

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

Botanical Name: *Nardostachys jatamansi*

Family -Valerianaceae

Kula - Jatāmāmsi kula

Regional Names:

English: Indian spike nard

Hindi: Jatamamsi

Kannada: Jatamamsi

Malayalam: Jeta-manchi

Marathi: Jatamavshi

Gaṇavargikaraṇa (Classical categorization):

Caraka: Sanjnāsthāpanavarga, Kandughnavarga, Sukrajananavarga

Suśruta: Elādigana, Anjanādigana

Bh.Pr.Ni: Karpūradivarga

Habitat:

Jatāmāmsi grows at great elevations upto 17,000 ft. on the Alpine himalayas.

Varieties:

Ra. Ni

1. Jatāmāmsi

2. Gandhamansi

3. Akāśamānsi

Morphology:

Habit - An erect perennial herb, grows 10 to 60 cm high with long, stout and woody root stock covered with fibres from the petioles of withered leaves.

Stem Radical leaves measuring 15 to 20x2.5 cm. longitudinally nerved, glabrous or slightly pubescent, nar- rowed into the petiole. Cauline leaves are one or two pairs, 2.5 to 7.5 cm long, sessile, oblong or subovate.

Inflorescence - Usually 1, 3 and 5 flowered, densecyme.

Flower - Rosy, pale pink or blue coloured, pubes- cent.

Fruit-4 mm long, indehiscent, covered with as- cending minute transparent hairs, crowned by the ovate, acute, after dentate calyx teeth.

Useful part - Kanda (Rhizome)

Phytoconstituents:

Rhizome has essential oil which contains Jatamansic acid, aristolene, calarene, jatamansin, oroselol, orselone, dihydrojatamansin, angelic acid, jatamansinol, seselin, jatamansinone, a- pinene, b-pinene, b-eudesmol, elmol, b-sitosterol, jatamansinol, jatamansin and angelicin.

Rasadipanchaka:

Rasa: Tikta, Kaṣaya, Madhura

Guna : Laghu Snigdha

Vipāka : Kaju

Virya : Sita.

Doṣakarma (Actions on Doṣa) - Tridoṣāśāma, Vātahara because of its Snigdha guna. Pitta samaka due to its Tikta, Kasaya, Madhura Rasa and Sita virya.

Kapha samaka due to its Tikta, Kaṣaya rasa and Kaṣuvipāka.

Karma (Actions):

Medhya, Dāhahara, Kuṣṭhahara, Visarpanut, Viṣaghna, Twachya, Kāntiprasādaka, Balya, Bhutaghni, Nidrājanaka.

Gandhamamsi - Raktapittahara, Varnya, Viṣaghni, Bhutaghni, Jwarahara.

Akāśamāmsi - Ṣophahara, Vranahara, Varnya

Pharmacological actions:

Astringent, Coolant, Antiseptic, Analgesic, Digestive, Carminative, Liver stimulant, Vermifuge, Nervine tonic, Intellect promoter, Sedative, Antipyretic and Aphrodisiac, Diuretic and Emmenagogue.

Rogagnata (Therapeutic indications):

Manasa vikāra, Kustha, Dāha, Twakvikāra, Viṣavikāra, Visarpa and Nidranāśa.

Gandhamamsi - Vaivarnya, Raktapitta, Jwara and Viṣavikāra.

Akaśamāmsi - Vaivarnya, Sopha and Vrana.

AmayikaPrayoga (Therapeutic administration)

1. Kuṣṭha (Skin diseases)

Paste prepared from Māmsī (Nardostachysjatamansi), Marica (Piper nigrum), Lavana (Salt), Rajani (Curcuma longa), Tagara (Valeriana wallichii), Sudha (Euphorbia nerifolia), Soot, Urine, Bile and Alkali of Palāsa (Butea monosperma) is efficacious in Kuṣṭha.

2. Kāsa (Cough)

One should smoke the wick prepared from realgar, Madhuka (Glycyrrhiza glabra),

Māmsi (Nardostachysjatamansi), Musta (Cyperus rotundus). Ingudi (Balanites roxburghi) then should drink warm milk added with jaggery.

3 .Keṣāvardhanartha (To promote hair growth)

The paste prepared Mamsi (Nardostachysjatamansi), Kuṣṭha (Saussurealappa) Krsna tila (Sesamum indicum), Sāriva (Hemidesmus indicus), Nilotpala, milk and honey if applied over scalp will promote hair growth.

Mātra (Dosage)

Curna (Powder)3 to 6 g

Yoga (Formulations)

Jatāmānsyarka,	Mamsyadikwātha,	Mamsyādilepa
Saraswatacurna	Mahāpaiśācikaghṛta	

Substitutes

1. Root of Cymbopogon schoenanthusspreng
2. Nynphoidsmacrospermum L.

Aduterants:

1. Seleniumvaginatumclarke
2. Seleniumtenuifolium wall ex.