



## A Review of Herbs in *Kaiyadeva Nighantu W.S.R to Vata Nanatmaja Vikaara* (Neurological Disorders)

<sup>1</sup>Dr. Rohit Johari & <sup>2</sup>Dr. Shivkanya Sharma

<sup>1</sup>Associate Professor, Department of Dravyaguna

<sup>2</sup>PG scholar, Department of Dravyaguna

Name of College - Dayanand Ayurvedic College, Mahatma Hansraj Marg, G.T. Road, Jalandhar (Punjab) 144008 India.

Email Id: [serviceheb@gmail.com](mailto:serviceheb@gmail.com)

### 1. INTRODUCTION

In *Ayurveda*, herbs play a major role in treating diseases. The word herb has been derived from the French word “*herbe*” i.e., a plant whose stem, leaves, bark, flowers, root, etc can be used for clinical purposes. Herbs have been used for various clinical purposes since ancient times. If we take a look at manuscripts of Egyptian, Unani and Chinese, they clearly described the uses and importance of herbs. Most of the shreds of evidence show that these herbs have been used by our Indian *vaidyas*, *hakims* as a medicine for more than 4000 years and believe that the herbs are the only solution to treat various health related issues. The herbs that have medicinal values provide proper means for the treatment of several diseases. With the change in lifestyle, it becomes very difficult for us to stay healthy. Since ancient times, *Kaiyadeva Nighantu* is the one who has given more preference to *pathya-apathya* for maintaining health with a contribution of herbs given along with their indications in *Aushadhi Varga*.<sup>1</sup> Depending upon the involvement of doshas, the diseases have been divided into two types- *Samaanyaja* and *Nanatmaja*. There are 140 *Nanatmaja vikaara* that depends upon *Adhistana* (rasa, rakta, *dushya*), *Prakriti* (nature), *Lakshana* (Symptoms). These are divided according to the main dosha involved in it.<sup>2</sup>

- 1) *Vata Nanatmaja*- 80 Types
- 2) *Pitta Nanatmaja*- 40 Types
- 3) *Kapha Nanatmaja*- 20 Types

Other *Acharyas* had not mentioned the word *vata nanatmaja vikaara* but cover these diseases under *vata vriddhi lakshana* or *vata vikaara*. As per *Ayurveda*, an increase in the *guna* (qualities) like *sheeta* (cool), *rooksha* (dry), *khara* (rough) are responsible for loss of strength, pain, stiffness, loss of sensation and motor function.<sup>3-4</sup> Various pathological conditions like *kampana* (shivering), *spandana* (trembling) occur in neurological diseases due to *Chala* (movement) *guna* in *vata vriddhi*. The comparison of *vata nanatmaja vikaara* with neurological disorders and the herbs used in it can be helpful for treatment and research in present times.

#### Access this Article Online

Website:<http://heb-nic.in/jrim>

Received on 05/10/2021

Accepted on 22/10/2021 © HEB All rights reserved

Quick Response Code:

