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## Critical analysis of uses of flowers in ayurveda W.S.R. to sushruta samhita

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### Abstract

The uses of flowers in Ayurveda treatment is known as Pushpayurveda or Floral therapy, which was discovered and practiced by Jain Mahaveer in 9<sup>th</sup> Century. The purpose of this study was aimed to collect and compile the classical references for uses of flowers in Ayurvedic treatment with special reference to Sushruta Samhita. According to the findings; the flowers have been recommended as both foods and medicines, the 30 flowers as vegetables while 100 flowers as medicinal purpose including the above 30 flowers, 5 flowers as poisonous. Other uses of flowers; to explain the causes, symptoms, severity and curability of diseases and also as a water purifier. Flowers can apply in both enteral and local application routes, in any types of dosage form as well as the garlands. The 201 classical preparations; 10 in Sutrasthana, 4 in Sharirasthana, 58 in Cikitsasthana, 30 in Kalpasthana and 100 in Uttarasthana. Flowers are responsible in both physical and mental health. Hence, it can be concluded that uses of flowers as medicine is not a new aspect of Ayurveda, but re-establishment of the concept of Pushpayurveda will be a new approach and value addition to the Ayurveda. Further, Acarya Sushruta emphasizes the properties of flowers are the same as the properties of their trees. Flowers can be collected without harming to the plant. Therefore, knowledge of Pushpayurveda will be helpful in Eco-friendly practice of Ayurveda.

**Keywords:** Pushpayurveda, floral therapy, jain mahaveer, water purification

### Introduction

Ayurveda, the Science of Life is considered a form of medical care, similar to conventional Western medicine, traditional Chinese medicine, naturopathic medicine and homeopathic medicine. Ayurvedic medicines are mainly based on plants, animal extracts and minerals both in single ingredient drugs and compound formulations. The purpose of Ayurveda is to maintain the health of the healthy beings and alleviate disorders in the unhealthy beings. It has also been indicated as the science of the protection of the life (Ayu) [1]. Sushruta, ancient Indian surgeon (6<sup>th</sup> Century B.C.) known for his pioneering operations and techniques and for his influential treatise Sushruta Samhita, the main source of knowledge about surgery in ancient India. The Sushruta Samhita, in its extant form, in 184 chapters contains descriptions of 1,120 illnesses, 700 medicinal plants, 64 preparations from mineral sources and 57 preparations based on animal sources [2]. This is a literary survey based on Sushruta Samhita. Different versions of Sushruta Samhita i.e. Sanskrit version [1], Nibandhasangraha of Acarya Dalhana [3], English translations [4-6], Sinhala translations [7] and e-Sushruta Samhita [8] were referred to collect the materials relevant to this work. The authorship of Pushpayurveda is gone to Jain Mahaveer. In 9<sup>th</sup> Century, he was started to practice healing therapy by using flowers because of his concept of Ahimsavada. Atura Parayana (Cure of diseases), the treatment aspect of Ayurveda is mainly depend on the plant materials. Acaryas have been explained importance of plants and natural life, and they never accepted harming of plants. Therefore, the present study was designed and carried out to collect and compile the classical evidences (references) for uses of flowers in Ayurvedic treatment.

This table includes 99 flowers (plants) with their botanical identifications that are mentioned in different places of Sushruta Samhita. All of these flowers have at least one kind of medicinal value and are administrated in internally or externally for the treatment of various types of diseases. List of flowers has organized according to the alphabetic order of the botanical family names and commonly used botanical name [9], Sanskrit name and English name have been mentioned in last three columns of the Table.

**Table 1:** Botanical Identification of Flowers (Medicinal) Mentioned in Sushruta Samhita

Family Name	S. No	Botanical Name	Sanskrit Name	Common Name
Acanthaceae	1.	<i>Barleria prionitis</i> L.	Saireyaka (Y)	Porcupine flower
	2.	<i>Barleria strigosa</i> Willd.	Saireyaka (B)	Bristly blue barleria
	3.	<i>Justicia adhatoda</i> L.	Vasaka	Malabar nut
Alangiaceae	4.	<i>Alangium salvifolium</i> (L.f.) Wang.	Ankota	Sage-leaved alangium
Anacardiaceae	5.	<i>Mangifera indica</i> L.	Amra	Mango
	6.	<i>Semecarpus anacardium</i> L.f.	Bhallataka	Marking nut
Apocynaceae	7.	<i>Alstonia scholaris</i> (L.) R. Br.	Saptaparna	Blackboard tree
	8.	<i>Holarrhena antidysenterica</i> Wall.	Kutaja	Indrajao
	9.	<i>Nerium indicum</i> Mill.	Karavira	Indian oleander
Asclepiadaceae	10.	<i>Calotropis procera</i> (Aiton.) W.T. Aiton.	Arka	Calotrope tree
	11.	<i>Gymnema sylvestre</i> (Retz.) Schult.	Meshashringi	Gymnema
	12.	<i>Wattakaka volubilis</i> (L.) Stapf.	Sharngheshta	Cotton milk plant
Asparagaceae	13.	<i>Sansevieria roxburghiana</i> Schult. & Schult. f.	Murva	Bowstring hemp
Asteraceae	14.	<i>Carthamus tinctorius</i> L.	Kusumbha	Safflower
Bignoniaceae	15.	<i>Stereospermum chelonoides</i> (L.f.) DC.	Patala	Fragrant padri
	16.	<i>Tecomella undulata</i> (Sm.) Seem.	Rohitaka	Rohida tree
Bombacaceae	17.	<i>Bombax ceiba</i> L.	Shalmali	Cotton tree
Boraginaceae	18.	<i>Cordia dichotoma</i> Forst.	Shleshmataka	Clammy cherry
Brassicaceae	19.	<i>Raphanus sativus</i> L.	Mulaka	Radish
Caesalpinaceae	20.	<i>Bauhinia purpurea</i> L.	Kovidara	Orchid tree
	21.	<i>Cassia fistula</i> L.	Aragvadha	Golden shower tree
	22.	<i>Caesalpinia bonduc</i> (L.) Roxb.	Lata Karanja	Gray nicker
	23.	<i>Saraca indica</i> L.	Ashoka	Asoka tree
Capparaceae	24.	<i>Capparis decidua</i> (Forssk.) Edgew.	Karira	Bare caper
Clusiaceae	25.	<i>Calophyllum inophyllum</i> L.	Punnaga	Alexandrian laurel
	26.	<i>Mesua ferrea</i> L.	Nagakeshara	Cobra's Saffron
Combretaceae	27.	<i>Terminalia anogeissiana</i> Gere. & Boatwr.	Dhava	Axle wood tree
	28.	<i>Terminalia arjuna</i> (Roxb.) Wight. & Arn.	Arjuna	Arjun tree
	29.	<i>Terminalia bellirica</i> (Gaertn.) Roxb.	Bibhitaki	Beleric myrobalan
Cucurbitaceae	30.	<i>Lagenaria siceraria</i> (Molina.) Standl.	Ikshvaku	Bottle gourd
	31.	<i>Luffa echinata</i> Roxb.	Jimutaka	Bitter Sponge gourd
	32.	<i>Momordica charantia</i> L.	Karavella	Bitter gourd
	33.	<i>Trichosanthes dioica</i> Roxb.	Patola	Pointed gourd
Dipterocarpaceae	34.	<i>Dipterocarpus turbinatus</i> Gaertn. f.	Ashvakarna	Garjan oil tree
	35.	<i>Shorea robusta</i> Gaertn. f.	Shala	Sal tree
Euphorbiaceae	36.	<i>Emblica officinalis</i> Gaertn.	Amalaki	Emblic myrobalan
Fabaceae	37.	<i>Butea monosperma</i> (Lam.) Taub.	Palasha	Flame of the forest
	38.	<i>Crotalaria juncea</i> L.	Shana	Brown hemp
	39.	<i>Indigofera tinctoria</i> L.	Nilini	True indigo
	40.	<i>Ougeinia oojainensis</i> (Roxb.) Hochr.	Tinisha	Sandan
	41.	<i>Pongamia pinnata</i> (L.) Pierre.	Karanja	Karanja tree
	42.	<i>Psoralea corylifolia</i> L.	Bakuci	Scurfy pea
	43.	<i>Pterocarpus marsupium</i> Roxb.	Asana	Malabar kino
	44.	<i>Pterocarpus santalinus</i> L.f.	Rakta Candana	Red sandalwood
	45.	<i>Sesbania grandiflora</i> (L.) Poir.	Agastya	Scarlet wistaria
Flacourtiaceae	46.	<i>Flacourtia indica</i> (Burm. f.) Merr.	Vikankata	Governor's plum
Gentianaceae	47.	<i>Swertia chirata</i> L.	Kiratatika	Felwort
Iridaceae	48.	<i>Crocus sativus</i> L.	Kunkuma	Saffron crocus
Lamiaceae	49.	<i>Ocimum sanctum</i> L.	Tulasi	Holy basil
	50.	<i>Ocimum basilicum</i> L.	Barbari	Common basil
Lythraceae	51.	<i>Woodfordia fruticosa</i> (L.) Kurz.	Dhataki	Fire flame bush
Magnoliaceae	52.	<i>Michelia champaca</i> L.	Campaka	Champak
Malpighiaceae	53.	<i>Hiptage benghalensis</i> (L.) Kurz.	Atimukta	Madhavi lata
Meliaceae	54.	<i>Azadirachta indica</i> A. Juss.	Nimba	Neem tree
Menispermaceae	55.	<i>Cissampelos pareira</i> L.	Patha	Velvetleaf
	56.	<i>Tinospora cordifolia</i> (Willd.) Hook. f. & Thom.	Guduci	Guduchi
Mimosaceae	57.	<i>Acacia catechu</i> (L.f.) Willd.	Khadira	Climbing wattle
	58.	<i>Albizia lebbek</i> (L.) Willd.	Shirisha	Siris tree
Moringaceae	59.	<i>Moringa concanensis</i> Nimmo.	Madhu Shigru	Konkan moringa
	60.	<i>Moringa oleifera</i> Lam.	Shigru	Drumstick tree
Musaceae	61.	<i>Musa paradisiaca</i> L.	Kadali	Banana
Myricaceae	62.	<i>Myrica esculenta</i> Buch. Ham.	Katphala	Asian barberry

