizer), Raktavikara (Bleeding disorders), Kandu (Itching)-Krim I (Antibacterialial)-visha (Antitoxic)-nashak	-	Pu.Varga Pg.No.499

Table 5: List of medicinal flowers in Puspa-ayurveda with their properties and therapeutic uses[11]

S. No.	Name of the drug	Botanical Name	Properties and Action	Therapeutic uses	Refeneces
1.	*Agastya*	*Sesbania grandiflora* Pers.	Kashaya, Tikta, Marutkara, Pitta-Kapha-Ashra-shamaka	Nishandhya-durikaranam (In Night blindness), Chaturthakjvara (Quartan Fever), Kshaya (Wasting), Kasa (Cough), Pinasa (Coryza)	Pu. 2/17-18
2.	*Agnimantha*	*Premnamucronata* Roxb.	Tridoshshamaka	Hridya (usefull to heart), Adhman(flatulance), Chardi(vomiting), Shotha (Swelling), Chakshu-roga (Eye diseases)	Pu. 2/19
3.	*Madhavi*	*Hiptagebenghalensis* Kurz.	Kashaya, Shita,	Daha (Burning), Jvara (Fever), Manasvikar (Mental disorder), Hikka (Hiccough), Chardi (Vomiting), Aayasa (tiredness)	Pu. 2/20
4.	*Arka*	*Calatropisprocera* (Ait.) R.Br.	Madhura, Tikta, Kaphanashaka	Kustha (Skin diseases), Krimihara (wormicidal), Akhuvisha (Rat poison), Raktapitta (intrinsic hemorrhage), Sopha (Swelling)	Pu. 2/22
5.	*Alarka*	*Calotropis gigantea* (Linn.) R.Br. exAit.)	Laghu	Vrishya (Aphrodisiac), Dipana (Appetiser) Pachana (Digestive),	Pu. 2/24
6.	*Ashoka*	*Saraca asoca* Roxb.De Wild.	Kashaya, Shita, Tikta,	Hridya (usefull to heart), Varnya (improves complexion), Trishna (Thirst) Daha (Burning sensation)	Pu. 2/25
7.	*Asana*	*Pterocarpus marsupium* Roxb.	Tikta, Madhura vipaka, Kaphapittahara	-	Pu. 2/26
8.	*Amra*	*Mangifera indica* Linn.	Kashaya Kaphapittahara	Rochana (improve relish), Meha (Diabetes), Atisara (diarrhea)	Pu. 2/27
9.	*Aragvadha*	*Cassia fistula* Linn.	Kashaya, Shita, Madhura, Tikta	Grahi (Cheking)	Pu. 2/28
10.	*Avartiki*	*Cassia auriculata* Linn.	Kashaya, Tikta,	Prameha (Diabetes), Krimi (Wormicidal), Tvak vicar (Skin diseases)	Pu. 2/29
11.	*Ingudi*	*Balanitesaegyptiaca* Linn. Delile	Madhura, Tikta, Ushna, Snigdha	Jantughna (wormicidal), Vranaropana (Wound healing)	Pu. 2/30

(Contd...)

