

PUSHPA VARGA WITH SPECIAL REFERENCE TO BHAVAPRAKASHA NIGHANTU

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ABSTRACT:

Ayurveda explains the longevity of life along with spiritual aspects. In day today life use of flowers were mentioned elaborately. For example the Dronapushpi flowers are used for Abhisheka. The Dhatura flower is offered to Lord Shiva, Tulasi for Lord Vishnu, Kamala for Lord Bramha, Lord Buddha, The Langali flower is for Lord Ganesha and the list goes on. Since ancient times flowers were using as decorative and spiritual aspects as well as in treatment aspects. The therapeutic properties of medicinal flowers were seen in our classical texts. The separate section is being mentioned called Pushpa Varga. These medicinal flowers are marketed by pharmaceutical companies for making perfumes, colouring agents, and for medicinal purpose. The essential oils are prepared from the dried flowers as the essential oils are more potent. The medicinal flowers possess anti viral, anti-inflammatory, antipyretic, analgesic, mood stabilizing agents. Here an attempt is made to screen out the Bhavaprakasha Nighantu related only medicinal flowers and their therapeutic effects. Further study is to evaluate the clinical activities like anti viral, anti-inflammatory, antipyretic, analgesic, mood stabilizing agents.

Keywords: Ayurveda, Pushpa Varga, Bhavaprakasha Nighantu, Medicinal flowers etc

INTRODUCTION:

Bhavaprakasha Nighantu is said to be placed between 15-17th century. Some of its manuscripts available in Jammu Kashmir Library belongs to 1665AD. The work was done by Acharya Bhavamishra. The Bhavaprakasha Nighantu is on of the Laghutrayi. The book is divided into three sections Viz; Purvakhand, Madhyama Khanda, Uttara Khanda. The text includes total 24 Vargas. 25th one is miscellaneous section. In this the Medicinal flowers section is fourth one. This section contains; 39 medicinal flowers. Viz; Kamala(Lotus), Padmini, Samvartika, Karnika, Keshara, Mrinala, Sthala Kamalini, Kumuda, Kumudini, Varivarni, Shaivala, Shatapatri(Rose), Vasanti(Ixora paviflora), Varshiki or Bela, Malati(Chameli), Yuthika, Champaka, Bakula, Brihadkumuda, Kadamba, Kubjaka, Mallika(Jasminum savebac), Madhavi(Clustured hiptage), Ketaki(Pandanus osoratissimus), Karnikara, Ashoka, Banapushpa, Saireyaka, Kunda, Muchakunda, Tilaka, Bandhujiva, Japa Pushpa, Sindhuri, Agastya, Tulasi, Marubaka(Ocimum gratissimum), Damanaka, Barbari.

DISCUSSION-

The above drugs from the Bhavapraksha Nighantu were dealt systematically;

KAMALA^[1]- Botanical Name- Nelubium speciosum willd, **Family-** Nymphaeaceae

Synonyms- Padmam, Nalinam, Aravindam, Mahotpalam, Sahasra Patram, Kamalam, Shatapatram,

Kusheshayam, Pankeruham, Tamarasam, Sarasam, Sarasiruham, Bisaprasuna, Rajiva, Pushkara, Amboruha

Pharmacological Actions-

- Kamala is Sheetala(Cold in potency), Varnya(Improves complexion), Madhura(Sweet), subsides Kapha and Pitta.
- It cures Trishna(Thirst), Daha(Burning sensation), Rakta diseases, Visphota(Skin eruptions), Visha(Poisonous effects), Visarpa(Herpes).
- The well blossomed Kamala flower along with its root, stem, leaf and fruit collectively known as **PADMINI^[2]**.
- The fresh and tender leaves of **PADMINI** is called as **SAMVARTIKA^[3]**. It cures Daha(Heat), Thrishna(Excess thirst), Mutrakrichra(Dyuria), Gudaroga(Diseases of anus).
- It is Sheetala(Cooling), Guru(Heavy), Ruksha(Drying), Vishtambhakarini (Constipative), Lavana(Salty) in taste. Subsides Pitta-Rakta and Kapha.
- The Lotus flower decoction is used as Medhya(Brain tonic) which improves memory. The flower with honey is given in Raktarsha(Bleeding piles), Heart diseases.
- The fresh leaves of Kamala is known as **SAMVARTIKA**, and is Sheetala(Cold in potency), Tikta(Bitter), Kashaya(Astringent) in

taste. Cures Daha(Burning sensation), Trishna(Thirst), Mutrakrichra(Dysuria), Arsha(Haemorrhoids), Raktapitta (Haemorrhage).