Myrtaceae	63.	<i>Syzygium aromaticum</i> (L.) Merr. & L.M. Perry.	Lavanga	Clove
	64.	<i>Syzygium cumini</i> (L.) Skeels.	Jambu	Java plum
Nelumbonaceae	65.	<i>Nelumbo nucifera</i> Gaertn.	Padma	Red lotus
	66.	<i>Nelumbo nucifera</i> Gaertn.	Nalina	Slightly red lotus
Nymphaeaceae	67.	<i>Nymphaea alba</i> L.	Kumuda	White water lily
	68.	<i>Nymphaea lotus</i> L.	Pundarika	White lotus
	69.	<i>Nymphaea nouchali</i> Burm. f.	Nilotpala	Blue water lily
	70.	<i>Nymphaea nouchali</i> var. <i>caerulea</i>	Kuvala	Bluish-white water lily
	71.	<i>Nymphaea nouchali</i> var. <i>nouchali</i>	Saugandhika	Blue water lily-fragrant
	72.	<i>Nymphaea rubra</i> L.	Raktotpala	Red water lily
Oleaceae	73.	<i>Jasminum arborescens</i> Roxb.	Nava Mallika	Tree jasmine
	74.	<i>Jasminum grandiflorum</i> L.	Jati	Spanish jasmine
	75.	<i>Jasminum multiflorum</i> (Burm. f.) Andrews.	Kunda	Star jasmine
	76.	<i>Jasminum sambac</i> (L.) Aiton.	Mallika	Arabian jasmine
	77.	<i>Schrebera swietenoides</i> Roxb.	Mushkaka	Weaver's beam
Pandanaceae	78.	<i>Pandanus odorifer</i> (Forssk.) Kuntze.	Ketaki	Fragrant screw-pine
Pedaliaceae	79.	<i>Sesamum orientale</i> L.	Tila	Sesame
Plumbaginaceae	80.	<i>Plumbago zeylanica</i> L.	Citraka	Ceylon leadwort
Punicaceae	81.	<i>Punica granatum</i> L.	Dadima	Pomegranate
Rhamnaceae	82.	<i>Ziziphus oenoplia</i> (L.) Mill.	Gopaghonta	Jackal jujube
Rosaceae	83.	<i>Rosa moschata</i> Herrm.	Kubjaka	Musk rose
Rubiaceae	84.	<i>Randia tomentosa</i> Hook. f.	Madanaphala	Mountain pomegranate
Rutaceae	85.	<i>Aegle marmelos</i> (L.) Corr.	Bilva	Bael
	86.	<i>Citrus medica</i> L.	Matulunga	Citron
	87.	<i>Chloroxylon swietenia</i> DC.	Bimbilota	Ceylon satinwood
	88.	<i>Limonia acidissima</i> L.	Kapittha	Wood-apple
Salvadoraceae	89.	<i>Salvadora persica</i> L.	Pilu	Miswak
Sapotaceae	90.	<i>Madhuca longifolia</i> (Koen.) Macbride.	Madhuuka	Honey tree
	91.	<i>Mimusops elengi</i> L.	Bakula	Spanish cherry
Solanaceae	92.	<i>Solanum indicum</i> L.	Brihati	Indian nightshade
	93.	<i>Solanum nigrum</i> L.	Kakamaci	Black nightshade
	94.	<i>Solanum xanthocarpum</i> Schrad.	Kanthakari	Thorny nightshade
Sterculiaceae	95.	<i>Pentapetes phoenicea</i> L.	Bandhuka	Noon flower
Symplocaceae	96.	<i>Symplocos racemosa</i> Roxb.	Lodhra	Lodh tree
Ulmaceae	97.	<i>Holoptelea integrifolia</i> (Roxb.) Planch.	Cirabilva	Indian elm
Verbenaceae	98.	<i>Callicarpa macrophylla</i> Vahl.	Priyangu	Perfumed cherry
	99.	<i>Gmelina arborea</i> Roxb.	Gambhari	White teak
	100.	<i>Vitex negundo</i> L.	Nirgundi	Chaste tree

This table explains that the various Sanskrit synonyms have been used by Acarya Sushruta to indicate the flower/s listed in the Table 01.

**Table 2:** List of Sanskrit Synonyms used in Sushruta Samhita

S. No	Common Sanskrit Name	Sanskrit Synonyms used in Sushruta Samhita
1.	Amalaki	Amalaki and Dhatri.
2.	Amra	Amra and Cuta.
3.	Arjuna	Arjuna and Partha.
4.	Arka	Arka, Asphota, Kshirini and Rupika.
5.	Asana	Asana and Bijodbhava.
6.	Bakuci	Somaraji.
7.	Bakula	Bakula, Baakula and Keshara.
8.	Bandhuka	Bandhuka and Bandhujiva.
9.	Barbari	Arjaka.
10.	Bhallataka	Arushkara and Bhallataka.
11.	Gambhari	Gambhari, Kashmari and Shriparni.
12.	Jati	Jati, Jatya, Malati and Sumana.
13.	Kakamaci	Sharngheshta.
14.	Karavella	Sushavi.
15.	Katphala	Somavriksha.
16.	Ketaki	Ketaka and Trinamulya.
17.	Khadira	Gayatri.
18.	Kunkuma	Keshara and Kunkuma.
19.	Lata Karanja	Kantaki Karanja, Prakirya and Vitapa Karanja.
20.	Lavanga	Lavanga and Shri.

21.	Lodhra	Rodhra.
22.	Madanaphala	Madanaphala, Madana.
23.	Madhu Shigru	Madhu Shigru and Murangi.
24.	Mallika	Mallika and Modayanti.
25.	Nagakeshara	Ahipushpa, Bhujangapushpa, Ibhakeshara, Keshara, Naga, Nagakeshara and Nagapushpa.
26.	Nava Mallika	Nava Malika.
27.	Nilotpala	Indivara, Nilotpala, Niraja and Utpala.
28.	Nirgundi	Nirgundi and Sindhuvara.
29.	Padma	Amboja, Aravinda, Jalodbhava and Padma.
30.	Palasha	Kimshuka and Palasha.
31.	Priyangu	Gocandana, Lata, Phalini, Priyangu, Priyanguka and Shyama.
32.	Rakta Candana	Raktavriksha.
33.	Raktotpala	Kalhara-kumuda and Raktotpala.
34.	Saireyaka	Dasi Kuruntaka, Kurantaka, Kuruntaka, Saireyaka, Sairiya and Sahacara.
35.	Saptaparna	Saptacchada and Saptaparna.
36.	Shala	Sarja and Shala.
37.	Shigru	Shigru and Shobhanjana.
38.	Shleshmataka	Shailu and Shleshmataka.
39.	Tulasi	Surabhi and Surasi.
40.	Vasaka	Vrisha.
41.	Vikankata	Kantaki.

This table includes 11 flowers (plants) with their botanical identifications that are used in different purposes (except medicinal purpose) in different places of Sushruta Samhita. List of flowers has organized according to the alphabetic

order of the botanical family names and commonly used botanical name<sup>[9]</sup>, Sanskrit name and English name have been mentioned in last three columns.

**Table 3:** Botanical Identification of Flowers (Non-medicinal) Mentioned in Sushruta Samhita

Family Name	S. No	Botanical Name	Sanskrit Name	Common Name
Linaceae	1.	<i>Linum usitatissimum</i> L.	Atasi	Flax
Malvaceae	2.	<i>Gossypium herbaceum</i> L.	Karpasa	Cotton tree
Oleaceae	3.	<i>Nyctanthes arbor-tritis</i> L.	Parijata	Night blooming jasmine
Poaceae	4.	<i>Saccharum spontaneum</i> L.	Kasha	Wild sugarcane
Rubiaceae	5.	<i>Anthocephalus cadamba</i> (Roxb.) Miq.	Kadamba	Kadam tree
	6.	<i>Mitragyana parvifolia</i> (Roxb.) Korth.	Dhuli Kadamba	Kaim tree

**Note:** Botanical sources of Kaadamba, Karambha, Maha Karambha, Vallija and Vetra are not clearly identified.

The 30 flowers have explored with their medicinal properties, actions and indications and all of these can be used as

vegetable, because of those are mentioned in Annapanavidhi Adhyaya of Sutrasthana.

**Table 4:** Medicinal Properties, Actions and Indications of Flowers Mentioned in Sushruta Samhita

S. No	Name of Flower	Properties, Actions and Indications of Flowers	Reference(s)
1.	Agastya	Tikta rasa, Katu vipaka, Sama Shitoshna virya and Kshaya-Kasa-Naktandhya nashaka.	Su.Su. 46/281-2
2.	Arka	Kapha-Pitta shamaka.	Su.Su. 46/284
3.	Asana	Kapha-Pitta shamaka.	Su.Su. 46/284
4.	Bakula	Vishada guna, Sugandhi and Hridya.	Su.Su. 46/287
5.	Campaka	Sama Shitoshna (Shita guna or Ushna virya), Kapha shamaka and Raktapitta nashaka.	Su.Su. 46/288
6.	Jati	Tikta rasa, Pitta shamaka and Madhu gandhayukta.	Su.Su. 46/286
7.	Karira	Katu vipaka, Vata shamaka and Mutra-Purisha pravartaka.	Su.Su. 46/283
8.	Kovidara	Madhura rasa, Madhura vipaka and Raktapitta shamaka.	Su.Su. 46/281
9.	Kumuda	Madhura rasa, Snigdha-Picchila guna; Shita virya and Ahladajanaka.	Su.Su. 46/285
10.	Kunkuma	Kapha-Pitta shamaka and Vishaghna.	Su.Su. 46/287
11.	Kutaja	Kushthaghna.	Su.Su. 46/284
12.	Kuvala	Madhura rasa, Snigdha-Picchila guna; Shita virya and Ahladajanaka.	Su.Su. 46/285
13.	Lavanga	Kashaya-Katu-Tikta rasa, Laghu guna; Kapha shamaka, Trishna nashaka, Mukha viashyandakara and Mukha saugandhakara.	Su.Su. 46/202 & Su.Su. 46/483
14.	Madhu Shigru	Katu rasa and Kapha shamaka.	Su.Su. 46/289
15.	Madhuuka	Guru guna, Brimhana and Ahridya.	Su.Su. 46/186
16.	Mallika	Tikta rasa, Pitta shamaka and Madhu gandhayukta	Su.Su. 46/286
17.	Mulaka	Kapha-Pitta shamaka.	Su.Su. 46/243
18.	Mushkaka	Kapha-Pitta shamaka.	Su.Su. 46/284
19.	Nagakeshara	Kapha-Pitta shamaka and Vishaghna.	Su.Su. 46/287
20.	Nilotpala	Madhura rasa, Snigdha-Picchila guna; Shita virya and Ahladajanaka.	Su.Su. 46/285

21.	Nimba	Kapha-Pitta shamaka.	Su.Su. 46/284
22.	Nirgundi	Pitta shamaka.	Su.Su. 46/286
23.	Padma	Tikta-Madhura rasa, Shita virya and Pitta-Kapha shamaka.	Su.Su. 46/285
24.	Palasha	Kapha-Pitta shamaka.	Su.Su. 46/288
25.	Patala	Vishada guna, Sugandhi and Hridya.	Su.Su. 46/287
26.	Rakta Candana	Kapha-Pitta shamaka.	Su.Su. 46/284
27.	Saireyaka	Kapha-Pitta shamaka.	Su.Su. 46/288
28.	Shana	Madhura rasa, Madhura vipaka and Raktapitta shamaka.	Su.Su. 46/281
29.	Shalmali	Madhura rasa, Madhura vipaka and Raktapitta shamaka.	Su.Su. 46/281
30.	Vasaka	Tikta rasa, Katu vipaka and Kshaya-Kasa nashaka.	Su.Su. 46/281

The 38<sup>th</sup> chapter of Sutrasthana (Dravyasangrahaneya Adhyaya) explored 37 groups of drug (Gana) which have similar morphological characters or/and pharmacological actions. Among them, 8 groups of drugs include flower/s.

