



## Haridra (Curcuma Longa Linn.) A Classical Review

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### ABSTRACT:

Ayurveda described the use of Haridra (*Curcuma longa* Linn., Family-Zingiberaceae) for the management of different disease conditions in classical texts. In this article, an attempt has been made to compile various information related to Haridra from three samhitas, more than 6 samgrahagranthas, 12 nighantus and other published texts. It is observed that rhizomes of Haridra are used as an ingredient in various formulations, which are effective in more than 40 disease conditions. The main indications include kushtha (skin disease), jwara (fever), kshaya, shvasa (dyspnoea), kasa (cough) arsha (piles), vrana (wound), Visa (poisonous), prameha (diabetes), pandu (jaundice) etc, rhizomes of Haridra is used in about 13 dosage forms; such as kvatha (decoction), lepa (paste), avaleha (semi-solid preparations), taila (oil), ghrita (fat soluble preparations), vati (pills), churna (powder), rasa (mineral preparations).

**KEY WORDS:** Haridra, *Curcuma longa* Linn, Ayurveda, formulations.

### INTRODUCTION:

Ayurveda deals with drugs of plant, animal, metal and mineral origin, where maximum drugs are of plant origin, these drugs are available in the classical texts of Ayurveda named as Vedas (6000 BC), samhitas (1500 BC-600 AD), nighantu and samgrahagranthas (800 AD-1900 AD). Haridra one of the classical drug of herbal origin, botanically identified as *Curcuma longa* Linn. Zingiberaceae family (Purseglove, 1972). It is a perennial herb with pulpy, orange, tuberculous root that grows to about 2 feet in height and is cultivated in India. The rhizomes of Haridra are pungent, bitter in taste and widely used in Ayurvedic, Unani and Siddha Herbal systems for the management of different disease conditions. It has antimicrobial activity (R. Arutselvi et al. 2012), Antifungal, Antibacterial, Anti-inflammatory activity (Manimegalai V. et al. 2011). Antioxidant, anticarcinogenic (Majeed et al., 1995 and Miquel et al., 2002). Texts of Ayurveda, systematically recorded the varieties, synonyms, part used, pharmacological properties, actions and indication of Haridra in respective texts. Its use, as an ingredient of compound formulations and as a single drug is recorded in samhitas (treaties) as well as in samgrahagranthas (compendia of Ayurveda). The review summarizes the literature review, from various available samhitas (classical texts), nighantus (lexicons), samgrahagranthas (compendia) and some other texts related to prayoga were referred; the synonyms, properties, actions and various formulations with their adhikara (prime indication) were compiled, critically analyzed and arranged in a systematic manner.

### VEDIC PERIOD:- (6000 – 4000 BC.)

Vedas are considered as the repositories of knowledge since antiquity. It is the oldest extant source of drug which may be called as oldest drug stock of Ayurveda. In Atharva Veda Haridra was used for the treatment of kushtha Roga,<sup>1</sup> commented by Sayanacharya. In Agnipurana (Second-Part) Haridra was used for the treatment of Arsa,<sup>2</sup> Prameha,<sup>3</sup> Vrana ropan,<sup>4</sup> Kamala,<sup>5</sup>

**SAMHITA KALA: (2000 B.C-1300 A.D)**

The Samhitakala is the important landmark in the history of Ayurveda. It is in this kala the Ayurveda came in the glimpses of the common man. In this period various Samhitas and compiled work of various Acharyas have been done and kept forward. These are following- The historical evidence of *Haridra* can be studied under following division:

**Table No- 1 References Charaka Samhita (1000-1500 B.C)<sup>6</sup>**

Sr.No	Disease	Formulation use	References
1.	Kustha	Tiktakhudakadi Tailam, Mahakhadiradighrtam	Ch.Ci.7/108.Ch.Ci.7/13
2.	Shotha	Churna	Ch.Ci.R.11/41.
3.	Udara	Patoladichurna	Ch. Ci.13/119.
4.	Hikka-Shvaasa	Manahshiladighrita	Ch. Ci.17/145.
5.	Arsha	Lepa	Ch. Ci.14/52.
6.	Pandu	Haridraghrita, Punarnavadighrita,	Ch. Ci.16/53.Ch.Ci.16/94.
7.	Kasa	Guruchyaadighrita	Ch.Ci.18/161.
8.	Prameha	Kwath	Ch.Ci.6/31.
9.	Visa	Amrita ghritam.	Ch.Ci.23/246.
10.	Dwibaraniya	Lepa	Ch.Ci.25/114.
11.	Yunivyapad	KasamaryadiGhritam	Ch.Ci.30/53.