- The fruit capsule is known as **KARNIKA**^[4]. It is Tikta(Bitter), Kashaya(Astringent), Madhura(Sweet in taste), Hima(Cold in potency), Mukhavaishadyakrit(Cleanses oral cavity), Laghu(Light), cures Trishna(Thirst) and diseases of Rakta-Kapha-Pitta.
- The stamens are known as **KINJALKA or KESHARA**^[5] and are Sheetala(Cold in potency), Vrishya(Aphrodisiac), Kashaya(Astringent), Grahi(Absorbent), Cures Trishna(Thirst), Kapha-Pitta disorders, Daha(Burning sensation), Raktarsha(Bleeding piles), Visha(Poison effects), Shotha(Edema).
- The stem is known as **MRINALA**^[6] and Bisa. It is Sheetala(Cold in potency), Vrushya(Aphrodisiac), Pitta-Daha-Asrajit(Cures Pitta - Burning sensation-Bleeding diseases), Guru(Heavy), Durjara(Difficult to digest), Swadu Paka(Sweet in post digestive effect), Stanya(Promotes breast milk), Vata and Kapha. It is Grahi(Absorbent), Madhura(Sweet), Ruksha(Drying).

- It cures Daha(Heat), Thrishna(Excess thirst), Mutrakrichra(Dyuria), Gudaroga(Diseases of anus).
- It is Sheetala(Cooling), Guru(Heavy), Ruksha(Drying), Vishtambhakarini (Constipative), Lavana(Salty) in taste. Subsides Pitta-Rakta and Kapha.

VARIPARNI^[10] and **SHAIVALA**^[11] -

Botanical Name- *Serrato phylleum*, Submersum , Family- Nymphaeaceae

Synonyms- Varaparni, Kumbhika, Varimuli, Khamulika, Jalakumbhi, Shaivala, Jananili, Jalaja, Sevara

Pharmacological Action-

- It is Sheetala(Cold in potency), Tikta(Bitter), Laghu(Light), Swadu(Sweet), Sara, Katu(Pungent). It subsides Vata,Pitta, Kapha Doshas.
- It is Ruksha(Dry), cures Jwara Raktavikara, and Shosha Rogas.
- Shaivara is Tuvara(Astringent), Tikta(Bitter), Madhura(Sweet), Sheetala(Cold in potency), Snigdha(Demulcent).
- It cures Daha(Burning sensation), Trishna(Thirst), Pitta Dosh, Rakta(Blood diseases), Jwara(Fever).

STHALA KAMALINI^[7]- Botanical Name- *Ionidium suffruticosum*, Family- Nymphaeaceae

Synonyms- Padmcharini, Atichara, Avyatha, Padma, Sharada

Pharmacological Actions-

- It is Sheetala(Cold in potency), Anushna(Neither heat nor cold), Katu(Pungent), Tikta(Bitter), Kashaya(Astringent) in tastes. It is Kapha Vata Shamaka. It cures Mutrakrichra(Dyuria), Amashoolaghna(Subsides pain abdomen), Shwasa(Asthma), Kasa(Cough), Visha(Poison effect).

KUMUDA^[8]-

Botanical Name- *Nymphaea nouchaki* Burm.f, Family- Nymphaeaceae

Synonyms- Kuvalaya, Kumuda, Kaireya, Sheta Kumuda

Pharmacological Actions-

- It is Picchila(Slimy), Snigdha(Emulcent), Madhura(Sweet in taste), Sheetala(Cold in potency), Hridya(Good for heart).

KUMUDINI^[9]- The roots etc entire plant is known as Kumudini.

Botanical Name- *Nymphaea nouchaki* Burm.f, **Family-** Nymphaeaceae

Pharmacological Actions-

SHATAPATRI^[12] - Botanical Name- *Rosa centifolia* Linn Family- Rosaceae

Synonyms- Taruni, Karnika, Charukeshara, Maha Kumari, Gandhadhya, Lakshapushpa, Atimanjula.

