Importance of Flowers Therapy in Ayurveda

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Abstract: This knowledge about various uses of flowers remains underexploited, due to lack of awareness of their potential use. Hence the present article intends to highlight the significance of using flowers as mentioned in the various ancient text.

Keywords: flowers, therapy, aroma, sensory effect

1. Introduction

Ancient text has glorified flowers not only for their beauty and aesthetic sense but for medicinal value also.

The utilization of flowers as medicine is mentioned in the ancient text of Ayurveda since time immortal. The various ancient text mention use of flowers according to various season, importance of using them in that particular season and use for many diseases. Here, we have compiled the use of flowers as told in various ancient text.

The present article of medicinal flowers throws light on the profound knowledge in ancient text about the subject and also how we can use this in present scenario in daily regimen, seasonal regimen to therapeutic use of flowers.

The flower wearing time along with their effect on dosas is mentioned in ancient text, in ksemakutuhalam this knowledge is given as:

Flowers Wearing Time: Puspa Dharana Kala

1. Puspa (flowers): Jatikusuma

Kala/avadhī: sadaprahara

Time/duration: six prahara (Approximately eighteen hours i.e. one prahara equal to three hour approx.)

Effect of flowers on dosas (attributes/guna):

- Mitigating all the three dosas. (tridosasamani)
- Pacifying severe burning sensation

2. Puspa (flowers): Naivala

Kala/avadhī: dvimuhurtaka

Time/duration: two ghati (forty-eight minutes i.e. one ghatika-one ghati equal to twenty-four minutes.

3. Puspa (flowers): Utpala (nilkamal)

Kala/avadhī: triratra

Time/duration: three nights

Effect of flowers on dosas (attributes/guna):

- Mitigating pitta dosa

4. Puspa (flowers): Ketki

Kala/avadhī: pancaratra

Time/duration: five nights

Effect of flowers on dosas (attributes/guna):

- Mitigating dosavata and kapha (slesmavataprasamanam)
- Possessing hot potency
- Nirmala/clean/eliminating dirt
- Ketkipuspa are graded highest among all the flowers

5. Puspa (flowers): Satapata

Kala/avadhī: dviratra

Time/duration: two nights

Effect of flowers on dosas (attributes/guna):

- Slightly hot in potency
- Fragrant
- Cooling
- Promotes eye vision
- Eliminates delusion of head

6. Puspa (flowers): Mallika

Kala/avadhī: ardhatartra

Time/duration: half night

Effect of flowers on dosas (attributes/guna):

- Most harmful to eye-sight so it should not be adorned.

7. Puspa (flowers): Champaka

Kala/avadhī: ahoratra

Time/duration: day and night

Effect of flowers on dosas (attributes/guna):

- Mitigates vata
- Wholesome to eyes
- Pure and auspicious.

8. Puspa (flowers): Putipuspa

Kala/avadhī: muhurtaka

Time/duration: one ghati (twentyfour minutes)
9. Puspa (flowers): Srikhanda

Kala/avadhı: ekaratra
Time/duration: one night

The flowers of bakula, putipuspa (madhvi) and sarpatarni (arani) should be adorned at the time of meal/food intake, till meal is finished.

The flowers of mandara, maruba (marubaka), damana and patala should be kept till they emit smell pleasantly/remain fragrant

Effect of flowers on dosas (attributes/guna):

- Fever,
- Fainting,
- Morbid thirst.
- Promotes life span gives longevity and pacifies burning sensation.

Wearing Flowers – Seasonal Provision

Ritupuspādharaṇa: The use of flowers according to various seasons is given:

<table>
<thead>
<tr>
<th>S. No.</th>
<th>Season (ritu)</th>
<th>Flower (puspa)</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Hemant</td>
<td>Satapatra</td>
</tr>
<tr>
<td>2</td>
<td>Sisira</td>
<td>Kamala</td>
</tr>
<tr>
<td>3</td>
<td>Vasant</td>
<td>Ketki</td>
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<tr>
<td>4</td>
<td>Grisma</td>
<td>Naipalamalti</td>
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<td>5</td>
<td>Varsa</td>
<td>Patala</td>
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<tr>
<td>6</td>
<td>Sarad</td>
<td>Campaka</td>
</tr>
</tbody>
</table>

Charucharya

Tretise of XIth Century written by Bhoja on health, a chapter is given for seasonal relevance of flowers.Bhoja in his health manual has also dealt with the therapeutics uses of different flowers.

1. Puspa (flowers): Patalipuspa (Bignomia Stereo shermum)

Effect of flowers on dosas (attributes/guna):

- Cleanses the impurities of water and mind.
- Cures thirst and burning sensation.
- Brings prosperity and fortune.
- Eradicates bilious tendency, gives pleasant smell and colour.
- Highly liked and adored by intelligencia.

2. Puspa (flowers): Ketaki Puspa (Pandinus Odoratissimus)

Effect of flowers on dosas (attributes/guna):

- Subdues Vata increases Slesma and Usna.

3. Puspa (flowers): Jasmine

Effect of flowers on dosas (attributes/guna):

- Gives heat to the body.
- It eradicates slesma (phlegm)
- Endows good vision and whim.
- It kills lice in hair and is a flower for constant use.

Characharya

The greatest physician has used flowers of

- Atarusa (Adhatoda Vasika) and Palasa (Butea Frondosa) to be taken with ghee and honey.
- Powdered flowers of Khadir (Acacia catechu Willd.), Priyangu (Callicarpamacephylla Vahl.), Kovidara (Bauhuniapurpurea Linn.), Shalmali (Bombaxmalabaricum DC.) with Honey is also advised in Rakaptitakkhita. (Cha. Chi. 4/70).
- External application of flowers of Karpsa (Gossypiumherbaceum Linn.) destroys Kushtha. (Cha. Chi. 7/96).
- To produce clarity and Fragrance one should kept Lavanga (Eugenia aromatic Kuntze) in Mouth. (Cha. Su. 5/57).

Susruta, In Susrut Samhita

- Advised use of prekhana, jasmine, ponna, nagakesara, dh takipuspa for preparation of asava / lehya.
- Sushrut has described flower of Kutaj (Holarrhenaantidisentherica Wall.) as Kushtaghna. (Su.Su. 46)

Vaghbha in Astang Hridaya

- Advised use of madiphalakesari (pollens) in the treatment of dyspepsia and fever.
- In child, Modaka prepared form Dhataki (Woodfordiafruticosa Kurz.) pushpa,
- Laja and Shankara is useful in Atisara. (A.H.U. 2).
- The flowers of Karanja (Pongamiaalabera Vent.),
- Arjuna (Terminalia arjuna W & A.), Shleshmantaka (Cor diamyxa Roxb.) etc with Dadhi are applied as paste on Vrushchikadansha. (A.H.U. 37).

References

[6] Bhoja, Charucharya