Table 5: *(Continued)*

S. No.	Name of the drug	Botanical Name	Properties and Action	Therapeutic uses	Refeneces
12.	*Utpala*	*Nymphaea nouchali* Burm. F	Madhura, Shita, Tikta, Kaphahara	Daha (Burning)	Pu.2/31
13.	*Eranda*	*Ricinus communis* Linn.	Katu, Ushna, Tikta, Kaphaghna	Mutra roga(Urinary disorders), Raktapitta (Bleeding disorder)	Pu.2/36
14.	*Kadamba*	*Anthocephalus indicus* Miq.	Shita, Madhura, Lavana, Guru, Ruksha (dry), Sara (laxative)	Vishtambhi (rough)	Pu. 2/37
15.	*Kadali*	*Musa paradisiaca* Linn.	Madhura, Tikta, Kashaya, Guru, Kaphapittahara	Raktapitta (Bleeding disorder), Kshaya (Wasting)	Pu. 2/38
16.	*Kapittha*	*Feronia lemonia* Linn. Swingle.	Kashaya, Tikta, Shita	Akhuvihsa (Rat poison)	Pu. 2/39
17.	*Karira*	*Capparis decidua* Edgew.	Kashaya, Kaphapittahara	Bhedana (Laxative)	Pu. 2/44
18.	*Kanchnara*	*Bauhinia variegata* Linn	Shita, Guru, Kashaya, Madhura vipaka,	Kasa (Cough), Svasa (Rispiratory diseases), Kshaya (Wasting)	Pu.2/45
19.	*Kovidara*	*Bauhinia purpurea* Linn.	Shita, Guru, Kashaya, Madhura vipaka,	Kasa (Cough), Svasa (Rispiratory diseases), Kshaya (Wasting)	Pu.2/47
20.	*Kasamarda*	*Cassia occidentalis.* Linn.	-	Svasa (Dyspnea), Kasa (Cough)	Pu. 2/48
21.	*Kumkum*	*Crocus sativus* Linn.	Katu, Tikta, Ushna,	Vrana (Wound), Drishti (Eye diseases)	Pu. 2/49
22.	*Kutaja*	*Holarrhena antidysenterica* Linn. Wall	Tikta, Kashya, Shita, Pitta-rakta-kaphahara	Kustha (skin diseases), Hridaroga (In Heart problems)	Pu. 2/50-51
23.	*Kunda*	*Jasminum multiflorum* Andr.	Shita, Laghu, Kaphapiitashamak	Shiroroga (diseases of head)	Pu. 2/53
24.	*Kumari*	*Aloe vera* Tourn. ex. Linn	Vatapittahara	Krimi (Worm disease)	Pu.2/54
25.	*Ketaka*	*Pandanus odoratissimus* Roxb.	Katu, Tikta, Ushna	Daha (Burning), Durgandha (foul smell), Visha (Poison)	Pu.2/56
26.	*Khatmi*	*Althoeaoficinalis* Linn.	Guru, Madhura, Shita, Picchila, Sara, Vatapittahara,	Saraka (Laxative), Bastishodhaka (Diurectic)	Pu.2/57
27.	*Gambhari*	*Gmelina arborea* Linn.	Madhura, Tikta, Kashaya, Shita, Vatala,	Asrigdara (Leukorrhea)	Pu. 2/58
28.	*Japa*	*Hibiscus –rosa-sinensis* Linn.	Laghu, Tikta,	Kesha-vardhaka (Hair Growth), Artava-srava (Excess menstrual flow)	Pu. 2/60
29.	*Jati*	*Jasminum officinale* Linn.	Laghu, Tikta,Kashaya, Ushna, Vatashamaka,	Siroroga (Head diseases), Akshiroga (Eye diseases), Mukha-dantaroga (Mouth & Teeth diseases), Kustha (Skin diseases)	Pu. 2/61
30.	*Jivanti*	*Leptadenia reticulata* W.& A.	Kashaya, Madhura, Laghu	Pathya (wholesome), Ruchikara (appetizing), Vrishya (Aphrodisiac), Kapha-pittahara	Pu. 2/62
31.	*Jufa*	*Hyssopus officinalis* Linn.	Katu, Tikta, Tikshna, Ushna, Kaphavatahara,	Krimi (Wormicidal), Sotha (Swelling)	Pu. 2/63
32.	*Jhandu*	*Tageteserecta* Linn.	Kashaya, Shita	Raktapitta (Bleeding disorders), Vrana (Wound healing)	Pu. 2/64
33.	*Tilaka*	*Wendlandia exerta* DC.	Katu, Ushna, Kaphavatahara,	Kustha (Skin diseases), Krimi (wormicidal), Netraroga (Eye diseases)	Pu. 2/66
34.	*Tulsi*	*Ocimum sanctum* Linn.	Katu, Tikta, Ushna,	Dipana (Appetiser), Hridya (Heart diseases), Kustha (Skin diseases)	Pu.2/67-69
35.	*Dadima*	*Punicagranatum* Linn.	Shita	Bala-atisar (Diarrhea of children), Nasagataraktasrava (Epistaxis)	Pu.2/70
36.	*Dhataki*	*Woodfordiafruticosa* Kruz.	Kashaya, Shita, Laghu	Trishna (Thirst), Krimi (wormicidal), Raktapitta (Bleeding disorders)	Pu. 2/71
37.	*Naga*	*Mesuaferrea* Linn.	Kashaya, Laghu, Ushna, Tikta, Kaphapittahara,	Vishaghna (antipoison), Raktarodhaka (Hemostatic)	Pu. 2/72
38.	*Narikela*	*Cocos nucifera* Linn	Shita	Rakta-atisara (diarrhea with blood), Prameha (Diabetes)	Pu. 2/73
39.	*Nimba*	*Azadirechtaindica* A. juss.	Katuvipaka	Chakshusya (Benificial for Eye), Krimi (Wormicidal), Vishaghna (Antipoison)	Pu. 2/74
40.	*Nirgundi*	*Vitex negundo* Linn.	Tikta, Ushna	Krimi (Wormicidal), Vata-kaphahara, Aruchi (Anorexia), Sopha (Swelling)	Pu. 2/75
41.	*Panasa*	*Artocarpushetrophyllus* Lam.	Tikta, Guru	Vaktra-vishodhna (Mouth cleaner)	Pu. 2/78
42.	*Palasha*	*Beuteamonosperma* (Lam.) Kuntze	Kashaya, Tikta, Madhura, Shita, Kapha-pitta-rakta-shamaka,	kustha (Skin diseases), Trishna (Thirst)	Pu. 2/79

