

Hindi: Nirmali

Malayalam: Tetta

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

Latin Name: Strychnospotatorum Linn.

Strychnos - Greek name for solanum and allied substances meaning poisonous.

potatorum - Pertaining to milk

Family - Loganiaceae

Kula - Kāraskara kula

Vernacular Names

English: Clearing nut Kannada: Nirmali bija, Chittubija

Marathi: Chilbing

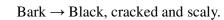
GaņaVargikarana (Classical categorization)

Caraka: Vişaghna Varga Sušruta: Paruşakādi Gana Bh.Pr.Ni.: Amrādiphalavarga

Habitat Kataka plants are grown in deciduous forests of South India and West Bengal.

Morphology

Habit Moderate sized glabrous tree attaining a height of 40 ft.



Leaves Simple, opposite, 5 to 7.5 cm long, 2.5 to 4.5 cm wide, nearly sessile, ovate or elliptic, glabrous and shining, 3 to 5 nerved.

Inflorescence \rightarrow Sessile axillary cymes.

Flowers Petals are small 4 to 6 mm long, 5 lobed, lobes are 2.5 mm long, oblong with a tuft of hair inside towards the base of each lobe.

Fruit \rightarrow Berry, black on ripening, 1.7 cm in diam- eter. Seeds are 1 to 2, shining with short silky hairs and yellow coloured.

Strychnospotatorum Linn.



Part used: Bija (Seed)

Chemical constituents \rightarrow Seeds contain Diaboline, b-sitosterol, Stigmasterol, Oleanolic acid, Saponin and Brucine.

Rasadipancaka

Rasa: Madhura, Tikta, Kaşaya Vipāka: Madhura Prabhāva -Cakşuşya Guna: Guru, Višada Virya: Sita

Doşa karma (Action on Doşa)

Vätakaphahara, Vatahara due to Madhura vipaka and Madhura rasa. Kapha śāmaka due to Kaşayatikta rasa.

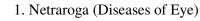
Karma (Actions)

Netrya, Jalanirmalakara, Trişnāhara, Vişahara, Mūtrakrichranāśaka, Aśmarīghna, Mehahara, Krimidosahara, Šūlahara, Rucikara.

Pharmacological actions Refrigerant, Diuretic, Anthelmintic, Digestive, Opthalmic, Tonic and Water purfier.

Rogaghnata (Therapeutic indications) Netraroga, Trișnā, Dāha, Visavikāra, Mūtrakricchra, Aśmari, Prameha, Krimi, Sula and Aruci.

AmayikaPrayoga (Therapeutic administration)



Kataka (Strychnospotatorum) seeds are triturated with honey and little Karpura (Cinnamomum camphora) is added, and then used as Añjana (Collyrium) will improve eyesight.

2. Prameha (Diabetes)

In case of Prameha (Diabetes), 12 g of seeds of Kataka (Strychnospotatorum) is triturated with buttermilk and consumed with honey.

Matra (Dose) BijaCurņa (Seed powder) → 1 to 3 gm

Kataka Khadira Kaşaya

Yoga (Formulations)

Katakādyañjana

Daśamūlarişta