This table have explored these 8 groups of drugs with relevant flowers and their actions. In addition to the 38<sup>th</sup> chapter, other uses of the same groups of drug have been explained with their references.

**Table 5:** Flowers in Groups of Drugs Mentioned in Sushruta Samhita

Drug Group	Name of Flowers	S. No	Actions / Indications	Reference(s)
Ambashtadi	Dhataki and Stamens of Padma (Kinjalaka).	1.	Pitta Shamaka, Pakvatisara nashaka, Bhagna sandhanakara and Vrana Ropaka.	Su.Su. 38/25
		2.	Grahi Basti.	Su.Ci. 38/87
		3.	Pakvatisara nashaka.	Su.Ut. 40/72
		4.	Raktatisara nashaka.	Su.Ut. 40/90
Anjanadi	Nagakeshara, Nilotpala, Priyangu and Stamens of Nalina (Kinjalaka).	5.	Raktapitta nashaka, Abhyantara Daha shamaka and Vishaghna.	Su.Su. 38/42
		6.	Pitta shamaka.	Su.Su. 39/8
Eladi	Kunkuma, Nagakeshara, Priyangu and Punnaga or Stamens of Padma. (Kinjalaka)	7.	Vata-Kapha shamaka, Vishaghna, Varnya, Kandughna and Pidaka-Kotha nashaka.	Su.Su. 38/25
		8.	Use in Upanaha Sweda.	Su.Ci. 32/12
Nyagrodhadi	Madhuuka.	9.	Sangrahi, Bhagna sandhanakara and Raktapitta-Daha-Prameha-Yonidosha-Vrana nashaka.	Su.Su. 38/49
		10.	Pitta shamaka.	Su.Su. 39/8
		11.	Puyayukta Shukra Dosha nashaka.	Su.Sa. 2/9
		12.	Garbha Srava and Garbha Pata nashaka.	Su.Sa. 10/57
		13.	Pittaja Vrana nashaka.	Su.Ci. 1/78
		14.	Bhagna sandhanakara.	Su.Ci. 3/11
		15.	Savrana Bhagna sandhanakara.	Su.Ci. 3/14
		16.	Vrana shodhaka-ropaka in Bhagandara.	Su.Ci. 8/47
		17.	Maha Kushtha nashaka.	Su.Ci. 10/6-9 & Su.Ci. 10/12
		18.	All types of Prameha nashaka.	Su.Ci. 11/7
		19.	Amla Meha nashaka.	Su.Ci. 11/9
		20.	Pittaja Udara roga nashaka.	Su.Ci. 14/6
		21.	Sadyochinna-Dushta-Nadi-Agnikrita- Ksharakrita-Daruna Vrana nashaka.	Su.Ci. 16/15-21
		22.	Pittaja Visarpa nashaka.	Su.Ci. 17/9
		23.	Visarpa-Nadi Vrana-Visphota-Dushta Vrana-Shiro roga-Balaka Graha-Shosha roga nashaka.	Su.Ci. 17/10-3
		24.	Pittaja Shotha nashaka.	Su.Ci. 23/11
		25.	Virecana Atiyogajanya Vyapad nashaka.	Su.Ci. 34/13
		26.	Daha-Asrigdara-Visarpa-Vatarakta-Pittaja Jvara-Raktaja Jvara-Pittaja roga nashaka.	Su.Ci. 37/27-9
		27.	Pittahara Basti.	Su.Ci. 38/78
		28.	Daha shamaka in Vishmajvara.	Su.Ut. 39/288
29.	Pittaja and Raktaja Atisara nashaka.	Su.Ut. 40/128		
30.	Pittaja and Raktaja Gulma nashaka.	Su.Ut. 42/36		
31.	Pittaja Mutrakricchra nashaka.	Su.Ut. 59/20-1		
Priyanguvadi	Dhataki, Nagakeshara, Priyangu, Punnaga and Stamens of Padma (Kinjalaka).	32.	Pitta shamaka, Vrana Ropaka, Bhagna sandhanakara and Pakvatisara nashaka.	Su.Su. 38/47
		33.	Samshodhana (Snehana) in Prameha.	Su.Ci. 11/7
		34.	Vamana Atiyogajanya Vyapad nashaka.	Su.Ci. 4/11
		35.	Grahi Basti.	Su.Ci. 38/86-7
		36.	Pakvatisara nashaka.	Su.Ut. 40/72

Sarivadi	Madhuuka.	37.	Pitta shamaka and Trishna-Jvara-Raktapitta-Daha-Kshataja Kasa-Netraroga nashaka.	Su.Su. 38/40
		38.	Pitta shamaka.	Su.Su. 39/8
		39.	Drishti Dosha nashaka.	Su.Ut. 18/85-93
		40.	Pittaja Jvara nashaka.	Su.Ut. 39/176-7
		41.	Pittaja Trishna nashaka.	Su.Ut. 48/20
		42.	All types of Trishna nashaka.	Su.Ut. 48/23
		43.	Kshataja Trishna nashaka.	Su.Ut. 48/25-7
Utpaladi	Kumuda, Kuvala, Nilotpala, Pundarika, Raktotpala and Saugandhika.	44.	Pittaja and Kshataja Kasa nashaka.	Su.Ut. 52/32-3
		45.	Pitta-Daha-Rakta shamaka, Vishaghna and Trishna-Hidroga-Chardi-Murccha nashaka.	Su.Su. 38/53
		46.	Pitta shamaka.	Su.Su. 39/8
		47.	Vamana Uttejaka / Vamana Karaka.	Su.Su. 43/9
		48.	Garbha Srava and Garbha Pata nashaka.	Su.Sa. 10/57
		49.	Drishti Dosha nashaka.	Su.Ut. 18/85-93
		50.	All types of Pratishtya nashaka.	Su.Ut. 24/38-41
		51.	Pittaja and Raktaja Shiro roga nashaka.	Su.Ut. 26/16
		52.	Pittaja Jvara nashaka.	Su.Ut. 39/176-7 & Su.Ut. 39/309
		53.	Daha shamaka in Vishamajvara.	Su.Ut. 39/288
		54.	Pittaja and Raktaja Gulma nashaka.	Su.Ut. 42/36
Vacadi	Nagakeshara	55.	Pittaja Trishna nashaka.	Su.Ut. 48/20
		56.	Kshataja Trishna nashaka.	Su.Ut. 48/25-7
		57.	Pittaja and Kshataja Kasa nashaka.	Su.Ut. 52/32-3
		58.	Pittaja Mutrakricchra nashaka.	Su.Ut. 59/20-1
		59.	Stanyashodhaka, Dosha Pacaka and Amatisara nashaka.	Su.Su. 38/28
		60.	Udara roga nashaka.	Su.Ci. 14/11
		61.	Kaphaja Vriddhi nashaka.	Su.Ci. 19/12
		62.	Amatisara nashaka.	Su.Ut. 40/28

The 39<sup>th</sup> and 42<sup>nd</sup> Chapters of Sutrasthana (Samshodhana-Samshamaniya and Rasa-vishesha Vijnaniya Adhyayas) and the 38<sup>th</sup> chapter of Cikitsasthana (Niruhopakrama Cikitsa)

have been described groups of drug according to their specific actions, action on Dosha and taste. Among them, following six groups of drug contain flower/s.

**Table 6:** Flowers in Other Groups of Drugs Mentioned in Sushruta Samhita

S. No	Drug Group	Name of Flowers (Plants)	Reference (s)
1.	Kapha Shamana Dravya	Nagakeshara.	Su.Su. 39/9
2.	Kashaya Varga	Dhataki, Madhuuka, Nagakeshara, Priyangu, Punnaga and Stamens of Padma (Kinjalaka).	Su.Su. 42/11
3.	Madhura Varga	Madhuuka.	Su.Su. 42/11
4.	Niruha Varga	Priyangu.	Su.Ci. 38/24-8
5.	Pitta Shamana Dravya	Kumuda, Kuvala, Madhuuka, Nagakeshara, Nilotpala, Priyangu, Pundarika, Raktotpala, Saugandhika and Stamens of Nalina (Kinjalaka).	Su.Su. 39/8
6.	Shirovirecana Dravya	Jati, Madhu Shigru, Matulunga and Pilu.	Su. Su. 39/6

Table 06 is allocated for the classical formulations (recipes) which contain flower/s as an ingredient/s. The 201 classical

formulations have listed out in this table. Among them, few recipes are pure of flowers i.e. Pushpanjana.

