



A Comprehensive Literary Review on the Effect of Darusita (*Cinnamomum zeylanicum*, Blume) in Mandagni

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Abstract

Many herbs have been used to manage Mandagni. Darusita is a well-known herb used by vaidyas for various conditions, including digestion issues. This is a popular plant used in the Indian system of medicine from the time immemorial. Fine twak (bark) used as medicine and Sugandhi drabya. Most of the Nighantu placed this plant under Karpuradi Varga. It is used as very ancient ayurvedic ekal dravya (Single drug) as well as folklore medicine since ancient era. It is one of the composition of some popular medicines like Bhaskar Lavan Churna, Sitopaladi Churna, Samasarkara churna, Trijata churna, Chyavanprash etc. This study reviews different Ayurvedic texts from the Vedic, Samhita, and Samgraha periods, as well as modern literature, to gather information about the properties, actions, and therapeutic uses of Darusita. The findings are presented in a clear manner, leading to a conclusion about its effectiveness on Mandagni as it is proved to be a good hepatobiliary stimulant and also very useful spices in Indian culinary systems since historic era. The aims and objectives of this study is to focus on the knowledge of the pharmacodynamics of Darusita for the scholars and practitioners of this field, and to encourage them towards the use of said herb in different digestive ailments. The important phytoconstituents of cinnamon which have been found to act on the digestive fire enhancing properties are Cinnamaldehyde and Trans cinnamaldehyde. Darusita being a deepaan dravya useful to prevent Mandagni. (a reduced state of digestive fire). This study presents all relevant information in tables.

Keywords: Darusita, Twak, Tanutwak, Dalchini, Mandagni etc.

Introduction

Darusita is one of the most valuable medicinal plants used in the Indian system of medicine since ancient times. It's Sanskrit synonyms are Gudatwak, Twak, Varangam, Thracham, Swadwi, Darusita, Tanutwak, Dalchini, Sainnal, Mukha Shodhana, Utkatam, Vanapriyam, Bahugandha etc. It is a moderate-sized evergreen tree with smooth pale bark and single, double or closely packed, compound quills of varying length upto 2.5 cm. in diameter and 0.5 mm. to 1 mm. in thickness. Outer surface deep fawn or yellowish brown in colour with shining wavy lines running longitudinally and occasional scars and holes. Inner surface dark brown with faint straight striations. Fracture short and splintery; odour-characteristic; taste-aromatic and mucilaginous. Leaves are opposite or subopposite, thick, shining above, paler beneath, ovate to lanceolate, measuring 7.5–20 cm long with 3–5 strong basal nerves. Flowers occur in silky-pubescent panicles, longer than the leaves, with small oblong pubescent perianth segments. Fruit 1.3-1.7 cm. long, oblong or ovoid-oblong, minutely apiculate, dry or slightly fleshy, dark purple, surrounded by the enlarged campanulate perianth which is 8 mm. diam.^[1] The useful parts of Darusita (*Cinnamomum*

zeylanicum) are its bark (Twak churna), oil (Taila), and leaves (Patra). It is recognized for its aromatic, sweet, and pungent properties and is also regarded as a Sugandhi Dravya (fragrant substance). It is used as a medicine from Samhita period. One of the ingredients of the popular medicines Bhaskar Lavan Churna, Sitopaladi Churna, Chyavanprash etc. In Ayurveda, it is considered as Kapha-vata shamak and Pitta vardhak, with actions beneficial for the digestive, circulatory, respiratory, urinary, and reproductive systems. Darusita helps prevent Mandagni (a reduced state of digestive fire). In present study all those information have been furnished in tables.

Materials & Methods

A review of Ayurvedic literature from various eras, including Charak Samhita (2500 BC/1000 BC), Sushrut Samhita (500 BC), Ashtanga Hridaya (400 AD), Sarangadhar Samhita (1300 AD), Cakradutta (1100 AD), Bhabprakash (1600 AD), and various nighantus such as Dhanwantari Nighantu, Raja Nighantu, Kaiyadeva Nighantu, Madan Pal Nighantu, Bhava Prakash Nighantu, Priya Nighantu, etc., has been vividly carried out to gather data. The information regarding the

properties, action, therapeutic uses etc. have been furnished in tables very methodically.

Scientific Name: *Cinnamomum zeylanicum*, Blume.

Family: Lauraceae

Varga: Karpuradi varga

Table 1: Properties of Darusita as per different classical texts.