(Contd...)

Table 5: *(Continued)*

S. No.	Name of the drug	Botanical Name	Properties and Action	Therapeutic uses	Refeneces
43.	*Patala*	*Stereospermumsuaveolens* DC.	Kashaya, Madhura, Shita	Hridya (Cardiac diseases), Pitta-atisara (Diarrhea due to pitta), Daha (Burning sensation)	Pu. 2/80
44.	*Paribhadra*	*Erythrina indica* Linn.	Kashaya	Pittajaroga, Karna roga (Ear diseases)	Pu. 2/81
45.	*Priyangu*	*Callicarpa macrophylla*Vahl.	Shita, Tikta	Daha (Burning), Jvara (Fever),	Pu. 2/83-85
46.	*Bakul*	*Mimusopselengi* Linn.	Kashaya, Madhura, Shita	Vishaghna (Antipoison), Krimi (Wormicidal)	Pu. 2/87
47.	*Bilva*	*Aegle marmelos* Corr.	Kashaya, Tikta	Dipana (Appetiser), Atisara (Diarrhea), Trisha (Thirst)	Pu. 2/91
48.	*Madhuka*	*Madhukaindica*J.f. Gmel.	Madhura, Shita, Guru	Kshata-kshena (Emaciation), Durbala (Debility)	Pu. 2/92-93
49.	*Muchkunda*	*Pterospermumacerifolium*Roxb.	-	Shirashoola (Headache), Raktapitta (Hemorrhage), Vishaghna (Antipoison)	Pu. 2/96
50.	*Lavanga*	*Syzygiumaromaticum* (Linn.) Merr. & Per.	Shita	Chakshusya (Beneficial for eyes), Murdha-roga (Diseases of Head)	Pu. 2/101

Table 6: Database survey of the pharmacological action of drugs with respective research work

