



Sri Satya Sai Murlidhar Ayurvedic College & Hospital
Moga (Punjab) -142001
BANAFSHA

Botanical name-*Viola odorata* Linn.

Family- Violaceae (vanaphsha kula)

Vernacular names -

Hindi name- Banafsa, Banafsha, Vanafsha

English name-wood violet, sweet violet, common violet, garden violet

Tamil name-Vayilethe

Chemical constituents -

Viola odorata chemical constituents: Roots& Rhizomes- Odoranite

Cycloviolacin 02 (Cy02), a cyclotide from *Viola odorata* (Violaceae) has antitumor effects and causes cell death by membrane permeabilization.

Distribution - Found in Kashmir and western Himalayas

Substitutes and adulterants -

Viola cineria

Viola serpenspilosa

Rasapanchaka -

Rasa - Katu, Tikta

Guna – Laghu, Snigdha

Vipaka- Katu

Veerya Ushna

Effect on Tridosha - Vata Pittahara Balances Vata and Pitta Dosha.

Part used- Flower, whole plant

Dosage- Powder 3-6 g

Indications -

Tvachya good for skin

Sara induces mobility, causes diarrhea, purgation, relieves constipation

Indicated in -Sheetajwara useful in fever with cold, Kasa (cough), cold, Shwasa(asthma) and chronic respiratory disorders, Shvayathu Swelling, inflammation

It is useful in -

Burning eyes, burning sensation while passing urine

Leaves are used for treating swelling, inflammation, jaundice, headache, body pains.

The fresh leaves are made into paste and applied locally to relieve pain and inflammation.

Dried flower powder is also useful to induce sleep.

Formulations –

Banafshadi Kwatha - It is used in the treatment of fever, cough, bronchitis etc

Gojihwadi Kashaya - It is used in the treatment of fever, cough, bronchitis etc

Mincof syrup It is used in treatment of cough, sore throat etc.

Biocivas Syrup and capsules - used in the treatment of all types of cough.