

Review on *parni chatusthaya*

Dr. Umakant N. Rabb

Acharya Deshbhushan Ayurveda Medical College and Hospital, Belagavi,
Karnataka, India

Dr. Umakant N. Rabb*

Department of Dravyaguna Vijnana,
Acharya Deshbhushan Ayurveda Medical
College and Hospital, Bedkihal, Nippani,
Belagavi, Karnataka, India.

✉ drumeshrabb@gmail.com

Refer This Article

Umakant N. Rabb, 2020. Review on *parni chatusthaya*. Journal of medical
pharmaceutical and allied sciences, V 9 - I 6, Pages - 2621 – 2624.

Doi: <https://doi.org/10.22270/jmpas.V9I6.998>.

Keywords

Acharya P.V Sharma, Priya Nighantu,
Parni Chatusthaya, Shalaparni,
Prishniparni, Mudgaparni, Mashaparni

Received

20/12/2020

Reviewed

24/12/2020

Revised

&

Accepted

30/12/2020

ABSTRACT

The word Parni means leaf. Parni Chatustaya is the four type of leaves indicating the name of the medicinal plants; viz Shalaparni, Prishni Parni, Mudga Parni and Masha Parni. Acharya P.V Sharma has mentioned the Parni Chatustaya in the Priya Nighantu. The pharmacological actions of these four medicinal plants are Balya(Tonic- Promote strength), Vrishya(Acts as aphrodisiac), Rasayana effect(Act as tissue vitalizer). These plants alleviate the Shosha(Emaciation), Daha(Burning sensation), Jwara(Fever). Shalaparni(*Desmodium gangeticum* (Linn), DC) means its leaves resembles the shape of the Shala(*Shorea robusta* Gaertn) tree(Leaf is ovate in shape). The Prishniparni(*Ureria picta* Desv) means it has very few leaves and painted with colors. The Mudgaparni(*Phaseolus trilobus* Ait) can live and easily be boiled even with very little quantity of water. This type of Mudga will grow against all odds i.e even in forests. The Mashaparni(*Teramnus labialis* Spreng) leaves resemble those of Masha(*Phaseolus mungo* Linn). Here an attempt was made to highlight the botanical source, Pharmacological actions were elaborated systematically. Further scope of study is to evaluate the anti-oxidant, aphrodisiac, anti- pyretic activities through the modern parameters.

INTRODUCTION

Shalaparni (*Desmodium gangeticum* (Linn) DC), Prishniparni (*Ureria picta* Desv), Mudgaparni (*Phaseolus trilobus* Ait), Mashaparni (*Teramnus labialis* Spreng) all together known as *Parni Chatusthaya*^[1]. The *Parni Chatusthaya* is Ishat Ushna (Mild heat producing and hot in potency), Balya (Tonic), Vrishya (Aphrodisiac), Rasayana (Rejuvenate the body cells), Tridosha Shamaka (Subsides Vata-Pitta and Kapha Doshas). It alleviates Shosha (Emaciation), Daha (Burning sensation), Jwara (Fever). Shalaparni (*Desmodium gangeticum* (Linn)^[2], DC) means its leaves resembles the shape of the Shala (*Shorea robusta* Gaertn) tree (Ovate in shape). The Prishniparni (*Ureria picta* Desv)^[3], means it has very few leaves and painted with colors. The Mudgaparni (*Phaseolus trilobus* Ait)^[4], can live and easily be boiled even with very little quantity of water. This type of Mudga will grow against all odds i.e even in forests. The Mashaparni (*Teramnus labialis* Spreng)^[5] leaves resemble those of Masha (*Phaseolus mungo* Linn).

DISCUSSION

Parni Chatusthaya with their botanical source and pharmacological actions were discussed systematically.

SHALAPARNI [6],[7],[8],[9],[10],[11]

Botanical Name

Desmodium gangeticum DC,

Family Fabaceae

Synonyms

Sthira, Soumya, Triparni, Peevari, Guha, Vidarigandha, Deerghangi, Deerghapatra, Anshumati

Pharmacological Actions

1. Shalaparni is Guru (Heavy), Chardi-Jwara-Shwasa-Atisaragna (Vomiting-Fever-Dyspnoea-Diarrhoea).
2. It cures Shosha (Wsting of the tissues), provides Bala(Strength), Rasayani (Tissue vitalizer), Santapa Nashaka.
3. It is Tikta (Bitter), Vishahari (Antipoisonous), alleviates ulcers, Kasa (Cough), Krimi (Worm infestation).