Pharmacological Actions-

- Shatapatri is Hima(Cold in potency), Hridya(Good for heart), Grahi(Absorbent), Vrishya(Aphrodisiac), Laghu(Light), Subsides Tridoshas, Varya(Improves complexion), Katu(Pungent), Tikta(Bitter), in taste, Pacahani(Digestants).

VASANTI^[13]- Botanical Name- *Ixora parviflora*,

Synonyms- Nepali, Saptala, Navamalika, Vasanti, Nevari

Pharmacological Actions-

- It is Sheetal(Cold in potency), Laghu(Light), Tikta(Bitter), Tridoshahara(Subsides Vata, Pitta and Kapha Doshas), Raktavikara Nashaka(Alleviates blood disorders).

VARSHIKI^[14] - It is a variety of jasmine flower.

Synonyms- Shripadi, Shatpadananda, Varshiki, Muktabandhana, Belaa.

Pharmacological Actions-

- It is Sheetala(Cold in potency), Laghu(Light), Tikta(Bitter), Tridoshahara(Subsides Vata, Pitta and Kapha Doshas).

- It alleviates eye, ear and Mukha diseases,

MALATI^[15] - **Botanical Name-** Jasminum officinale Linn **Family-** Oleaceae

Synonyms- Jati, Sumana, Malati, Rajaputrika, Chetaki, Hridyagandha

Pharmacological Actions-

- It is Tikta (Bitter), Ushna (Hot in potency), Kashaya(Astringent), Laghu(Light). It subsides Vata, Shiro Rogas(Diseases of head), Mukha(Mouth), Danta(Teeth), Visha(Poison), Kustha(Skin diseases), Vrina(Wounds), Asr(Blood diseases)

YUTHIKA^[16] - **Botanical Name-** Jasminum auriculatum **Family-** Oleaceae

Synonyms- Yuthika, Ganika, Ambastha

Pharmacological Actions-

- The Yuthika Pushpa is Tikta(Bitter), Madhura(Sweet), Kashaya(Astringent) in taste, Katu Vipaka(Pungent in post digestive effect), Sheeta(Cold in potency), Hridya(Good for heart), Pittagna(Subsides PittaDosha), Kapha-Vatala(Aggravates Kapha and Vata Doshas).
- It alleviates Vrina (Wound), Mukha (Mouth), Danta(Teeth), Akshi(Eye), Shira(Head) diseases, Visha(Poison effect), Thrishna(Thirst), Kustha(Skin diseases).

CHAMPAKA^[17]. **Botanical Name-** Michelia champaka Linn, **Family-** Magnoliaceae

Synonyms- Champeya, Hemapushpa, Champa, Gandhaphali

Pharmacological Actions-

- Champaka is Katu(Pungent), Tikta(Bitter), Kashaya(Astringent), Madhura(Sweet) in taste. Sheeta(Cold in potency)
- It cures Visha(Poison effects), Krimi(Worms), Mutrakrichra(Dysuria). Subsides Kapha-Vata-Rakta-Pitta.

BAKULA OR MAULASHRI^[18] - **Botanical Name-** Mimosa elengi Linn **Family-** Sapotaceae

Synonyms- Madhugandha, Simha Kesaraka

Pharmacological Actions-

- Bakula is Kashaya(Astringent), Katu Vipaka(Pungent in post digestive effect), Anushna(Slightly hot in potency), Guru(Heavy), Subsides Kapha, Pitta, Visha(Poisons), Shwitra(Vitiligo), Krimi(Worms), Dantagada(Dental problems).
- The powder of the flower of the Bakula is given as Nasya(Nasal administration) cures headache, fatigue, and cardiac complications.

KADAMBA^[19] - **Botanical Name-** Anthocephalus cadamba Miq., **Family-** Rubiaceae

Synonyms- Priyaka, Neepa, Vritta Pushpa, Hali Priya

Pharmacological Actions-

- Kadamba is Madhura(Sweet), Sheeta(Cold in potency), Kashaya(Astringent), Lavana(Salty), Guru(Heavy), Sara(Laxative), Ruksha(Drying), Promotes Kapha-Vata and Sthanya(Breast milk).

KUBJAKA^[20] - **Botanical Name-** Rosa moschata Herrm **Family-** Rosaceae

Synonyms- Kubjaka, Bhadratarani, Brihatpushpa, Atikeshara, Mahasaha, Kantakanda, Neela, Alikulasankula

Pharmacological Actions-

- The Kubjaka Pushpa is Surabhi (Aromatic), Swadu (Sweet), Kashaya (Astringent) in taste, Laghu (Light), Sheeta (Cold in potency).
- Subsides Kapha and Pitta Doshas, Varna (Improves complexion), Dahaprashaana (Alleviates burning sensation).