**Table 7:** Flowers as an Ingredient of Classical Formulations Mentioned in Sushruta Samhita

S. No.	Classical Formula	Properties/Actions/Indications	Name of Flowers	Reference(s)
<b>References In Sutrasthana <sup>[10]</sup></b>				
1.	Drakshadi Mantha	Kapha roga nashaka.	Madhuuka.	Su.Su. 46/387
2.	Ikshvakvadi Yoga	Vamana karaka.	Ikshvaku.	Su.Su. 43/7
3.	Jimutakadi Yoga	Vamana karaka.	Jimutaka.	Su.Su. 43/4
4.	Kalanausaryadi Ghrita	Vrana Ropaka.	Priyangu.	Su.Su. 37/26
5.	Lodhradi Curna	Raktasrava nashaka	Priyangu and Shalmali.	Su.Su. 14/37
6.	Madanadi	Vamana karaka.	Madanaphala.	Su.Su. 43/3

	Yoga			
7.	Madhuka Pushpa Phanita	Kashaya rasa, Madhura vipaka, Ruksha guna, Kapha shamaka Vata-Pitta vardhaka, and Basti dushaka.	Madhuuka	Su.Su. 45/169
8.	Madhuka Pushpa Sidhu	Kashaya rasa, Ruksha guna, Vidahi, Kapha shamaka, Vata-Pitta-Agni vardhaka and Balya.	Madhuuka	Su.Su. 45/191
9.	Priyangvadi Curna - I	Vrana Ropaka.	Priyangu.	Su.Su. 37/27-8
10.	Priyangvadi Curna - II	Vrana Ropaka.	Priyangu.	Su.Su. 25/27-8
<b>References in sharirasthana <sup>[11]</sup></b>				
11.	Brihatyadi Yoga	Garbha Srava nashaka	Nilotpala.	Su.Sa. 10/57
12.	Dhatakyadi Kashaya	Kunapa Gandhi Shukra Dosh nashaka.	Dhataki.	Su.Sa. 2/7
13.	Samangadi Curna	Garbha Srava nashaka	Dhataki and Nava Mallika.	Su.Sa. 10/57
14.	Vrikshadanyadi Yoga	Pathya in 3 <sup>rd</sup> month of Pregnancy.	Nilotpala and Priyangu.	Su.Sa. 10/59-62
<b>References in Cikitsasthana <sup>[12]</sup></b>				
15.	Ajadi Ghrita	Abhigataja Netraroga nashaka.	Nilotpala.	Su.Ci. 2/44-5
16.	Aragvadhadi Curna	Kushtha nashaka.	Aragvatha, Cirabilva, Citraka, Gopaghonta, Guduci, Kakamaci, Karavella, Kiratatika, Kutaja, Lata Karanja, Madanaphala, Murva, Nimba, Patala, Patha, Patola, Saireyaka (Blue and Yellow flowers) and Saptaparna, Sharnageshta and Vikankata.	Su.Ci. 10/10
17.	Bhagandaraha Taila	Bhagandara-Mandala Kushtha-Prameha Pidaka nashaka and Vrana Ropaka in Gandamala.	Dhataki, Priyangu and Stamens of Padma (Kinjalaka).	Su.Ci. 8/43-6
18.	Bisadi Pariseka	Pittaja Vatarakta nashaka.	Stalks of Padma (Mrinala).	Su.Ci. 5/8
19.	Candanadi Taila - I	Vrana Ropaka.	Nilotpala and Priyangu.	Su.Ci. 2/38-9
20.	Candanadi Taila - II	Vrana Ropaka.	Nilotpala and Stalks of Padma (Mrinala).	Su.Ci. 2/39-41
21.	Dhattura Bijadi Curna	Nadi Vrana nashaka.	Ankota.	Su.Ci. 17/37
22.	Dhavadi Yoga	Darunikarana (Skin hardening).	Dhataki.	Su.Ci. 1/86-7
23.	Gandha Taila	All types of Bhagna, All types of Vata roga Akshepa-Ardita-Shiroroga Talushosha-Timira- Badhira-Karnashoola-Kshaya (due to Maithuna)-Hanugraha- Manyastambha nashaka.	Kunkuma, Nagakeshara, Priyangu and Punnaga or Stamens of Padma (Kinjalaka).	Su.Ci. 3/55-66
24.	Gairikadi Kalka	Pittaja Upadamsha nashaka.	Nilotpala.	Su.Ci. 19/30-1
25.	Gauryadi Ghrita	Visarpa-Nadi Vrana-Dushta Vrana-Visphot-Shiroroga-Balaka-graha-Shosha nashaka.	Kumuda, Madhuuka, Nilotpala and Padma.	Su.Ci. 17/10-3
26.	Guducyadi Basti Yoga	Teja-Bala-Varna-Utsaha-Agni-Virya vardhaka, Vataroga nashaka, Vayasthapaka and Ayushya.	Priyangu.	Su.Ci. 38/47-50
27.	Haritakyadi Pralepa	Varnya.	Stems of Dadima Pushpa.	Su.Ci. 25/43
28.	Karanjadi Ghrita	Sadyochinna-Dushta-Daruna-Agnikrita-Ksharakrita-Nadi Vrana nashaka.	Nilotpala and Priyangu.	Su.Ci. 16/16-22
29.	Kaserukadi Pralepa	Pittaja Visarpa nashaka.	Nilotpala and Padma.	Su.Ci. 17/6
30.	Kumbhikadi Taila	Shalyaja Vrana Ropaka.	Dhataki, Nagakeshara and Priyangu.	Su.Ci. 17/27-8
31.	Kushadi Basti Yoga	Daha-Raktapradara-Raktapitta-Pittaja Gulma-Jvara nashaka.	Nagakeshara, Nilotpala and Priyangu.	Su.Ci. 38/51-4
32.	Kutajadi Kalka	All types of Prameha nashaka.	Bibhitaki, Kapitha, Kutaja, Rohitaka and Saptaparna.	Su.Ci. 11/8
33.	Lakshadi Mahasneha	Vyanga-Nilika-Vali-Kushtha-Sphotaka-Vipadika nashaka.	Nagakeshara and Stamens Padma.	Su.Ci. 25/38-42
34.	Madhukadi Taila	Daha-Asrigdara-Visarpa- Vatarakta-Pittaja and Raktaja Jvara-Pittaja roga nashaka.	Madhuuka, Nilotpala and Priyangu.	Su.Ci. 37/27-9
35.	Maha Nila Ghrita	Shwitra-Bhagandara-Krimi-Arshas nashaka.	Nilini and Nimba.	Su.Ci. 9/34-8
36.	Mandukaparnyadi Yoga	All types of Kushtha nashaka.	Arka.	Su.Ci. 9/5
37.	Manjishthadi Taila	Utpata roga nashaka.	Nilotpala.	Su.Ci. 25/16-7
38.	Mishraka	All types of Kushtha nashaka, Deha samshodhaka and Ayushya.	Priyangu.	Su.Ci. 10/15

	Sneha			
39.	Mrinaladi Taila	Pittaja roga nashaka.	Nagakeshara, Nilotpala and Stalks of Padma (Mrinala).	Su.Ci. 37/30-2
40.	Mustadi Yapan Basti	Vatarakta-Prameha-Shotha-Arshas-Gulma-Mutraghata-Visarpa-Jvara-Malabhanga-Raktapitta nashaka, Balya, Jivaniya, Vrishya, Cakshusya and Shoolahara.	Priyangu.	Su.Ci. 38/106-11
41.	Nili Taila	Palitya nashaka.	Asana and Saireyaka.	Su.Ci. 25/28-31
42.	Nilotpaladi Taila	Vata roga-Sutika roga,-Kshina Shukra-Akshepa-Hikka-Kasa-Shwasa-Adhimantha-Gulma-Antravridhi nashaka.	Nilotpala.	Su.Ci. 15/45-7
43.	Nimbadi Kalka	All types of Prameha nashaka.	Aragvadha, Katphala, Kutaja, Murva, Nimba, Palasha and Saptaparna.	Su.Ci. 11/8
44.	Padmadi Pralepa	Pittaja Upadamsha nashaka.	Nilotpala, Padma and Stalks of Padma (Mrinala).	Su.Ci. 19/31-2
45.	Priyngvadi Pralepa	Shitada-Danta roga nashaka.	Priyangu.	Su.Ci. 22/12
46.	Priyngvadi Pratisarana	Medaja Oshtha roga nashaka.	Priyangu.	Su.Ci. 22/9-10
47.	Priyngvadi Taila	Vidradhi Vrana Ropaka.	Dhataki and Priyangu.	Su.Ci. 16/43
48.	Priyngvadi Yoga	All types of Prameha nashaka.	Dhataki, Nagakeshara, Padma, Priyangu and Punnaga.	Su.Ci. 11/10
49.	Rasnadi Basti	Shukra-Bala-Ojas-Ayu-Agni vardhaka, Gulma-Visarpa-Raktapradara- Mutrakricchra-Kshata-Kshaya-Vishamajvara-Arshas-Grahani-Janushoola-Janghashoola-Shiroshoola-Bastishoola-Vatakundalika-Udavarta-Vatarakta-Sharkara-Ashthila-Kukshishoola-Udara-Aruci-Raktapitta-Kapharoga-Unmada-Prameha-Adhmana-Hridroga nashaka.	.Priyangu.	Su.Ci. 38/71-6
50.	Rodhradi Basti	Pittaja Gulma-Raktapradara-Raktapitta-Raktatisara-Pandu-Hridroga-Vishamajvara-Pittaja roga nashaka.	Nilotpala.	Su.Ci. 38/55-9
51.	Sahacaradi Taila	Khalitya and Palitya nashaka.	Arjuna, Gambhari, Jambu, Mallika, Nilotpala and Saireyaka.	Su.Ci. 25/32-7
52.	Salasaradi Avaleha	All types of Prameha nashaka.	Priyangu.	Su.Ci. 12/10
53.	Samangadi Taila	Adushta Sadyo Vrana Ropaka.	Stamens of Padma. (Kinjalaka)	Su.Ci. 2/82-3
54.	Samshamana Basti	Tridosha shamaka.	Priyangu.	Su.Ci. 38/95
55.	Sarjarasadi Pralepa	Pittaja Arbuda nashaka.	Priyangu.	Su.Ci. 18/33
56.	Sarivadi Nasya	Shaushira and Paridara nashaka.	Nilotpala.	Su.Ci. 22/17
57.	Shaladi Dhooma	Sarvasara Mukha roga nashaka.	Lavanga.	Su.Ci. 22/69
58.	Shalyadi Pradeha	Pittaja-Vataja Vatarakta nashaka.	Petals of Padma.	Su.Ci. 5/8
59.	Shampakadi Basti	Prishta-Uru-Trika shoola nashaka, Ashmari-Purisha-Mutra-Anila sanga, Grahani-Vataja Arshas nashaka, Rakta vardhaka and Balya.	Priyangu.	Su.Ci. 38/43-6
60.	Shanadi Upanaha	Kaphaja Udara roga nashaka.	Dhataki.	Su.Ci. 14/7
61.	Shringatakadi Yoga	All types of Prameha nashaka.	Stalks of Padma (Mrinala).	Su.Ci. 11/10
62.	Suvarna Yoga - I	Rasayana (Ayushya).	Priyangu.	Su.Ci. 28/14
63.	Suvarna Yoga - II	Rasayana (Ayushya).	Petals of Nilotpala.	Su.Ci. 28/15
64.	Suvarna Yoga - III	Rasayana (Ayushya).	Priyangu.	Su.Ci. 28/22
65.	Suvarna Yoga - IV	Rasayana (Ayushya).	Nilotpala and Padma.	Su.Ci. 28/23-4
66.	Tambula Yoga	Hridya, Mukha shodhaka and Saugandhakara, Gala roga-Lalasarava nashaka and Varnya.	Lavanga.	Su.Ci. 24/21-4
67.	Tutthadi Lepa	Shwitra nashaka.	Arka.	Su.Ci. 9/27-8
68.	Tiladi Gandusha	Mukha Daha nashaka.	Nilotpala.	Su.Ci. 40/67
69.	Triphaladi Nasya	Shitada-Danta roga nashaka.	Nilotpala.	Su.Ci. 22/12
70.	Yashtyadi Pralepa	Arumshika nashaka.	Nilotpala.	Su.Ci. 20/29
71.	Yavadi Pralepa	Vataja Vatarakta nashaka.	Stalks of Padma (Mrinala).	Su.Ci. 5/7