PRISHNIPARNI [12], [13], [14], [15], [16], [17].**Botanical Name** *Uraria picta* Desv,**Family-** Fabaceae**Synonyms** Prathakaparni, Chitraparni, Ahiparni, Kroshtuvinna, Simha Pucchi, Kalashi, Dhavani, Guha**Pharmacological Actions**

1. Prishnaparni subsides all the three Doshas (Vata-Pitta-Kapha), It is Vrishya (Aphrodisiac), Ushna Veerya (Hot in potency), Madhura Rasa (Sweet in taste), Asara (Absorbent).
2. It cures Jwara (Fever), Shwasa (Dyspnoea), Rakta Dosh (Purifies blood), Rakta Atisara (Diarrhoea with bleeding), Trishna (Thirst), Vami (Vomiting sensation).

MUDGAPARNI [18], [19], [20], [21], [22], [23], [24].**Botanical Name** *Phaseolus trilobus* Ait**Family** Fabaceae**Synonyms** Kaka Parni, Surya Parni, Alpika, Saha, Kaka Mudga, Marjara Gandhika**Pharmacological Actions**

1. Mudgaparni is Sheeta virya (Cold in potency), Ruksha (Drying), Tikta (Bitter), Madhura (Sweet) in taste. It increases semen. It is Chakshushya (Good for eyes), Shothagni (Relieves edema), Grahi (Absorbent), Jwara Dahajit (Relieves fever and burning sensation).
2. It is Laghu (Light in action), cures Grahani-Arsha-Atisara (Dysentery- Haemorrhoids and Diarrhoea).

MASHAPARNI [25], [26], [27]**Botanical Name** *Teramnus labialis* Spreng,**Family** Fabaceae**Synonyms** Soorya Parni, Kaamboji, Haya Puchika, Paandu, Lomasha Parni, Krishna Vrinta, Mahasaha**Pharmacological Actions**

1. Mashaparni is Sheeta virya (Cold in potency), Madhura (Sweet), Tikta (Bitter) in taste, Ruksha (Drying), Vrishya (Aphrodisiac), Increases Kapha. Grahi (Absorbent), alleviates Shotha (Edema), Vata, Pitta, and Rakta diseases, Jwara (Fever).

GENERAL ACTION OF PARNI CAHTUSTHAYA DRAVYAS ON THE VARIOUS SYSTEM OF THE BODY

Dosha Karma as these possess Laghu (Laghu), Ruksha (Dry), acts as Kaphashamaka (Subsides Kapha Dosha). Due to Tikta (Bitter) and Kashaya Rasa (Astringent) acts as Pitta Shamaka (Subsides Pitta Dosha), Due to Ushna Virya (Hot in potency) alleviates Vatadosha. Therefore, can be used in Tridoshajanya Vikaras (Vataja, Pittaja, and Kaphaja diseases).

Sansthanika Karma Externally acts as Vedanasthapana (Analgesic), and Vrinaropana (Wound healing property).

Internally - Nadi samsthana Acts as Vedanasthapana (Analgesic), therefore advised in Vatavyadhi (All types of neuralgic conditions).

Pachana samsthana It is Ruchivardhaka (Taste promoter), Trishnashamaka (Alleviates excess thirst), Grahi (Absorbent) and Yakrututtejaka (Stimulates liver). It alleviates Aruchi (Loss of appetite), Trishna (Excess thirst), Atisara (Diarrhoea) and Arsha (Haemorrhoids).

Raktavaha samsthana Acts as Shothahara (Anti-inflammatory) and Hridya (Cardio tonic). It cures Shotharoga (Edema) and Hridroga (Cardiac ailments).

Shwasana samsthana It is Kaphagna and Hikkani-grahana (Subsides phlegm and hiccough). Therefore advised in Shwasa (Dyspnoea), Kasa (Cough) and Hikkaroga (Hiccoughs).