S. No.	Name of Drug	Botanical Name	Pharmacological Activities	Test Sample
1.	Kamal	*Nelumbium speciosum* Willd.	Hypoglycemic, Antioxidant Antipyretic, Antibacterial Aphrodisiac, Antiplatelet	Aqueous and ethanol extract[12]
2.	Kumud	*Nymphaea alba* Linn.	Antioxidant, Anxiolytic	Aqueous and Ethanolic extract[13]
3.	Bela	*Jasminum sambac* Ait.	Vasodialator	Ethanolic extract[14]
4.	Chameli	*Jasminum grandiflorum* Linn.	Spasmolytic, Wound Healing, Antimicrobial, Antiulcer, Antioxidant, Angiotensin converting enzyme inhibitor	Ethanolic extract[15]
5.	Juhi	*Jasminum auriculatum* Vahl.	Diuretic, Antilithiatic, Antioxidant, Antimicrobial	Aqueous and alcoholic extract[16]
6.	Champa	*Michelia champaca* Linn.	Anti-inflammatory, Antipyretic	Methanolic extract[17]
7.	Maulasiri	*Mimusops elengi* Linn.	Neuroprotective	Hydroalchoholic extract[18]
8.	Kadamb	*Anthocephalus cadamba* Miq.	Anti-diarrheal	Hydroethanolic extract[19]
9.	Mallika	*Jasminum sambac*	Antibacterial, antifungal	Butanol extract[20]
10.	Madhavi	*Hiptage madablota* Gaertn.	Anti-obesity	Ethanolic extract[21]
11.	Kevada	*Pandanus odoratissimus*Roxb.	Cardiotonic, Antioxidant, Dysuric, Aphrodisiac	Ethanolic extract[22]
12.	Asali Ashoka	*Saraca indica* Linn.	Anti-Hyperglycemic, Antioxidant	Petroleum ether extract[23]
13.	Katsareya	*Barleria prionitis* Linn.	Anti-inflammatory, Anti arthritic	Methanol-water extract[24]
14.	Muchukunda	*Pterospermum acerifolium*Willd.	Anti-diabetic	Ethanolic extract[25]
15.	Gudahal	*Hibiscus rosasinensis* Linn.	Hypoglycemic, Lipid lowering agent	Ethanolic extract[26]
16.	Tulsi	*Ocimum sanctum* Linn.	Anti- tussive Activity	Aqueous / Alcoholic extract[27]
17.	Shankhapushpi	*Convolvulus pluricaulis Choisy*	Sedative activity	Ethanolic/ aqueous extract[28]
18.	Shana	*Crotalaria juncea* Linn.	Antifungal activity Antibacterial activity	Ethanolic extract[29]
19.	Karbudara	*Bauhinia variegata* Linn	Antioxidant activity	Ethanolic/ aqueous extract[30]
20.	Shalmali	*Bombax ceiba* Linn.	Hepatoprotective Activity	Methanolic extract[31]
21.	Madhuka	*Madhuka indica J. F. Gmel., M.*	Analgesic activity	Alcoholic extract[32]
22.	Dhataki	*Woodfordia fruticosa* (L.) Kurz.	Antimicrobial activity	Ethanolic extract[33]
23.	Shirisha	*Albizzia lebbeck* (L.) Benth.	Cytotoxic activity	Butanol extract[34]

In *Ayurvedic* compendia, wide depictions of the utilization of flowers in the support of wellbeing, treatment of infections just as in cosmetology to improve excellence have been portrayed as a constituent of different definitions. These medicinal benefits of flowers are due to their *Ayurvedic* pharmacological qualities, which we can now associate with phytoconstituents inside the flower, which might be unique in relation to other plant parts, that is, antifungal, anti-inflammatory, antimicrobial, and antioxidant properties of *Mallika* (*Jasminum sambac*), *Champa* (*Michelia champaca* Linn.), *Juhi* (*Jasminum auriculatum*Vahl.), *Kamal* (*Nelumbium speciosum* Wild.), etc. Despite the work of a few scientists on certain flowers, which has validated their beneficial potential based on phytochemical qualities, a major percentage of the space devoted to the restorative impact of flowers and pharmacognosy remains unexplored. The majority of the flowers in the pharmacological activity survey were shown to have antioxidant, antibacterial, hypoglycemic, anti-inflammatory, anti-tumor, and wound healing effects [Table 6]. This article may open different headings in the field of exploration with the goal that the remedial capability of the immense assortments of flowers can be perceived and utilized for general wellbeing.

Conclusion and Future Direction

There are several Pushpa (Flowers) referenced in our classical textbooks that have yet to be investigated. It is necessary to collaborate and raise finances in order to investigate their phytoconstituents, pharmacological properties and their actions, and clinical significance. Some studies have shown that flower essence can relieve anxiety and pain, but more research is needed. Therefore, try to highlight the medicinal value of some important flowers mentioned in classic Ayurvedic textbooks, namely *Charaka Samhita, Sushruta Samhita, Ashtanga Hridaya, Bhavaprakasha Nighantu*, and *Pushpa Ayurveda*, and different published research articles. Compared with the pharmacological key to improving human society, medicinal flowers not only recognize this knowledge, but also help to preserve it.

Author Contribution

The study's design had been planned by SK. SS and JK compiled a list of traditional text book references. SK assisted in the writing of the manuscript, while KND proofread it.

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