References in kalpasthana <sup>[13]</sup>



72.	Ajeya Agada	All types of Sthavara visha nashaka.	Nagakeshara, Nilotpala, Priyangu and Punnaga.	Su.Ka. 2/47-9
73.	Ankota Pushpanjana	Anjana prayoga visha nashaka.	Ankota.	Su.Ka. 1/71-2
74.	Bandhuka Pushpanjana	Anjana prayoga visha nashaka.	Bandhuka.	Su.Ka. 1/71-2
75.	Bhallataka Pushpanjana	Anjana prayoga visha nashaka.	Bhallataka.	Su.Ka. 1/71-2
76.	Candanadi Pralepa	Abhyanga prayoga visha nashaka.	Padma.	Su.Ka. 1/53-4
77.	Dhatakyadi Pralepa	Danta kurca prayoga visha nashaka.	Dhataki.	Su.Ka. 1/49
78.	Ekasara Gana	All types of Sarpa visha nashaka.	Bakuci and Shirisha.	Su.Ka. 5/84-6
79.	Kalyanaka Sarpir	Visha-Graharoga-Apasmara-Pandu-Garavisha-Jvara-Kasa-Shwasa-Agnimandya-Shosha-Shukrakshaya-Vandhya nashaka.	Jati, Nagakeshara, Nilotpala and Priyangu.	Su.Ka. 6/8-11
80.	Kapittha Pushpanjana	Anjana prayoga visha nashaka.	Kapittha	Su.Ka. 1/71-2
81.	Krishna Mrittika Lepa	Shiro Abhyanga and Pushpa visha nashaka.	Priyangu.	Su.Ka. 1/57-8
82.	Kshara Agada	All types of Visha-Sharkara-Arshas-Vataja Gulma-Kasa-Shoola-Udara-Ajirna-Grahani-Arucci-Sarvanga Shotha-Shwasa nashaka.	Kunkuma.	Su.Ka. 6/3-7
83.	Kunkumadi Yoga	Shatapadi visha nashaka.	Kunkuma.	Su.Ka. 8/49
84.	Kusumbhadi Dhupa	Vrishcika visha nashaka.	Kusumbha.	Su.Ka. 8/73-4
85.	Maha Saugandhi Agada	All types of Ugra visha like King Cobra-Vasuki etc. nashaka	Arjuna, Arka, Ashoka, Ashvakarna, Campaka, Dhava, Jati, Ketaki, Kumuda, Kunkuma, Nilotpala, Nirgundi, Padma, Patala, Priyangu, Punnaga, Shalmali, Shirisha, Shleshmataka, Tila, Tinisha and Tulasi.	Su.Ka. 6/14-27
86.	Meshashringi Anjana	Anjana prayoga visha nashaka.	Meshashringi.	Su.Ka. 1/71-2
87.	Nimba Patradi Pralepa	Kita Vishaja Vrana nashaka.	Kusumbha.	Su.Ka. 8/136
88.	Panca-Kapittha Ghrita	All types of Mushika visha nashaka.	Kapittha.	Su.Ka. 7/40
89.	Priyanguvadi Agada	Ala (Luta) visha nashaka.	Priyangu.	Su.Ka. 8/110
90.	Priyanguvadi Pralepa	Complications of Luta visha nashaka.	Priyangu.	Su.Ka. 8/131-3
91.	Rajanyadi Curna	Vrishcika visha nashaka.	Shirisha.	Su.Ka. 8/67-8
92.	Rishabha Agada	Sarpa-Kita-Luta etc. visha nashaka.	Bhallataka and Tulasi.	Su.Ka. 5/68-73
93.	Sanjivani Agada	Restore the life from Visha.	Priyangu.	Su.Ka. 5/73-5
94.	Sarivadi Agada	All types of Luta visha nashaka.	Nilotpala.	Su.Ka. 8/120
95.	Sarvakamika Agada	All types of Sarpa-Mushika visha nashaka.	Nagakeshara.	Su.Ka. 5/82-3
96.	Shirishadi Kashaya	Kita visha nashaka.	Shirisha.	Su.Ka. 5/81
97.	Shirishadi Pralepa	Mushika visha nashaka.	Kunkuma.	Su.Ka. 7/33-4
98.	Shyamadi Pralepa	Aharajanya Hasta visha nashaka.	Nilotpala and Priyangu.	Su.Ka. 1/37
99.	Tarkshya Agada	All types of Sarpa visha nashaka.	Priyangu and Punnaga.	Su.Ka. 5/65-8
100.	Vacadi Ghrita	Nasya-Dhooma visha nashaka.	Mallika.	Su.Ka. 1/63-4
101.	Vamshatvagadi Agada	Purisha-Mutra-Anila-Garbha Sanga, Kaca-Arma-Kotha-Patala-Pushpa Netraroga nashaka, Kita-Mushika-Sarpa visha nashaka.	Shirisha.	Su.Ka. 5/78-80
<b>References in uttarasthana</b> <sup>[14]</sup>				
102.	Amradi Anjana	Vidagdha Pittaja-Kaphaja Andhya and Naktandhya nashaka.	Amra and Jambu.	Su.Ut. 17/10-1
103.	Amradi Niruha Basti	Pittaja Jvara nashaka.	Nilotpala and Stalks of Padma (Mrinala).	Su.Ut. 39/310-2
104.	Amrasthyadi Curna	Pakvatisara nashaka.	Priyangu.	Su.Ut. 40/70
105.	Aparajita Gana	All types of Manasa roga nashaka.	Priyangu.	Su.Ut. 60/47-54
106.	Aralvadi	All types of Pakvatisara nashaka.	Priyangu.	Su.Ut. 40/92

	Yavagu			
107.	Baladi Ghrita	All types of Mutra dosha nashaka.	Stalks of Padma (Mrinala).	Su.Ut. 58/58-62
108.	Bhadrodaya Anjana	Useful in both Healthy and Unhealthy eyes.	Meshashringi, Nagakeshara and Stamens of Brihati-Kanthakari- Nilotpala-Padma.	Su.Ut. 18/94-7
109.	Bhujangadi Panaka	Murccha nashaka.	Nagakeshara.	Su.Ut. 46/17
110.	Bisadi Panaka	Murccha nashaka.	Padma and Stalks of Padma (Mrinala).	Su.Ut. 46/17
111.	Candanadi Anjana	Raktaja Adhimantha-Sirotpata-Abhishyanda-Siraharsha nashaka.	Kunkuma and Petals of Kumuda.	Su.Ut. 12/13
112.	Candanadi Upanaha	Vataja Shiroroga nashaka.	Nilotpala.	Su.Ut. 26/7
113.	Dhatakyadi Anjana	Pittaja Abhishyanda-Adhimantha nashaka.	Dhataki.	Su.Ut. 10/9
114.	Dhavadi Ghrita	Revati Graharoga nashaka.	Dhataki.	Su.Ut. 31/5
115.	Dirghavrintadi Putapak	Atisara nashaka.	Stamens of Padma (Kinjalaka).	Su.Ut. 40/81-4
116.	Drakshadi Swarasa	Murccha nashaka.	Madhuuka.	Su.Ut. 46/45
117.	Drishti Prasada Anjana	Drishti Prasadaka.	Dhava, Jati, Meshashringi and Shirisha.	Su.Ut. 17/96-8
118.	Gayatryadi Leha	Raktapitta nashaka.	Arjuna, Asana, Jambu, Khadira, Kovidara, Lodhra, Shalmali, Shirisha and Shigru.	Su.Ut. 45/34-5
119.	Go-dantyadi Anjana	Avrana Shukra Netraroga nashaka.	Shirisha.	Su.Ut. 12/31
120.	Guducyadi Ghrita	Kshaya-Shwasa-Kasa-Jirna Jvara nashaka.	Nilotpala.	Su.Ut. 39/221-3
121.	Guducyadi Kashaya	Pittaja Jvara nashaka.	Nilotpala and Padma.	Su.Ut. 39/178
122.	Gundradi Ghrita	Pittaja Abhishyanda-Adhimantha nashaka.	Nilotpala and Petals of Padma.	Su.Ut. 10/4-6
123.	Hriberadi Pariseka	Kaphaja Madatya nashaka.	Karavira, Kumuda, Kuvala, Nalina, Nilotpala, Padma, Pundarika, Raktotpala and Saugandhika.	Su.Ut. 47/31-2
124.	Indivara Kshara Yoga	Raktapitta nashaka.	Nilotpala.	Su.Ut. 45/36
125.	Jatyadi Anjana - I	Shleshmaja Abhishyanda- Adhimantha nashaka.	Jati, Karanja and Shigru.	Su.Ut. 11/8
126.	Jatyadi Anjana - II	Netra paka nashaka.	Jati.	Su.Ut. 12/44
127.	Kalyana Ghrita	Gulma-Kasa-Shwasa-Jvara-Kshaya-Unmada nashaka.	Malati, Nagakeshara and Nilotpala.	Su.Ut. 62/22-4
128.	Kalyanaka Ghrita	Jirna Jvara-Shwasa-Kasa-Gulma-Gara visha -Unmada-Graharoga-Apasmara-Agnimandya-Shukranasha-Vandhya nashaka, Medhya, Cakshusya, Reto-marga shodhana and Ayushya.	Malati, Nagakeshara, Nilotpala and Priyangu.	Su.Ut. 39/229-34
129.	Kaservadi Panaka	Kshataja Trishna nashaka.	Padma and Stalks of Padma (Mrinala).	Su.Ut. 48/23
130.	Kashmaryadi Anjana	All types of Netraroga nashaka.	Gambhari.	Su.Ut. 17/15
131.	Kasisadi Anjana	Praklinna Vartma Netraroga nashaka.	Flower buds of Jati.	Su.Ut. 11/15-6
132.	Katutrikadi Kashaya	Kaphaja Jvara nashaka.	Nagakeshara.	Su.Ut. 39/187-8
133.	Krishna Tiladi Yoga	Raktaja Atisara nashaka.	Nilotpala.	Su.Ut. 40/123
134.	Kshirapavaladi Hima	Panavibhrama nashaka.	Nagakeshara and Padma.	Su.Ut. 47/41
135.	Kunkuma Kashaya	Mutranirodhaja Udavarta nashaka.	Kunkuma.	Su.Ut. 55/25
136.	Kunkumadi Hima	Mutrakricchra nashaka.	Kunkuma.	Su.Ut. 58/31
137.	Lajadi Hima	Kshataja Trishna nashaka.	Nilotpala.	Su.Ut. 48/24-5
138.	Lodhradi Putapaka	Kaphaja-Pittaja Atisara nashaka.	Nilotpala.	Su.Ut. 40/86-8
139.	Madhukadi Basti Yoga	Raktasrava-Daha-Jvara in Pravahika nashaka.	Nilotpala.	Su.Ut. 40/150-1
140.	Madhukadi Curna	Raktapitta nashaka.	Kovidara, Madhuuka, Priyangu and Shigru.	Su.Ut. 45/19
141.	Madhukadi	Kshataja Trishna nashaka.	Kovidara, Madhuuka, Priyangu and	Su.Ut. 48/25-7