MALLIKA^[21] - **Botanical Name-** Jasminum sambac Ait, **Family-** Oleaceae

Synonyms- Madayanti, Sheetabheeru, Bhupadi

Pharmacological Actions-

- The Mallika Pushpa is Laghu(Light), Vrushya(Aphrodisiac), Tikta(Bitter), Katu(Pungent) in taste, Kapha-Vatahara(Subsides Kapha and Vata Dosha), cures Mukha Roga(Diseases of mouth), Netra(Eye), Kushta(Skin diseases), Aruchi(Anorexia), Visha(Poison), Vrina(Wounds).

MADHAVI^[22] - **Botanical Name-** Hiptage benghalensis Kurz, **Family-** Oleaceae

Synonyms- Vasanti, Pundika, Mandaka, Atimukta, Vimukta, Kamuka, Bhramarotsava

Pharmacological Actions-

- The Madhavi Pushpa is Kashaya(Astringent) in taste, Hima(Cold) in potency, Subsides Vata, Pitta, Kapha Doshas, Laghu(Light), Daha(Burning sensation), Jwara(Fever), Unmada(Euphoria), Hikka(Hiccough), Chardi(Vomiting), Shrama(Lethargy).

KETAKI^[23] - **Botanical Name-** Pandanus odoratissimus (L) f. **Family-** Pandanaceae

Synonyms- Sookhikapushpa, Jambuka, Krikachhada, Sugandhini, Laghupushpa, Suvarnaketaki

Pharmacological Actions-

- Ketaki is Katu(Pungent), Swadu(Sweet), Tikta(Bitter), in taste. Ushna(Hot in potency),

Chakshushya(Good for eye diseases). It is Laghu(Light) and subsides Kapha.

KINKIRATA^[24] - **Botanical Name-** Acacia arabica willd, **Family-** Mimosaceae

Synonyms- Kinkirata, Hemagaura, Peetaka, Peetabhadra

Pharmacological Actions-

- It is Sheetala(Cold in potency), Kashaya(Astringent), Tikta(Bitter), subsides Kapha and Pitta Doshas,
- It is Grahi(Absorbent), and alleviates Daha(Thirst), Kustha(Skin diseases), Krimi(Worms), Visha(Poison effects).

KARNIKARA^[25] - The small variety of Amalatas(Aragwadha) is called as Kantikara.

Botanical Name- Cassia fistula Linn , **Family-** Caesalpinoideae

Synonyms- Raja Vriksha, Shampaka, Chaturangula, Aarevata, Vyadhighata, Krita Mala, Suvarnaka, Karnikaara, Deerghaphala, Swarnanga, Swarnabhushana, Parivyadha, Padotpala

Pharmacological Actions-

- Aragwadha is Guru(Heavy), Madhura(Sweet in taste), Sheeta(Cooling), Sansranottama(Best among laxatives). It alleviates Jwara(Fever), Hridroga(Heat diseases), Pittasra(Pitta and Blood diseases), Udavarta(Irregular bowel movements), Shoola(Colic),
- Its fruit is Sansrana(Laxative), Swadu(Promotes taste), Kusthagna(Cures skin diseases), subsides Pitta and Kapha. It is a very good medicine for bowel cleanser.
- Aragwadha Fruit mixed with honey and given with water cures Constipation. Aragwadha fruit grind with cow milk recommended in colic pain.

ASHOKA^[26] - **Botanical Name-** Saraca asoka (Roxb) De wilde, **Family-** Caesalpiniaceae

Synonyms- Hemapushpa, Vanjula, Tamra Pallava, Kankeli, Pinda Pushpa, Gandha Pushpa, Nata

Pharmacological Actions-

- Ashoka is Tikta(Bitter), Kashaya(Astringent) in taste, Sheetala(Cold in potency), Grahi(Absorbent), Varnya(Promotes complexion).
- It subsides all the Tridoshas, Apachi(Lymphadenitis), Trishna(Thirst), Daha(Burning sensation), Krimi(Worms), Sosha(Emaciation), Visha(Poison effects), Rakta Vikaras(Diseases of Blood).
- The flowers are advised in bleeding defaecation, Madhumeha(Urinary disorders including Diabetes) , difficulty in micturation and Ashmari(Urinary calculi).