Mutravaha samsthana - It is Mutrala (Diuretic) and Ashmarinashaka (Subsides renal calculi. Hence given in Mutraghata (Difficulty in micturation), Ashmariroga (Renal calculi).

Prajanana samsthana - It is Balya (Tonic) and Vajikara (Aphrodisiac). It alleviate Daurbalya (Weakness) especially Shukradaurbalya.

Tapakrama - It is Jwaragna (Subsides Fever) and Dahaprashamana (Subsides burning sensation). Can be used in Jwara (Fever) and Daha (Burning sensation).

Satmikarana It is Pausthika (Nourishing), Brimhana (Weight promoting), and Rasayana (Vitalizing). Therefore advised in Daurbalya (Weakness, Emaciation), Jwarottara Daurbalya (Generalized body weakness after fever)

CONCLUSION

By the above discussion these four medicinal plants are Balya (Tonic- Promotes strength), Vrishya (Acts as aphrodisiac), Rasayana effect (Act as tissue vitalizer). These plants alleviate the Shosha (Emaciation), Daha (Burning sensation), Jwara (Fever). The name Parni is given to the plants as they appear and reassemble of the particular plant. For example, Shalaparni (*Desmodium gangeticum* (Linn), DC) means its leaves resembles the shape of the Shala (*Shorea robusta* Gaertn) tree (Leaf is ovate in shape). The Prishniparni (*Uraria picta* Desv) means it has very few leaves and painted with colors. The Mudgaparni (*Phaseolus trilobus* Ait) can live and easily be boiled even with very little quantity of water. This type of Mudga will grow against all odds i.e even in forests. The Mashaparni (*Teramnus labialis* Spreng) leaves resemble those of Masha (*Phaseolus mungo* Linn). Here an attempt was made to highlight the botanical source, Pharmacological actions were elaborated systematically. Further scope of study is to evaluate the anti-oxidant, aphrodisiac, anti- pyretic activities through the modern parameters.