	Hima		Shigru.	
142.	Madhukadi Kashaya	Pittaja Atisara nashaka.	Nilotpala.	Su.Ut. 40/67
143.	Madhukadi Leha	Vamana-Lalasrava-Hikka- Shwasa-Raktapitta in Jvara nashaka.	Madhuuka and Nilotpala.	Su.Ut. 39/300-1
144.	Madhukadi Pariseka	Netra pratikara janya upadrava (Pain-Redness) nashaka.	Nilotpala.	Su.Ut. 17/92
145.	Madhukadi Pralepa	Shakuni Graharoga nashaka.	Nilotpala and Priyangu.	Su.Ut. 30/4-5
146.	Madhukadi Shiro Lepa	Shirobhitapa-Murccha-Hikka-Vamana-Kampa in Jvara nashaka.	Nilotpala.	Su.Ut. 39/296-9
147.	Madhukadi Shita Lepa	Arma Chedana janya Vedana nashaka.	Stamens of Nilotpala (Kinjalaka).	Su.Ut. 15/15-6
148.	Maha Kalyana Ghrita	Apasmara-Graha-Shosha-Krishna-Klaibya-Shukra dosha nashaka.	Jati, Nagakeshara and Nilotpala.	Su.Ut. 62/25-6
149.	Maha Kalyanaka Ghrita	All types of Jvara-Vali-Palita nashaka, Ayushya and Bhuta dosha nashaka.	Ashoka, Campaka, Jati, Kunkuma, Nagakeshara, Nilotpala, Priyangu, Punnaga and Shirisha, Stamens of Dadima and Stamens of Padma (Kinjalaka).	Su.Ut. 39/234-40
150.	Manjishtadi Yoga	Raktaja Atisara nashaka.	Kumuda and Nilotpala.	Su.Ut. 40/122
151.	Maricadi Hima	Panavibhrama nashaka.	Nagakeshara.	Su.Ut. 47/42
152.	Matulungadi Curna	Raktapitta nashaka.	Matulunga.	Su.Ut. 45/36-7
153.	Mrinaladi Kashaya	Pittaja Atisara nashaka.	Nilotpala and Stalks of Padma (Mrinala).	Su.Ut. 40/64
154.	Mustadi Ashcyotana	Praklinna Vartma nashaka.	Nilotpala and Priyangu.	Su.Ut. 12/48
155.	Mustadi Rasakriya	Pittaja Abhishyanda-Adhimantha nashaka.	Nilotpala.	Su.Ut. 10/8
156.	Nagakesharadi Leha	Hikka nashaka.	Madhuuka and Nagakeshara.	Su.Ut. 50/23-4
157.	Naladi Kalka	Pittaja-Raktaja Shiroroga nashaka.	Nilotpala, Padma and Raktotpala.	Su.Ut. 26/13-5
158.	Nalinadi Anjana	Vidagdha Pittaja-Kaphaja Day and Night Blindness nashaka.	Stamens of Nalina-Nilotpala (Kinjalaka).	Su.Ut. 17/11-2
159.	Nila-yavadi Kshara	Balasagrathita Netraroga nashaka.	Arka, Barbari, Bilva, Jati, Kapittha and Nirgundi.	Su.Ut. 11/11-2
160.	Nilotpaladi Ghrita	Raktaja Adhimantha-Abhishyanda-Sirotpata-Siraharsha nashaka.	Nilotpala.	Su.Ut. 12/7
161.	Nilotpaladi Panaka	Murccha nashaka.	Nilotpala and Padma.	Su.Ut. 46/19
162.	Padmakadi Hima	Daha-Pittaja Jvara nashaka.	Nilotpala and Pundarika.	Su.Ut. 39/182-3
163.	Palashadi Anjana	Pittaja Abhishyanda-Adhimantha nashaka.	Palasha.	Su.Ut. 10/7-8
164.	Palashadi Rasakriya	Praklinna Vartma nashaka.	Palasha.	Su.Ut. 12/50
165.	Pataladi Anjana	Raktaja Abhishyanda nashaka.	Amalaki, Arjuna, Bilva, Bimilota, Brihati, Dhataki, Gambhari, Kanthakari and Patala.	Su.Ut. 12/11-2
166.	Pataladi Leha	Hikka nashaka.	Patala.	Su.Ut. 50/27-8
167.	Pathadi Kalka	Pravahika nashaka.	Nilotpala.	Su.Ut. 40/154
168.	Patoladi Ghrita	Apaci-Kushtha-Jvara-Arjuna-Shukraroga-Vrana- Mukharoga-Netraroga-Karnaroga-Nasaroga nashaka.	Nilotpala.	Su.Ut. 39/226-9
169.	Payasyadi Kalka	Pakvatisara nashaka.	Stamens of Padma (Kinjalaka).	Su.Ut. 40/74-5
170.	Prakiryadi Anjana	Shleshmaja Abhishyanda-Adhimantha nashaka.	Brihati, Kanthakari, Lata Karanja and Shigru.	Su.Ut. 11/9
171.	Prishniparnyadi Peya	Raktaja Atisara nashaka.	Nilotpala.	Su.Ut. 40/91
172.	Priyanguvadi Basti	Gudagata Raktapitta-Raktaja Atisara nashaka.	Nilotpala, Priyangu, Saugandhika and Stalks of Padma (Mrinala).	Su.Ut. 45/39-42
173.	Priyanguvadi Taila - I	Karnasrava nashaka.	Dhataki and Priyangu.	Su.Ut. 21/48-9
174.	Priyanguvadi Taila - II	Naigamesha Graharoga nashaka.	Priyangu.	Su.Ut. 36/4
175.	Pushpanjana	Pitta-Kapha Vidagdha Drishti nashaka.	Amra, Ashoka, Kubjaka, Nalina, Nilotpala, Priyangu and Shala.	Su.Ut. 17/8-10
176.	Pushpapthaladi	Panavibhrama nashaka.	Madhuuka and Nagakeshara.	Su.Ut. 47/45

	Swarasa			
177.	Rasanjanadi Curna	Raktaja Atisara nashaka.	Dhataki.	Su.Ut. 40/93-4
178.	Rodhradi Anjana	Pittaja Abhishyanda-Adhimantha nashaka.	Nilotpala.	Su.Ut. 10/10
179.	Samangadi Curna	Pakvatisara nashaka.	Dhataki.	Su.Ut. 40/69
180.	Saptacchadadi Yoga	Shwasa nashaka.	Arka and Saptaparna.	Su.Ut. 51/36
181.	Sarivadi Shiro Lepa	Ardhavabhedaka nashaka.	Nilotpala.	Su.Ut. 26/35-6
182.	Sharkaradi Yoga	Raktaja Atisara nashaka.	Nilotpala.	Su.Ut. 40/122
183.	Shatavaryadi Lepa	Shankhaka Shiroroga nashaka.	Nilotpala.	Su.Ut. 26/39-40
184.	Shirishadi Anjana	Sirotpata Netraroga nashaka.	Shirisha.	Su.Ut. 12/16
185.	Shirishadi Curna	Shwasa nashaka.	Kadali, Kunda and Shirisha.	Su.Ut. 51/38
186.	Shringaveradi Anjana	Akshi Kandu-Shotha nashaka.	Flower buds of Jati.	Su.Ut. 11/17-8
187.	Shriparnyadi Hima	Panavibhrama nashaka.	Nilotpala.	Su.Ut. 47/40
188.	Shriveshtakadi Kavala	Pittaja-Raktaja Pratishya nashaka.	Priyangu.	Su.Ut. 24/27-8
189.	Srotonjana	Vataja Timira-Kaca nashaka.	Flower buds of Jati.	Su.Ut. 17/36-7
190.	Tiladi Yoga	Raktaja Atisara nashaka.	Nilotpala.	Su.Ut. 40/123
191.	Triphaladi Anjana	Tridoshaja Kaca nashaka.	Meshashringi.	Su.Ut. 17/44-5
192.	Triphaladi Ghrita	Visarpa-Jvara-Shwasa-Gulma-Pandu-Kushtha-Pliha- Agnimandya nashaka.	Kunkuma and Nilotpala.	Su.Ut. 39/245-9
193.	Tvagadi Madya	Panajirna nashaka.	Nagakeshara.	Su.Ut. 47/38
194.	Tvagadi Panaka	Kaphaja Madatya nashaka.	Nagakeshara.	Su.Ut. 47/30-1
195.	Tvak-Patradi Panaka	Kaphaja Madatya nashaka.	Nagakeshara and Shleshmataka.	Su.Ut. 47/32-3
196.	Ushiradi Nasya	Kaphaja Timira nashaka.	Priyangu.	Su.Ut. 17/41
197.	Varshabvadi Curna	Panavibhrama nashaka.	Madhuuka and Nagakeshara.	Su.Ut. 47/46
198.	Vasa Ghrita	Shwasa-Kasa nashaka.	Vasaka.	Su.Ut. 51/20-1
199.	Vasadi Kashaya	Raktapitta nashaka.	Nilotpala, Priyangu and Stamens of Padma (Kinjalaka).	Su.Ut. 45/33-4
200.	Vrisha Ghrita	Yakshma-Kasa-Shwasa-Pandu nashaka.	Vasaka.	Su.Ut. 41/43-4
201.	Yashtyadi Ashcyotana	Pittaja Abhishyanda-Adhimantha nashaka.	Nilotpala.	Su.Ut. 10/11