PROPERTIES	D.N. ^[2]	R.N. ^[3]	K.N. ^[4]	M.P.N. ^[5]	B.P.N. ^[6]	N.A. ^[7]	P.N. ^[8]
Rasa	Katu	Katu	Katu Tikta Madhur	Katu Madhur	Madhur Tikta	Katu Tikta Madhur	Madhur Katu Tikta
Guna	Laghu Ushna Tikshna	Laghu	Laghu Tikshna Ushna	Laghu Ushna	Ushna	Laghu, Tikshna	Ushna Laghu Tikshna
Virya	Ushna	Shita	-	-	-	Ushna	-
Vipak	-	-	-	-	-	Katu	Katu
Pravab	-	-	-	Visnasak	-	-	-
Special Properties	Kantha & Mukha-roga Nasak-Hridaya & Basti Sodhak, Ama dosha nashak	Sukra & Ama dosha-nasak Kantha-sodhak Kapha dosha nashak	Hridroga, Bastiroga, Krimi. Kusrhu, Amadosa-nasak Arsha nashak			Deepan, Pachan, Ruchikar Kasa Arsha nashak	

Table 2: Karma (action) of Darusita on dosha as per different classical texts.

Dosha Karma	D.N.	R.N.	K.N.	M.P.N.	B.P.N.	N.A.	P.N.
Vata	Vata shamak	-	Vata nashak	Vata hara	Vata shamak	Vata nashak	Vata shamak
Pitta	-	-	Pitta vardhak	-	Pitta nashak	-	Pitta vardhak
Kapha	Kapha shamak	Kapha nashak	Kapha nashak	-	-	Kapha nashak	Kapha nashak

Table 3: Karma (action) of Darusita on as per different classical texts.

Abhyantar Karma	D.N.	R.N.	K.N.	B.P.N.	M.P.N.	N.A.	P.N.	S.N. ^[9]
Aruchi nasak	-	-	+	-	-	+	+	-
Ama dosha nashak	-	+	+	-	-	+	+	+
Krimi nashak	-	-	+	+	+	+	+	+
Peenash roga nashak	-	-	+	-	+	+	-	+
Hrid roga - nashak	+	-	+	+	+	+	-	+
Mutrasaya roga nashak	+	-	+	-	+	+	-	+
Mukha roga nashak	+	-	-	-	-	+	-	+
Sukra roga nashak	-	+	-	-	+	+	-	+
Grahi	-	-	-	+	-	-	-	-
Deepan	-	-	-	+	-	-	+	-
Pachan	-	-	-	+	-	-	+	-
Vatanuloman	-	-	-	+	-	-	-	-
Sonita sthapan	-	-	-	+	+		-	-
Brano sodhak	-	-	-	+	-	-	-	-
Branaropak	-	-	-	+		-	-	-
Sthambhan	-	-	-	+	-	-	-	-
Vaman nashak	-	-	-	-	-	-	-	-
Kasa nashak	-	+	-	-	-	+	+	-
Arsha nashak	-	-	+	-	+	-	+	-
Vata nashak	-	-	+	-	+	-	-	
Visha nashak	-	-	-	-	+	+	-	+

D.N.: Dhanwantari Nighantu

R.N.: Raja Nighantu

K.N.: Kaiyadeva Nighantu

M.P.N.: Madan Pal Nighantu

B.P.N.: Bhava Prakash Nighantu

N.A.: Nighantu Adarsa

P.N.: Priya Nighantu

S.N.: Saligram Nighantu

Useful Part

- Twak
- Taila

- Patra.

Dose (Matra)

- **Twak Churna:** 1-3 gm.
- **Patra Churna:** 1-3 gm.
- **Taila:** 2-5 drops.

Chemical Constituents ^[10]

Volatile oil, Cinnamic acid, Resin, Tannin, Sugar, Mannit, starch, Mucilage etc.

Oleum cinnamomum B.P. is distilled from the cortex and consists chiefly of Cinnamic aldehyde oxidizing into Renin and Cinnamic acid, also Cinnamyl acetate and Hydrocarbon and small quantities of Phellandrene, Pinene, Linalol, Caryophyllene, Eugenol etc., also exist.

Discussion

Darusita which belongs katu, tikta and Madhur rasa, and laghu, ruksha, tikshna guna and ushna virya and katu vipak. In analysis of pharmaco-dynamics of drug through literary review we found that it is a potent kapha-vata shamak and pitta vardhak agent ^[11]. Its actions over gastro-intestinal tract is very satisfactory because it shows deepan (stimulates the gastric juices) pachan (digestion). Vatanuloman (carmination) and yakrit uttejak (hepatostimulant). In API the cinnamon oil is said to have stomachic, carminative and useful in anorexia and abdominal pain. So Darusita is very helpful to manage Mandagni.

Conclusion

After above discussion it shows deepan (stimulates the gastric juices), pachan (digestion). Anulomana (carmination) and yakrit uttejak (hepatostimulant) activity. So it could be concluded that Darusita is very helpful to manage Mandagni.

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