**Table No- 2 References Sushruta Samhita(100 -1500 B.C)<sup>7</sup>**

Sr.No.	Disease	Formulation	References
1.	Arsha	Lepa,	Su.Ci.6/12.
2.	Bhagandar	Varti, Kalka	Su.Ci.8/30,41.
3.	Kustha	Lepa, Churna, Mahavajraka tail	Su.Ci.9/45,46,56.
4.	Prameha	Swaras, Kwath.	Su.Ci.11/8,9.
5.	Vidradhi	Karanjyaadighrit	Su.Ci.16/17.
6.	Visarpa	Guducyaadighrita	Su.Ci.17/10.
7.	Pandu	Ghrita	Su.Ci.44/15.
8.	Svasa	Swarasa	Su.Ci.51/44.

9.	Kasa	Ghrita	Su.Ci.52/35.
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**Table No -3 References Ashtanga Hridaya(7<sup>th</sup> Century)<sup>8</sup>**

Sr.No	Disease	Formulation	References
1.	Sannipaatajajwara	Kwath	A,H.Ci.1/65.
2.	Kasa	VshistaRasayan	A.H.Ci.3/133.
3.	Svas-Hikka	Dhumrpaan	A.H.Ci.4/10.
4.	Trishnaa	Kwath	A.H.Ci.6/73.
5.	Pandu	Ghrita	A.H.Ci.16/36.
6.	Kamala	Anajna	A.H.Ci.16/44.
7.	Kustha		A.H.Ci.19/42,44,64.
8.	Vatavyadhi	Patoladighrita,Pancatiktaghrita guggulu.	A.H.U.21/6-8, 57-58.
9.	Mukharoga	Khadiradigutika.	A.H.U.22/71,90-93.
10.	Bhagandar	Madhukadi tail.	A.H.U.27/36.
11.	Kshudraroga	Lepa.	A.H.U.32/22.
12.	Gudaroga	Phalaghrita.	A.H.U.34/64.
13.	Visa	Chandraudayaagada.	A.H.U.35/26.

**Table No- 4 Reference sharita Samhita<sup>9</sup>**

Sr.No.	Disease	Formulation	References
1.	Kustha	Haridraadi tail	H.S.39/46.
2.	Karnaroga		H.S.44/11.
3.	Netraroga	Varti	H.S.45/25.

**Table No 4 References Cakradata(11<sup>th</sup> Century)<sup>10</sup>**

Sr.No	Disease	Formulation	References
1.	Swarabhed	AjamodadiChurna	C.D.13/8.
2.	Hikka-swasa	Haridradileha	C.D.16/12.

3.	Kustha	Vidangadilepa, Kusthadilepa, Abalg ujadilepa, Pancatiktaghritaguggul.	C.D.50/18,30,43,121,124,
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**Table No -5 References Sarangdhar <sup>11</sup>**

Sr.No.	Formulation	Disease	References
1.	Sudharshanchurna	Jwara, Kamala, Panduroga	S.M.Kh.6/26.
2.	Chandraprabhavati	Prameha, Mutrakrccha	S.M.Kh.7/40.
3.	PunarnvaadiKwath	Shopha.	S.M.Kh.2/120-121.
4.	Brihat-manjishthaadikwath	Sarvakustha.	S.M.Kh.2/138.
5.	Pathyaadisarngakwath	Shamkha, Surya varta.	S.M.Kh.2/143.

**Table No- 6 References gadanigraha (12<sup>th</sup> Century)<sup>12</sup>**

Sr.No.	Formulation	Diseases	References
1.	Shamkhakaashthilaadi	Shiroroga	G.P-II.S.1/74(1)
2.	Haridraanjana ma	Netraroga	G.P-II.S.3/116(1).
3.	Lepa	Upadansh	G.P-II.Sh.8/30(4).
4.	Lepa	Kshudraroga.	G.P-II.Sh.10/31(4).
5.	Lepa	Sarpavish.	G.P-II.Sh.3/11(7).
6.	Lepa	Mushakvish.	G.P-II.Sh.6/2(7).

**Table No 7 References Bhaisajya Ratnavali (17<sup>th</sup> century )<sup>13</sup>**

Sr. No	Disease	Formulation	References
1.	Jwar	Sudarshanchurna, Jaya vati	B.Rt.5/445,534
2.	Arsha	Suranaadilepa, Vijaychurnam	B.Rt.9/12,40
3.	Krimi	Krimighatini vatika, Haridrakhanda	B.Rt.11/50,56
4.	Pandu	PunarnvaadiMandoor, Pandupancanarasa, Haridraghritam	B.Rt.12/66,100,134
5.	Hikkaswas	VasadiKwath	B.Rt.16/27
6.	Swarabheda	Ajamodadichurnam	B.Rt.17/6
7.	Amavata	Yogarajguggul(Brihat)	B.Rt.29/162
8.	Prameha	Chandraprabhavati	B.Rt.37/102
9.	Kustha	Mahamanjishthadikwath. Mahatiktaghritam, Maricaditailam	B.Rt.54/71,244,301
10.	Mukharoga	Khadiradivati	B.Rt.61/106
11.	Yonivyapada	Phalaghritam, Soumaghritam	B.Rt.67/74,76