**Table 8:** Uses of Flower Garlands in Various Conditions

S. No.	Description	Reference(s)
1.	The patient who attacked by Yaksha graha should keep in a chamber furnished with flowers, garlands, weapons, fried paddy and continuously burning lamps.	Su.Su. 19/25
2.	Inhalation of the smell of flower garlands strewn by Saptaladi Curna is beneficial for the Virecana of patient who has Mridu Koshtha.	Su.Su. 44/84-6
3.	The place of dining should be decorated with flowers which have pleasant smell.	Su.Su. 46/458-9
4.	Wearing of flower garlands are useful to protect from Graha Dosha.	Su.Ci. 24/64-5
5.	Wearing of garlands of flowers may increase the sexual ability of the men.	Su.Ci. 26/8-9
6.	Garlands of flowers are indicated in Mantra Vidhi of Sarpa Dashta Cikitsa.	Su.Ka. 5/11-3
7.	Decoration of house or bed room with the flowers of Asana, Bakula, Jati, Karavira, Nagakeshara, Nilotpala, Pundarika and Punnaga is beneficial in the management of Daha occurs from Madatya.	Su.Ut. 47/55-66
8.	Offering red colours scents and garlands of flowers, seeds, honey, Ghee and different kinds of snacks are the common methods to treat all types of Bhutas.	Su.Ut. 60/29
9.	Garments, scents, garland of flowers, flesh and blood whichever is liked more by the Grahavesha patient, these should be offered as much as desired.	Su.Ut. 60/30
10.	Garlands of Atimukta, Kunda and Padma is useful in the treatment of Yaksha Graha.	Su.Ut. 60/34-5
11.	In Sharad (autumn) Ritu, swimming in lakes with flowers of Kamala and Nilotpala is useful to maintain healthy life.	Su.Ut. 64/15
12.	Wearing of garlands with flowers of Asana, Bandhuka, Kasha, Saireyaka and Saptaparna in Sharad (autumn) Ritu is useful to maintain healthy life.	Su.Ut. 64/19
13.	Wearing of garlands with flowers of Kamala and Nilotpala in Grishma (summer) Ritu is useful to maintain healthy life.	Su.Ut. 64/42

### Importance of Knowledge of Pushpa in Ayurveda Education

The Acarya Sushruta has been used the flowers in various aspects i.e. to explain the anatomy and physiology of the human body, to explain the features of diseases, to emphasize

the severity and curability of diseases, as a causative factor of diseases, as a drishtanta (examples) to explore the concept of Ayurveda etc. Therefore, knowledge of flowers is highly importance to study Ayurveda and its philosophy.

**Table 9:** References Related to Vrikshayurveda

S. No	Description	Reference(s)
1.	The trees which bear fruit without blossoming are called as Vanaspatis such as Plaksha and Udumbara. Those that bear both fruits and flowers are called as Vrikshas like Amra and Jambu.	Su.Su. 1/29
2.	The bark, leaves, flowers, fruits, roots, bulbs, the expressed juice and milky or resinous secretions of plants, etc. are the useful parts in medicinal purposes.	Su.Su. 1/31
3.	Lodhra, Nagakeshara, Priyangu and Punnaga trees bloom in Hemanta and Shishira Ritus.	Su.Su. 6/23
4.	Amra, Ashoka, Bakula, Padma and Palasha trees bloom in Vasanta Ritu.	Su.Su. 6/27-8
5.	Dhuli Kadamba, Kadamba, Ketaki, Kutaja and Shala trees bloom in Pravrit Ritu.	Su.Su. 6/32
6.	Kumuda and Nilotpala bloom in Varsha Ritu.	Su.Su. 6/33
7.	Asana, Bandhuka, Kasha, Saireyaka and Saptaparna trees bloom Sharad Ritu.	Su.Su. 6/35
8.	An Oshadhi plant of the Chakra species puts forth flowers of variegated colours.	Su.Su. 30/18-9
9.	An Oshadhi plants, Maha-Shravani and Shravani bear flowers like a Nilotpala.	Su.Su. 30/22
10.	Properties of flowers are the same as the properties of their trees.	Su.Su. 46/289
11.	Flowers, leaves, fruits, stalks and tubers are hard for digestion in their succeeding order.	Su.Su. 46/296

**Table 10:** Uses of Flowers to Explain Theories of Ayurveda

S. No	Description	Reference(s)
1.	As the smell of flower-bud lies latent in its early stage of growth but becomes patent with its growth, in the same way semen or catamenial blood lies in a potential state in a male or a female child, and appears with the growth.	Su.Su. 14/18
2.	Just as flowers, smoke and clouds indicate the fruits, fire and rain occurring later on, similarly fatal signs indicate death coming in future.	Su.Su. 28/3
3.	Just as the petals of a full blown Padma (lotus flower) are gathered up during the night, so the uterus (Yoni) of a woman is folded up (OS of the uterus is closed) after the lapse of the menstrual period (fifteen days from the date of the flow).	Su.Sa. 3/9
4.	The accumulated Kapha of the system having been ejected by vomiting under a course of emetic treatment the possibility of all Kapha-originated diseases are removed, just as a felled tree soon dries up together with all its twigs, fruits and flowers.	Su.Ci. 33/13

**Table 11:** Uses of Flowers to Explain Causes, Symptoms, Severity etc. of Diseases

S. No	Description	Reference(s)
1.	Smell of poisoned flowers by mixing with air will cause some Sankramika roga (infectious diseases) like Kasa, Shwasa and Pratishya etc.	Su.Su. 6/20
2.	The deranged Kapha is aggravated by eating Mrinala (Stalks of lotus flower).	Su.Su. 21/23
3.	The smell of wound similar to Wine, Agar, Ghee, flowers of Jati, Padma, Candana, flowers of Campaka and Devine smells (smell flowers of Parijata) manifest in the wound of dying person.	Su.Su. 28/11
4.	Colours similar to Kunkuma, Dhyama and Kamkushtha developing in the wound, when there is aggravation of Pitta but there is no burning and sucking pain then the physician should reject such a patient.	Su.Su. 28/13
5.	Wearing of garlands of red coloured flowers is one of the symptoms of Garhita Duta Lakshana.	Su.Su. 29/12
6.	A dream of having entwined a wreath of red flowers over the head, climbing a bloomed Kovidara trees etc. are the bad dreams and he / she will get ill in near future.	Su.Su. 29/54-66
7.	The dreams of meat, fish and garland of white flowers, cloths and fruit predict a gain or a speedy cure, as the case may be.	Su.Su. 29/75-7
8.	Appearance Vataja Arshas is similar to shape of the Kadamba or Karpasi Pushpa.	Su.Ni. 2/10
9.	Colour of Kaphaja Ashmari is similar to colour of the Madhuuka Pushpa.	Su.Ni. 3/8
10.	Appearance of Vataja Ashmari is similar to shape of the Kadamba Pushpa.	Su.Ni. 3/10
11.	Colour of Paundarika Kushtha is similar to the petals of Pundarika.	Su.Ni. 5/8
12.	Colour of Dadru Kushtha is similar to colour of the Atasi Pushpa.	Su.Ni. 5/8
13.	Colour of Pittaja Kilasa is similar to colour of the petals of Padma.	Su.Ni. 5/17
14.	Pimples or eruptions (Pidaka) arising on the surface of the body, arranged in the same circular array as marks the distribution of the seed (sacks) in a Padma are called Indravridha by the physicians.	Su.Ni. 13/11
15.	The circular, greyish patches or rash-like eruptions studded over with thorny papilla of the skin resembling the thorns on the stem of the Padma (lotus flower) marked by itching are called Padmini Kantaka.	Su.Ni. 13/38
16.	The eruptions of small pimples around the principal one, and arrange same as seed sack of Padma (lotus flower) is known as Pushkarika.	Su.Ni. 14/9
17.	A swelling shaped like the seed sack of Padma (lotus) and appearing in the region of the soft palate as an outcome of the aggravated condition of the local blood is called Arbuda.	Su.Ni. 16/43
18.	A tumour-like shape (like a Shalmali-bud) of the embryo denotes that the foetus belongs to the absence of any sex (hermaphrodite).	Su.Sa. 3/18
19.	The features of a Gandharva-kaya person are love of flower garlands and perfumes, fondness of songs and music, and love making.	Su.Sa. 4/85

20.	The Pittaja ulcer assumes a bluish yellow colour, exudes a hot secretion resembling the washings of Palasha flowers, and is attended with burning, suppuration and redness, being surrounded with eruptions of small yellow-coloured pustules.	Su.Ci. 1/7
21.	Inhalation of smell of poisoned flowers produces headache and lachrymation.	Su.Ka. 1/66
22.	Growth of muscles developing in the sclera, resembling Padma (lotus flower) in colour is spoken of as Lohitarma (Raktarma).	Su.Ut. 4/5
23.	In Raktaja Adhimantha, the eye resembles Bandhuka Pushpa in colour.	Su.Ut. 6/18
24.	Appearance (colour) of Rakta Kophaja Drishti Mandala is similar to petals of Padma or Pravala.	Su.Ut. 7/32
25.	Smell of poisonous flowers is a causative factor of Jvara.	Su.Ut. 39/19-22
26.	The person who is always contented, clean, fond of scents and garlands of flowers etc. is to be considered as seized by Devagraha.	Su.Ut. 60/8
27.	The person who has contented mind, wanders near sand dunes and gardens, is good mannered, fond of songs, perfumes and garlands of flowers etc. are the features of the person seized by Gandharva Graha.	Su.Ut. 60/10

Importance of flowers in special treatment procedures (including surgical procedures) and to study about the structure of the surgical instruments can be listed out as follows.

