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A Literary Review of Kashmari (*Gmelina arborea* Roxb) from Nighantus

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ABSTRACT

In the Ayurveda medicinal effect of Kashmari is described in the different Nighantus like Raja Nighantu, Shodhala Nighantu, Madanpala Nighantu, Kaiyadeva Nighantu, Bhavaprakasha Nighantu, Priya Nighantu and Nighantu Adarsh etc. According to Ayurveda, Kashmari is considered one of the most important herb widely used. It is an essential component of Dashamula dravya and has been used for its valuable medicinal properties like Medhya and Rasayana. It is extensively used traditionally as anthelmintic, antimicrobial, antidiabetic, diuretic, hepatoprotective and antiepileptic agent. The objective of this paper is to review the literature regarding Kashmari *Gmelina arborea* a commonly used herb in Ayurvedic system.

KEYWORDS – *Kashmari, Gmelina arborea, Nighantu, Ayurveda*

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