12.	Visa	Lepa, Sirisaristam	B.Rt.72/25,38
13.	Bahumutra	Somnath rasa	B.Rt.86/24
14.	Sukarameha	TriphaladiKwath	B.Rt.88/15

**Table No- 8 References Yogaratnakar<sup>14</sup>**

Sr. No	Disease	Formulation	Reference.
1.	Krimi	Churnam	Y.R.P-1.8/25.
2.	Shwas	VasadiKwath, Gudadichurna	Y.R.P-1.14/38,44.
3.	Swarabheda	Ajamodadichurna	Y.R.P-14/18.
4.	Kustha	NavakKasaya, Sarbangasundari gutika, Vallatak avaleha, Mahatiktaghritam, Vajratal, Manjisthadi tail	Y.R.P-2.55/67,84,103,129,141,143.

**TABLE NO- 9 REFERENCES BHAVAPRAKASHA<sup>15</sup>**

Sr.No	Disease	Formulation	References
1.	Arsha	Punarnvadimandoor, Ksharsutra	B.P.5/30,144.
2.	Shwas	“	B.P.14/41.
3.	Kustha	Madhya manjisthadiKwath, BrihatmanjisthadiKwath, Mahamaricadi tail	B.P. 54/102,104,122.

**TABLE NO- 10 REFERENCES VANGASEN SAMHITA<sup>16</sup>**

Sr. No	Disease	Formulation	References
1.	Kasa	Brihatvasadighrita	V.S.Vol-1.16/162
2.	Shwas	lepa	V.S.Vol-1.18/47
4.	Kustha	Navakasaya, Nimbadi mahakasaya	V.S.Vol-2. 60/87,88

#### CLASSICAL CATEGORIZATION AS PER SAMHITA

**CharakaSamhita**:-Shirovirechandravya<sup>17</sup> Lekhaneya mahakasaya<sup>18</sup>, Kusthaghna<sup>19</sup> Vishaghna,<sup>20</sup> Tiktakandha,<sup>21</sup>

**SushrutaSamhita**:-Haridradi Gana,<sup>22</sup> Mustadi Gana,<sup>23</sup> Lakshadi Gana,<sup>24</sup> Tikta Rasa dravya,<sup>25</sup>

**Vagbhata**:-Vachaharidradi<sup>26</sup> MustadiGana<sup>27</sup> Tikta Rasa dravya,<sup>28</sup>

**REFERENCES NIGHANTU PERIOD**

**1.Dhanvantari-nighantu**(Mahendra bhogika,10 th-13 thCenturyA.D)

Described various 18 synonyms and different *Guna karma* of *Haridra* in *GuduchyadiVarga*(Shloka no-55).<sup>29</sup>

**2.Shodhalanighantu**(12 th Century)-Described 10 synonyms and different qualities of *Haridra* under *GuduchyadiVarga*(Shloka no -133,page-12)<sup>30</sup>

**3.MadanpalNighantu**(14 th Century)

Mentioned 10 synonyms of *Haridra* and it's different *Guna karma* in *AbhyadiVarga*(Shloka no -228.page-187)<sup>31</sup>

**4.KaiyadevaNighantu**(15 th Century A.D.)

Mentioned 20 synonyms and it's different *Guna karma* in *AoushadiVarga*(Shloka no 1113-1115).<sup>32</sup>

**5.BhavaprakasNighantu**(15-16 th Century A.D.)

Described 10 synonyms and varieties of *Rasa panchaka* and *Guna karma* in *HaritakyadiVarga*(Shloka no -196-197).<sup>33</sup>

**6.RajNighantu**(17 th Century A.D.)

Described 30 synonyms it's origin morphological description *Guna karma* in *PippalyadiVarga*(Shloka no -196-199).<sup>34</sup>

**7.ShaligramNighantu (19 th Century A.D.)**

Described of 10 synonyms and it's *Guna karma* in *Haritakyadi Varga*.<sup>35</sup>

**8.MahaushadiNighantu**(20 th Century A.D.)

Described of 14 synonyms and it's different *Guna karma* in *MahaushadiVarga* (Shloka no - 117-118).<sup>36</sup>

**9.PriyaNighantu**(20 thCentury A.D.)

Described of 4 types synonyms and different *Guna karma* in *ShatapuspadiVarga*(Shloka no - 170-171)<sup>37</sup>

**10.AdarshNighantu** (20 th Century A.D.)

Described of Vernacular name,6 types synonyms with each Nirukti and different *Guna karma* in *Adrakadi Varga*,Vol-11,page-556.<sup>38</sup>