**Table 12:** Uses of Flowers in Special Treatment Procedures

S. No	Description	Reference(s)
1.	The sort of probe used in cleansing the urethra, should be made round like the end of the stem of a Malati flower.	Su.Su. 7/14
2.	The Utpalapatra shastra is similar in shape of petals of Nilotpala.	Su.Su. 8/3
3.	The art of venesection (Vedhana) should be taught and practiced on the vein of a dead animal, or with the help of a stems of Nilotpala (Water lily).	Su.Su. 9/4
4.	The art of tying up a Karna-sandhi (severed ear-lobe) should be practically demonstrated on a soft severed muscle (on flesh), or with the stem of Nilotpala (Water lily).	Su.Su. 9/4
5.	The skin of the Samudrika Jalauka is blackish yellow and Vicitra Pushpa varnayukta.	Su.Su. 13/11
6.	The Pundarimukha Jalauka is coloured like the Mudga pulse and mouth is resemble to the full-blown Pundarika (white lotus flower).	Su.Su. 13/12
7.	The non-venomous species of leeches are born in water decomposed by Padma, Nilotpala, Nalina, Kumuda and Pundarika.	Su.Su. 13/14
8.	Arrows (Shara) may be divided into two classes according as they are feathered or unfeathered; and their barbs are usually constructed in the shape of trees, leaves, flowers, or fruits, or are made to resemble the mouths of birds and wild and ferocious animals.	Su.Su. 26/7
9.	The vitiated blood is seen first to flow out of an opened vein (By Vedhana Karma), like the drop of yellow pigment first coming out of a Kusumbha flower.	Su.Sa. 8/12
10.	A tooth of a young person, not broken but loose, the patient should be caused to drink milk with the help of a Stalks of Nilotpala.	Su.Ci. 3/42
11.	The stalks of Nilotpala can be inserted into the throat of the patient to make proper vomiting.	Su.Ci. 33/7
12.	The end of the Uttara Basti pipe should be shaped like the stem of a Jati flower (in girth).	Su.Ci. 37/101
13.	The end of the Anjana Shalaka rod should terminate in a bud-shaped (Mallika flower etc.) ball with the girth of that of a Kalaya pulse, its entire length measuring eight fingers only.	Su.Ut. 18/62

**Table 13:** Flowers in Visha Cikitsa

S. No	Description	Reference(s)
1.	A poisoned flower garland is characterised by the loss of odour and by the fading and discolouring of its natural colour, and when smelt produces headache and lachrymation.	Su.Ka. 1/65
2.	Roots, leaves, fruits, flowers, barks, sap, pith, gum, tubers and dhatus (mineral, metals etc.) are the 10 seats of Sthavara Visha.	Su.Ka. 2/4
3.	Flowers of Vetra, Kaadamba, Vallija, Karambha and Maha Karambha are considered as 05 poisonous flowers.	Su.Ka. 2/5
4.	Vomiting, flatulence and delusion are the major symptoms of flower poisoning.	Su.Ka. 2/8
5.	The poisoned atmosphere should be purified by burning of Laksha, Haridra, Ati-visha, Abhaya, Musta, Renuka, Ela, Tejapatra), Twak, Kushtha and Priyangu in the open ground.	Su.Ka. 3/16-7

**Table 14:** Explaining in Pathya-Apathya Nirdesha

S. No	Description	Reference(s)
1.	Mrinalasava (wine) should be taken after any Nadeya fish (whose habitat is the river).	Su.Su. 46/433
2.	Such things as the Mrinala, Bisha and Shaluka etc. should be avoided after taking meal.	Su.Su. 46/464
3.	The use of Kunkuma, Agarar, Patra, Kushtha, Ela and Tagara are beneficial in Vata roga.	Su.Ci. 4/21-6
4.	Never use the shoes, the umbrella, garlands of flowers, ornaments or clothes used by another.	Su.Ci. 24/100

**Table 15:** Flowers to Explain the Human Anatomy

S. No	Description	Reference(s)
1.	The heart which is of the shape of a bud of Padma (lotus) hangs with its apex downward, folding itself up during sleep and expanding with the return of waking / consciousness.	Su.Sa. 4/32
2.	The Dhamanis (blood vessels) have got pores in their sides through which they carry the Rasa (lymph-chyle) throughout the organism, like the Mrinala (Stalks of lotus) and Padma Kanda (Rhizome of lotus).	Su.Sa. 9/10

**Table 16:** Other references of flowers in Sushruta Samhita

S. No	Description	Reference(s)
1.	Flowers of Campaka, Nagakeshara, Saugandhika (Nilotpala) and Patala can be used to purify the water.	Su.Su. 45/12
2.	Honey is not collected from the flowers of any particular species. On the other hand, the honey making bees cull it from the sap and juice of flowers and plants, which are incompatible with one another in respect of their nature, taste, virtue, potency and re-actions (chemical) effect. For these reasons, and further from the fact of it being prepared by poisonous bees, honey becomes positively injurious after contact with heat or fire, and accordingly the use of hot or boiled honey is forbidden.	Su.Su. 45/143-5
3.	The Tuvataka oil should be pressed out of the seeds in a mill in the manner of preparing Sesamum oil, or squeezed out like that used in the case of Kusumbha flowers.	Su.Ci. 13/22
4.	Uses of Alepana on the face produces healthful glow like that of a Padma (lotus flower).	Su.Ci. 24/65-6
5.	The Brahmi Ghrita gives a Padma (lotus flower) like appearance to cheeks of the person.	Su.Ci. 28/6
6.	After 25 <sup>th</sup> days of consuming of the Soma, the skin will be similar to colour of Nilotpala (Blue water lily) and Atasi flowers.	Su.Ci. 29/12
7.	For Swasthaturahita Curnanjana eight parts of Rasanjana having the hue of a (full-blown) Nilotpala (blue water lily flower) should be taken.	Su.Ut. 18/85

## Discussion

Pushpayurveda can be elaborated as the scientific study of flowers for their identification, pharmacognosy, properties and medicinal uses etc. with related to Ayurveda. The present study was an evidence based study on Pushpayurveda with special reference to the Sushruta Samhita. The Sushruta Samhita refers as one of the great treatises of Ayurveda, especially dealing with surgery and also general medicine. Results of this literary review revealed that the flowers have recommended as both foods and medicines by Acarya Sushruta. The 30 flowers have been explained as vegetables while 100 flowers have been prescribed as medicinal purpose including the above 30 flowers. In addition to these, 5 flowers have mentioned as poisonous to be avoided. Further, flowers have been used to explain the symptoms of diseases, to emphasize the severity and curability of diseases, as a causative factor of diseases and as an ingredient of water purification etc. Flowers can administer in both internal (enteral) and external (local applications) routes. The Curna, Kalka, Kashaya, Hima, Taila, Lepa, Leha, Asava, Arishta, Panaka, Ghrita, Pariseka, Ashcyotana, Anjana Varti, Swarasa, Putapaka, Kshara, Dhooma, Kavala-Gandusha, Shiro lepa, Nasya and Basti yoga are examples for common classical preparations (dosage forms) of flowers. In addition to these, garlands made by flowers have been recommended for some diseases like Madatyā and also it is useful to promote healthy life as Ritu Caryā. The 201 classical (medicinal) preparations without Gana (groups of drug in the 38<sup>th</sup> chapter of Sutrasthana) and other groups of drug in the 39<sup>th</sup> and 42<sup>nd</sup> chapters of Sutrasthana, 38<sup>th</sup> chapter of Cikitsasthana found out in Sushruta Samhita except Nidanasthana as follows; 10 preparations in Sutrasthana, 4 preparations in Sharirasthana, 57 preparations in Cikitsasthana, 30 preparations in Kalpasthana and 100 preparations in Uttarasthana. Therefore, majority of classical formulations explained in Uttarasthana. Among the 201 preparations, few recipes consist of only flowers like Pushpanjana.

Flowers are responsible in both physical and mental health. Pleasant smell and soothing effect on mind are mainly useful in the management of mental disorders including the Grahā rogas.

The different Sanskrit synonyms have been used in shlokas for same plant (flower) i.e. Jati, Jatya, Malati and Sumana for Jati (*Jasminum grandiflorum* L.); Ahipushpa, Bhujangapushpa, Ibhakeshara, Keshara, Naga, Nagakeshara and Nagapushpa for Nagakeshara (*Mesua ferrea* L.); Dasi Kuruntaka, Kurantaka, Kuruntaka, Saireyaka, Saiyia and Sahacara for Saireyaka (*Barleria prionitis* L.) and Gocandana, Lata, Phalini, Priyangu, Priyanguka and Shyama for Priyangu

(*Callicarpa macrophylla* Vahl.). Therefore, commonly used Sanskrit name (Basonym) is mentioned in the botanical identification lists of the table 01 and Table 02 has been allocated for Sanskrit synonyms of them which are used in Sushruta Samhita.

Further, same Sanskrit name have been used to indicate different plants (flowers) i.e. Keshara for Nagakeshara (*Mesua ferrea* L.), Kunkuma (*Calophyllum inophyllum* L.) and Bakula (*Mimusops elengi* L.); Kubjaka for Gunja (*Abrus precatorius* L.) and Kubjaka (*Rosa moschata* Herrm.). Medicinal properties according to indication of the relevant recipe and also Nibandhasangraha of Dalhana were used to clarify and conclude this issue.

In the same way, different books, websites and research articles have been mentioned different botanical names (synonyms) for the same plant (flower). Therefore, the website of Medicinal Plant Database of Botanical Survey of India was referred to clear botanical identification of the all flowers (plants).

## Conclusions

Sushruta Samhita riches in most of references of Pushpayurveda in different scenarios. Hence, it can be concluded that uses of flowers as medicine is not a new aspect of Ayurveda, but re-establishment of the concept of Pushpayurveda will be a new approach and value addition to the Ayurveda.

Further, Acarya Sushruta emphasize the properties of flowers are the same as the properties of their trees. Flowers can be collected without harming to the plant. Therefore, knowledge of Pushpayurveda will be helpful in Eco-friendly practice of Ayurveda.

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