BANA^[27] - **Synonyms-** Amlata, Amlatana, Amlataka, Kurantaka, Varnapushpa, Mahasaha

Pharmacological Actions-

- It is Kashaya(Astringent), Ushna(Hot in potency), Snigdha(Demulcent), Madhura(Sweet), Tikta(Bitter in taste).

SAIREYAKA^[28] -

1. **Botanical Name- White flower-** Barleria cristata Linn, **Family-** Acanthaceae

2. **Botanical Name Yellow flower-** Barleria prionitis Linn, **Family-** Acanthaceae

3. **Botanical Name-Red flower-** Barleria cristata Linn, **Family-** Acanthaceae

4. **Botanical Name- Blue flower-** Barleria strigosa Linn, **Family-** Acanthaceae

Synonyms-

White flower- Shweta Pushpa, Saireyaka, Katasaarika, Sahachara, Sahaachara, Bhindi

Yellow flower- Kurantaka

Red flower- Kuravaka

Blue flower- Baana, Baan, Daasi, Aartagala

Pharmacological Actions-

- Saireyaka is Tikta(Bitter), Madhura(Sweet), and Anamla(Slightly sour) in taste. Ushna Virya(Hot in potency), Susnigdha(Demulscent), Kesharajani(Colours the hair), Kusthagna(Cures skin diseases), Vata, Rakta, and Kapha diseases, Kandugna(Itching sensation), Vishapaha(Cures poisonous effects).

KUNDA^[29] - **Botanical Name-** Jasminum multiflorum Andr, **Family-** Oleaceae

Synonyms- Kunda, Madhya, Sadapushpa.

Pharmacological Actions-

- The Kunda Pushpa is Laghu (Light), Sheeta (Cold in potency). It subsides Kapha and Pitta

Doshas, Shiroroga (Diseases of head), Visha (Poison effects).

MUCHAKUNDA^[30] - **Botanical Name-** Pterospermum acerifolium Willd) -

Synonyms- Muchakunda, Kshatravriksha, Chitraka, Prativishnu, Muchukunda

Pharmacological Actions-

- The Muchakunda Pushpa is yellow in colour. It cures Shirashoola (Headache), Pittasr(Haemorrhage), Visha(Poison effect).

TILAKA^[31]- **Botanical Name-** Wendlandia exerta DC

Synonyms- Tilaka, Kshuraka, Shriman, Purusha, Chinnapushpaka

Pharmacological Actions-

- The Tilaka Pushpa is Katu (Pungent), Ushna (Hot in potency), alleviates Kapha and Vata Doshas, Netra Roga(Eye diseases), Krimi(Worms)

BANDHUJEEVA^[32] - **Botanical Name-** Pentapetes phoenicea Linn -

Synonyms- Bandhuka, Bandhujeeva, Rakta, Madhyanhika

Pharmacological Actions-

- The Bandhuka Pushpa is Laghu(Light), Snigdha(Demulcent), Kaphapaha(Increases Kapha and subsides Vata-Pitta Doshas), Grahi(Absorbent), Jwaragna(Cures fever), Bhuta Nashana(Alleviates external evil spirits)

JAPA PUSHPA^[33] - **Botanical Name-** Hibiscus rosa sinensis Linn, **Family-** Malvaceae

Synonyms- Odhra Pushpa, Japa, Trisandhya

Pharmacological Actions-

- Japa is Grahi(Absorbent), Keshya(Hair tonic), Vrishya(Aphrodisiac), Kapaha-Vatajit(Subsides Kapha and Vata),
- It cures Amatisara(Dysentery), lethargy, Rakta Pradara, Jwara(Fever)

SINDHURI^[34]- **Botanical Name-** Bixa orellana Linn, **Family-** Bixaceae

Synonyms- Rakta Beeja, Rakta Pushpa, Sukomala

Pharmacological Actions-

- Sindhuri is Ushna(Hot in potency), Vantihara(Anti-emetic), Trishnahara(Reduces thirst), Cures Visha(Poison effects), Subsides diseases of Pitta and Rakta.