**11.HridayadipakNighantu**:-Mentioned synonyms and it's *Guna karma* in *EkapadaVarga* (Shloka no - 118).<sup>39</sup>

**TABLE NO- 11 REFERENCES SYNONYMS OF HARIDRAIN NIGHANTU**

Synonyms	R N	D N	M N	K N	B N	N A	SU. N	S N	P N	H N	MA. N	A N
Haridra	+				+	+	+	+	+		+	+
Visaghna	+	+										
Varabarnini	+	+	+	+	+						+	+
Subarna	+											
Siva	+											

Varnini	+			+								
Dirgharaga	+	+		+								
Pita	+	+	+	+	+	+			+		+	+
Varangi	+											
Gauri	+	+	+	+								
Janistha	+											
Para	+											
Besava				+								
Pindabhara				+								
Pitanggi				+								
Pinda			+	+								
Aneshata								+				
Gandhapalashika								+				
Gharshani								+				
Hemaragini								+			+	
Jvarantika								+				
Kaveri								+				
Mehaghni								+				
Nishakhya						+		+				
Yyhati											+	
Varnaatri	+										+	
Pabira	+							+				
Harita	+	+	+									
Rajani	+	+	+	+						+		
Pinga	+											
Barnadra	+											
Mangalya	+											
Lambi	+											
Bhadra	+											
Shifa	+											
Shobhana	+											
Shyama	+											
Jayanti	+	+										
Kancani				+	+				+		+	+
Nisa		+	+	+	+	+			+		+	+
Krimighna					+						+	+
Haldi					+	+					+	
Yoshipriya					+	+					+	
Hattavilaasini					+						+	
Varnavati		+	+	+								
Haldika	+											
Bharalata		+		+								
Varnavilasini		+		+								
Rangini		+	+									
Romashmulika				+								
Pistesta				+								

**RASAPANCHAK:**<sup>40</sup> A drug acts by its potency, which implies all the qualities of drug by which they act, viz. Rasa, Guna, Virya, Vipaka and Prabhava.

Rasa – Tikta, katu. Guna –Ruksha ,Laghu.Vipak –Katu. Veerya – Ushna. Dosakarma –Kapha pita nasaka.

**TABLE NO- 12 REFERENCRES RASA PANCHAKAOF HARIDRA IN NIGHANTU**

		D.N	K.N	M.P	B.N	R.N	P.N	MAN	N.A
Rasa	Tikta	+	+	+	+	+	+	+	+
	Katu		+		+	+		+	+
Vipak	Katu		+	+	+	+	+	+	
Veerya	Ushna	+	+	+	+	+	+		
Guna	Ruksha	+	+	+	+	+	+	+	
Dosakarma	Kaphanasaka		+		+	+	+		+
	Pitanashak		+		+		+		
	Vatanashak								+

**TABLE NO- 13 REFERENCES THERAPEUTIC INDICATION IN NIGHANTU**

	Roga	D.N	K.N	R.N	M.N	B.N	MA.N	P.N
1.	Pita roga	+	+	?	+	+	+	+
2.	Kapharoga	+	+	+	+	+	+	-
3.	Vatavikara	+	-	+	-	-	-	-
4.	Raktavikara	-	-	+	+	+	+	-
5.	Kandu	+	-	+	-	-	-	-
6.	Kustha	+	-	-	-	-	-	+
7.	Jwara	+	-	-	-	-	-	-
8.	Daha	+	-	-	+	-	-	-
9.	Pandu	-	+	-	-	+	+	-
10.	Vrana	-	+	+	+	-	+	+
11.	Apchi	-	+	-	+	-	-	-
12.	Prameha	-	+	+	+	+	+	+
13.	Twakdosa	-	+	-	+	+	+	+
14.	Visa	-	+	-	-	+	-	-
15.	Sotha	-	+	-	+	-	+	-

R.N-Raj Nighantu. D.N-Dhavantari Nighantu. M.N-Madanpal Nighantu. K.N-Kaiyadeva Nighantu. B.N-Bhavaprakas Nighantu. N.A-Nighantu Aadarsh. So.N-Shodala Nighantu.S.N- Shaligram Nighantu. P.N-Priyavrat Nighantu. H.N-Hridhyadipak Nighantu.MA.N- Madhavadravyaguna Nighantu. A.N-Abhinab Nighantu.



**Conclusion:**

The Haridra found in Puran, Vedic, Samhita period and modern text. It has much valuable properties, can be used to cure many disorders like prameha, kustha, swasa, kasa, jwara, gulma, vrana etc. It is tikta & katu in rasa, laghu & ruksha in guna, ushna in veerya and katu in vipaka. The rhizome is part of use and prepare formulations for different diseases conditions. This article collects the huge information of Haridra, will assist to the Ayurvedic industrial people, learners of Ayurveda and the persons interested in Ayurveda with the detailed materials of Haridra.

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