

# Comprehensive Literary Review of Brungaraj (Eclipta Alba) in Classical Ayurvedic Texts

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## ABSTRACT

*Bhringaraja*, botanically identified as *Eclipta alba* Hassk. (syn. *Eclipta prostrata* Linn.), is a well-known herb in Ayurvedic medicine primarily recognized for its potent *Keshya* (hair growth-promoting) properties. It is mentioned in various Ayurvedic classical texts under the category of *Keshya*, *Rasayana*, and *Jwaraghna dravyas*. This article presents a detailed classical review of *Bhringaraja*, highlighting its nomenclature, *guna-karma*, therapeutic indications, and formulations, supported by authentic citations from the *Bṛihatrayi* and *Laghutrayi*

## INTRODUCTION

Ayurveda, the ancient Indian system of medicine, has emphasized the use of herbs for the prevention and treatment of diseases. Among them, *Bhringaraja* holds a prominent position in *Keshya* (hair promoting), *Rasayana* (rejuvenating), and *Yakritottejaka* (liver stimulant) properties and *Twak Vikaras* (Skin disorders). It is traditionally used for promoting hair growth, improving liver function, and treating skin ailments.

It is classified under *Vata-Kapha Shamak Dravyas* in Ayurveda. *Bhringaraja*, widely used in Ayurveda, is primarily known for its. It is referenced in multiple Ayurvedic classical texts ranging from the *Bṛihatrayi* (*Charaka*, *Sushruta*, and *Ashtanga Hridaya*) to *Laghutrayi* (*Bhavaprakash*, *Sharangadhara*, and *Madhava Nidana*), and various *Nighantus*.

## CLASSICAL REFERENCES OF BHRINGARAJ

### A. Charaka Samhita

Not directly mentioned under the name *Bhringaraja*, but its properties are referenced in formulations for *kamala* (jaundice) and *pañḍu* (anemia) in *yakrtrogadhi-kara* [1].

### B. Suśruta Samhita

Referenced in the treatment of *khalitya* and *palitya*, confirming its *keshya* activity [11]. Also indicated in *kuṣṭhaghna dravyas* and *vranaropana* (wound healing) [2].

### C. Ashtanga Hridaya

*Bhringaraja taila* is used in *keshyacikitsa* and as *rasayana* in *Uttara Tantra* [3].

### D. Bhavaprakash Nighantu

Under *Haritakyadi varga*, it is described with synonyms like *kesharaja*, *kesharanjana*, and *markava*.

"*Bṛngarajastukeshyaḥsyatkeshavṛddhikaraḥparaḥpañḍukamalikuṣṭheṣusanmataḥsodhanaḥpriyaḥ*" [4]

### E. Raja Nighantu

Placed in *Pippalyadi varga*, noted for its *keshya* and *tvacya* effects.

"*Bṛngarajogunaiḥsreṣṭhahkesheshuvishistakṛttamaḥ*" [5]

### F. Dhanvantari Nighantu

Synonym: *Kesharaja*; known for *keshavardhana* and *pittahara* properties [6].

### G. Kaiyadeva Nighantu

Mentioned under *oushadhi varga* for its role in *yakrtvikara*, *kamala*, and *twak vikaras* [7].

### H. Yogaratnakara

Cites *Bhringarajasava* and *Bhringaraja taila* in *kesha* and *kamala chikitsa* [10].

### **I. Sharangadhara Samhita**

Lists *Bhringaraja* in *taila* and *churna* formulations for *rasayana* effects [8].

### **J. Bhaishajya Ratnavali**

Mentions *Bhringarajasava* in the management of *yakrtvikara*, *pandu*, and *kamala* [9].

### **K. Siddha Yoga Sangraha**

Recommends *Bhringarajadi taila* for *khalitya*, *darunaka* (dandruff), and *palitya* [11].

