

Importance of Flowers Therapy in Ayurveda

Dr. Timsi Sharma¹, Dr. Vikas Sharma²

¹Associate Professor, Department of Swasthavritta, FIMS, S.G.T. University, Gurugram, Haryana, India

²Professor Department of Rasa Sastra and Bhaishjyakalpana, FIMS, S.G.T. University, Gurugram, Haryana, India

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/avadhi: 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/avadhi: dvimuhurtaka

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

3. Puspa (flowers): Utpala (milkamal)

Kala/avadhi: triratra

Time/duration: three nights

Effect of flowers on dosas (attributes/guna):

- Mitigating pitta dosa

- Visada
- Wholesome to eyes

4. Puspa (flowers): Ketki

Kala/avadhi: 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): Satapatra

Kala/avadhi: 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/avadhi: ardharatra

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/avadhi: 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/avadhi: muhurtaka

Time/duration: one ghati (twentyfour minutes)

9. Puspa (flowers): Srikhanda

Kala/avadhi: ekaratra
Time/duration: one night

The flowers of **bakula**, **putipuspa (madhvi)** and **sarpaparni (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):

fullyfragrant flower of **patala** gives pleasant smell, Beneficial in

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

Wearing Flowers – Seasonal Provision

Ritupuspadharana: The use of flowers according to various seasons is given: -

S. No.	Season (ritu)		Flower (puspa)
1	Hemant	Cold	Satapatra
2	Sisira	Winter	Kamala
3	Vasant	Spring	Ketki
4	Grishma	Summers	Naipalamalti
5	Varsa	Rains	Patala
6	Sarad	Autumn	campaka

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 therapeutic uses of different flowers.

1. Puspa (flowers): Patalipuspa (Bignomia Stereomum)

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 intelligentia.

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.

Charkacharya

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 (Callicarpamacrophylla Vahl.), Kovidara (Bauhuniapurpurea Linn.), Shalmali (Bombaxmalabaricum DC.) with Honey is also advised in Raktapittachikitsa. (Cha. Chi. 4/70).
- External application of flowers of Karpasa (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 prenkan, jasmine, ponna, nagakesara, dhatakipuspa for preparation of asava / lehya.
- Sushrut has described flower of Kutaj (Holarrhenaantidysenterica Wall.) as Kushtaghna. (Su.Su. 46)

Vagbhata 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 Sharkara is useful in Atisara. (A.H.U. 2).
- The flowers of Karanja (Pongamiaglabra Vent.),
- Arjuna (Terminalia arjuna W & A.), Shleshmantaka (Cordiamyxa Roxb.) etc with Dadhi are applied as paste on Vrushchikadansha. (A.H.U. 37).

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