



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

KATAKA

Latin Name: *Strychnopotatorum* 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

Hindi: Nirmali

Kannada: Nirmali bija, Chittubija

Malayalam: Tetta

Marathi: Chilbing

GaṇaVargikarana (Classical categorization)

Caraka: Viṣaghna Varga

Suśruta: Paruṣakādi Gana

Bh.Pr.Ni.: Amrādiphavarga

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.

Bark → Black, cracked and scaly.


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 → 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 → Berry, black on ripening, 1.7 cm in diameter. Seeds are 1 to 2, shining with short silky hairs and yellow coloured.

Strychnopotatorum Linn.





Part used: Bija (Seed)



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



Rasadipancaka



Rasa: Madhura, Tikta, Kaṣaya
Vipāka: Madhura
Prabhāva -Cakṣuṣya

Guna: Guru, Viśada
Virya: Sita



Doṣa karma (Action on Doṣa)

Vātakaphahara, Vatahara due to Madhura vipaka and Madhura rasa. Kapha śāmaka due to Kaṣayatikta rasa.



Karma (Actions)



Netrya, Jananirmalakara, Triṣṇāhara, Viśahara, Mūtrakrichranāśaka, Aśmarīghna, Mehahara, Krimidosahara, Śūlahara, Rucikara.



Pharmacological actions

Refrigerant, Diuretic, Anthelmintic, Digestive, Ophthalmic, Tonic and Water purifier.



Rogahnata (Therapeutic indications)

Netraroga, Triṣṇā, Dāha, Visavikāra, Mūtrakricchra, Aśmari, Prameha, Krimi, Sula and Aruci.



AmayikaPrayoga (Therapeutic administration)



1. Netraroga (Diseases of Eye)



Kataka (Strychnosporatorum) 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 (Strychnosporatorum) is triturated with buttermilk and consumed with honey.



Matra (Dose)



BijaCurṇa (Seed powder) → 1 to 3 gm



Yoga (Formulations)



Kataka Khadira Kaṣaya

Katakādyañjana

Daśamūlariṣṭa