REFERENCES

1. Priya Vrat Sharma, Priya nighantu, 2004. Shatapushpadi Varga, Shloka No- 94, Hindi commentary entitled PADMA, Varanasi, Chaukhambha Surabharati Prakashana, Page No-101
2. Vaidya Jatavallabha Laxmi Naarayana Shastry, 2001. Ayurveda Aushadha Niruktamala, Varanasi, Chaukhambha Orientalia, First edition Page No-103.
3. Prof Priya Vrat Shirma and Dr. Guru Prasad Sharma, 2002. Dhanwantari Nighantu, Shloka no- 87, Guduchyadi Varga, Varanasi, Chaukhmbha Orientalia, Third edition, Page No-31.
4. Acharya Kaiyadeva, Kaiyadeva Nighantu, Oshadhi Varga, 1979. Shloka No- 44, redacted by Sharma P.V., 1st edition , New-Delhi, Chaukhambha publications, Page No- 11.
5. Acharya Bhavamishra of Bhavaprakasha Nighantu, 2006. Guduchyadi Varga, edited by Dr. Bulusu Sitaram, Volume 1, Chaukhambha Orientalia, Varanasi, First edition, Page No- 236.
6. Kashmiri Vidyaraj Chandranandana, 2006. Chandra Nighantu (Madanadi Nighantu) Niruha Gana, Shloka No-20,21, edited by Acharya Balakrishna, Haridwar, Divya Prakashana, First edition, Page No- 4
7. Bhagwan Dash, 1991. Madanapal Nighantu, Abhayadi Varga, Shloka No- 60,61, B. Jain publishers pvt. Ltd, first edition, New Delhi Page no-20.
8. Priya Vrat Sharma, Dr. Guru Prasad Sharma, 2002. Dhanwantari Nighantu, Shloka no- 90,91, Guduchyadi Varga, Varanasi, Chaukhmbha Orientalia, Third edition, Page No-32.
9. Priya Vrat Sharma, Priya nighantu, 2004. Haritakyadi Varga, Shloka No- 34,35, Hindi commentary entitled PADMA, Varanasi, Chaukhambha Surabharati Prakashana Edition, Page No- 11.
10. Acharya Kaiyadeva, Kaiyadeva Nighantu, Oshadhi Varga, 1979. Shloka No- 47,48, redacted by Sharma P.V., 1st editio, New-Delhi, Chaukhambha publications, Page No- 12.
11. Pandit Narahari, Raj Nighantu, 2003. Shtavhadi Varga, Shloka No- 37,38,39, redacted by Indra deva Tripathi, Varanasi, Chaukhamba Krishnadas Academy, Page no-38.
12. Kashmiri Vidyaraj Chandranandana, 2015. Chandra Nighantu (Madanadi Nighantu) Niruha Gana, Shloka No-22, 23, edited by Acharya Balakrishna, Haridwar, Divya Prakashana, First edition, Page No-47.
13. Bhagwan Dash, Madanapal Nighantu, Abhayadi Varga, 1991. Shloka No- 62,63, B. Jain publishers pvt. Ltd, first edition, New Delhi Page no-20,21.
14. Kashmiri Vidyaraj Chandranandana, 2015. Chandra Nighantu (Madanadi Nighantu) Jeevaniya Gana, Shloka No-8-10, edited by Acharya Balakrishna, Haridwar, Divya Prakashana, First edition, Page No-84
15. Bhagwan Dash, Madanapal Nighantu, Abhayadi Varga, 1991. Shloka No- 85, B. Jain publishers pvt. Ltd, first edition, New Delhi Page no-29.
16. Prof Priya Vrat Sharma and Dr. Guru Prasad Sharma, 2002. Dhanwantari Nighantu, Shloka no- 135, Guduchyadi Varga, Varanasi, Chaukhmbha Orientalia, Third edition, Page No-40.
17. Acharya Kaiyadeva, Kaiyadeva Nighantu, 1979. "Oshadhi Varga, Shloka No- 108, redacted by Sharma P.V., 1st edition, New-Delhi, Chaukhambha publications, , Page No- 23.
18. Priya Vrat Sharma, Priya nighantu, 2004. Shatapushpadi Varga, Shloka No- 96, Hindi commentary entitled PADMA, Varanasi, Chaukhambha Surabharati Prakashana, Page No- 93.
19. Pandit Narahari, Raj Nighantu, 2003. Guduchyadi Varga, Shloka No- 36, redacted by Indradeva Tripathi, Varanasi, Chaukhamba Krishnadas Academy, Page no-35.
20. Acharya Bhava mishra of Bhava prakasha Nighantu, 2006. Guduchyadi Varga, Shloka No-241, by Dr. Bulusu Sitaram, Volume 1, Chaukhambha Orientalia, Varanasi, First edition, Page No- 54.
21. Priya Vrat Shirma, Dr. Guru Prasad Sharma, 2002. Dhanwantari Nighantu, Shloka no- 133, Guduchyadi Varga, Varanasi, Chaukhmbha Orientalia, Third edition, Page No-40.
22. Priya Vrat Sharma, Priya nighantu, 2004. Shatapushpadi Varga, Shloka No- 97, Hindi commentary entitled PADMA, Varanasi, Chaukhambha Surabharati Prakashana, Page No- 93.
23. Acharya Kaiyadeva, Kaiyadeva Nighantu, 1979. Oshadhi Varga , Shloka No- 106, redacted by

Sharma P.V., 1st edition , New-Delhi, Chaukhambha publications, , Page No- 23.

24. Acharya Bhavamishra of Bhavaprakasha Nighantu, 2006. Guduchyadi Varga, Shloka No-242, by Dr. Bulusu Sitaram, Volume 1, Chaukhambha Orientalia, Varanasi, First edition, Page No- 56.
25. Pandit Narahari, Raj Nighantu, Guduchyadi Varga, 2003. Shloka No- 33, redacted by Indradeva Tripathi, Varanasi, Chaukhamba Krishnadas Academy, Page no-34.
26. Kashmiri Vidharaj Chandranandana, Chandra Nighantu, 2015. (Madanadi Nighantu) Jeevaniya Gana, Shloka No-9,10, edited by Acharya Balakrishna, Haridwar, Divya Prakashana, First edition, Page No- 84.
27. Bhagwan Dash, Madanapal Nighantu, 1991. Abhayadi Varga, Shloka No- 86, B. Jain publishers pvt. Ltd, first edition, New Delhi Page no-29.