MUNIVRIKSHA^[35] - **Botanical Name-** Sesbania grandiflora Linn,

Family- Fabaceae

Synonyms- Agastya, Vangasena, Munipushpa

Pharmacological Actions-

- Agastya subsides Pitta and Kapha diseases, Chaturthika Jwara(Malarial fever), Pratishtyaya(Common cold). It is Tikta(Bitter), Sheeta(Cold in potency), Ruksha(Drying), Increases Vata.
- The fruits of Maricha are taken and immersed in the juice of Agasta leaves and dried in sun rays. Repeat the procedure for seven days, after seven days the fine powder of soaked Maricha is mixed in the Agastya leaves and applied to eyes, which cures night blindness.
- The juice of Agastya plant relieves Ajirna(Indigestion), when taken with Hingu and Saindhava Lavana(Rock salt) cures colic pain.
- The juice of Agastya flower cures Peenasa(Chronic rhinitis), Yoni Shoola.

TULASI^[36] - **Botanical Name-** Ocimum sanctum
Linn, **Family-** Lamiaceae

Synonyms- Surasa, Gramya, Sulabha, Bahu Manjari, Apeta, Rakshasi, Gowri, Bhutagni, Deva Dundubhi

Pharmacological Actions-

- Tulasi is Katu(Pungent), Tikta(Bitter), in taste, Hridya(Good for heart), Ushna(Hot in potency), Deepani(Appetizer).
- It alleviates Kushta(Skin diseases), Mutrakrichra(Dysuria), Rakta Vikaaras(Diseases of Rakta), Parshwaruk(Pain in flanks region), Vata and Kapha diseases.

MARUBAKA^[37]- **Botanical Name-** Ocimum gratissimum

Synonyms- Maruta, Marubaka, Maruta, Maru, Phani, Phanijjaka,

Pharmacological Actions-

- Marubaka is Agniprada(Stimulates appetite), Hridya(Good for heart), Teekshna(Penetrating), Ushna(Hot in potency), Pittakaraka, Laghu(Light), Ruchikaraka(Stimulates taste), Katu Vipaka(Pungent in post digestive effect), Katu(Pungent in taste), Ruksha(Dry), Sugandhita(Has good odour).
- It cures Vrischika Visha(Scorpion bite), Shleshma, Vata Doshas, Kustha(Skin diseases), Krimi(Worms).

DAMANAKA^[38]- **Botanical Name-** Artemesia vulgaris Linn, **Family-** Asteraceae

Synonyms- Danta, Muniputra, Tapodhana, Gandhotkata, Bramhajata, Vinita, Kalapatraka.

Pharmacological Actions-

- Damanaka is Kashaya(Astringent), Tikta(Bitter), Hridya(Good for heart), Vrushya(Aphrodisiac), Sugandhika(Fragrant smell),
- It cures Visha(Poison effects), Kustha(Skin diseases), Asra Kleda(Diseases of Blood and secretions), Kandu(Itching), and all the Tridoshas(Vata, Pitta, Kapha Doshas).

BARBARI^[39] - **Botanical Name-** Ocimum gratissimum or Ocimum pillosum Roxb, **Family-** Oleaceae,

Synonyms- Barbari, Tuvvari, Tungi, Kharapushpa, Ajagandhika, Parnaasha, Vanatulasi

Pharmacological Actions-

- It is Ruksha(Dry), Sheetala(Cold in potency), Katu(Pungent), Vidahi(Causes burning sensation), Teekshna(Penetrating), Hridya(Good for heart), Agnipradipaka(Stimulates appetite), Laghu(Light), Pittakaraka, Kapaha-Vatahara.
- It cures Rakta Vikara(Blood diseases), Kandu(Itching), Krimi(Worms), Visha(Poison effects).

CONCLUSION:

The above discussion about the flowers are the integral part of Dravyaguna Vijnana(Indian Pharmacology) and highlighted the medicinal values which helps in the alleviating the diseases and maintains the health of the person. The applied aspect is well elaborated. The essential oils are prepared from the dried flowers as the essential oils are more potent. The medicinal flowers possess anti viral, anti-inflammatory, antipyretic, analgesic, mood stabilizing agents. Here an attempt is made to screen out the Bhavaprakasha Nighantu related only medicinal flowers and their therapeutic effects. Further study is to cultivate such medicinal plants and evaluate the clinical activities like anti viral, anti-inflammatory, antipyretic, analgesic, mood stabilizing agents.

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