### **Nomenclature**<sup>4,5</sup>

- Botanical Name- *Eclipta alba* Hassk. (Asteraceae)
- Hindi Name - Bhangra, Maka
- Marathi Name-Bhringraj
- Sanskrit Name -Brungaraj
- English Name-Trailing Eclipta, false daisy
- Bengali Name - Keshraj
- Tamil Name-Karisalankanni
- Gujarati Name- Bhangra, Dodhak, Kalobhangaro

### **Synonyms (as per texts)**

- *Bhringraj* - Shines like Hornet
- *Markav*- Which kills the disease like baldness or which cures white hairs
- *Bhring*- Like Hornet blackens hair
- *Keshranjan*- Due to the dyeing of hairs
- *Keshya* - Good for hairs
- *Maarkar*- Which prevents whitening of hairs
- *Markar* - Which turns white hairs into black

### **Botanical Description [4]**

A small, branched annual herb (30–60 cm tall), commonly found in moist areas across India.

- **Leaves:** Opposite, lanceolate
- **Flowers:** Small, white, solitary heads
- **Habitat:** Common in moist places and wastelands throughout India.

### **Rasa Panchaka (Pharmacological Properties)**<sup>4,5,8</sup>

- *Rasa* (Taste)-*Tikta* (bitter), *Katu* (pungent)
- *Guna* (Qualities)-*Laghu* (light), *Ruksha* (dry)
- *Veerya* (Potency)-*Ushna* (hot)
- *Vipaka* (Post-digestive taste)-*Katu*
- *Doshaghnata*-*Vata*-*Kapha* Shamak

### **Ayurvedic Karma (Pharmacological Actions)**

- (*Keshya* - Hair growth promoter
- *Rasayana* - Rejuvenator
- *Jwaraghna* - Antipyretic
- *Krimighna* - Anthelmintic
- *Yakritottejaka*- Hepatoprotective
- *Vranaghna* - Wound healer
- *Kusthaghna*- Treats skin disorders

### **THERAPEUTIC USES IN ĀYURVEDA**

- *Keshya*: Prevents hair fall and greying

"*Bṛngarajastukeshyaḥsyatkeshavṛddhikarahparaḥ*" [4]

- *Yakrtvikara* (liver disorders):

"Brngarajamrasaihsiddhamkamalayamprashasyate!" [1]

- *Paṇḍu* (anemia): Asava used internally [9]
- *Kuṣṭha* (skin diseases): Juice/paste applied topically [2, 4]
- *Vraṇa* (wounds): Juice/paste as dressing [2]
- *Jvara* (fever): Decoction used orally [4]

### Formulation

*Bhringrajasava*<sup>9</sup> - Liver disorders, Pandu

*Brungaraj Taila*<sup>11</sup> - Hair growth, dandruff

*Neelibhringadi Taila*<sup>3</sup> - Hair tonic

*Brungaraj Churna*<sup>1</sup> - Hair and liver tonic

### Summary of Therapeutic Indications from Texts

Indication	Classical Source
<b>Keshya</b> (Hair growth) <sup>4,5,8</sup>	<i>Bhavaprakasha, Raja Nighantu, Sharangadhara</i>
<b>Kamala</b> (Jaundice) <sup>1,4</sup>	<i>Charaka, Bhavaprakasha</i>
<b>Pandu</b> (Anemia) <sup>9</sup>	<i>Bhaishajya Ratnavali</i>
<b>Kustha</b> (Skin disorders) <sup>2,4</sup>	<i>Sushruta, Bhavaprakasha</i>
<b>YakritVikara</b> (Liver diseases) <sup>7,10</sup>	<i>Kaiyadeva, Yogaratnakara</i>
<b>Jwara</b> (Fever) <sup>4</sup>	<i>Bhavaprakasha</i>
<b>Rasayana</b> (Rejuvenation) <sup>3,8</sup>	<i>Ashtanga Hridaya, Sharangadhara</i>

### Modern Correlation

Modern studies support its hepatoprotective, antioxidant, anti-inflammatory, and hair growth promoting effects. Presence of wedelolactone, ecliptine, and flavonoids are responsible for its pharmacological activities.

### CONCLUSION

*Brungaraj* (Eclipta alba) has a rich heritage in *Ayurvedic* literature as a multi-utility herb. With prime actions as *Keshya* and *Rasayana*, it addresses disorders of the hair, liver, skin, and more. Classical references strongly corroborate its wide therapeutic spectrum. Integration of classical knowledge with modern validation may enhance its clinical application further.

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