



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

BOTANICAL NAME- *Hibiscus abelmoschus* Linn.

FAMILY- Malvaceae

NAMES IN DIFFERENT INDIAN LANGUAGES- English → Musk mallow

Hindi → Mushkdana

Kannada → Kasturi bende

Malayalam → Kasturi venta

Marathi → Kasturibhenda

SYNONYMS- Dakshindanshaj, gandhpur, katuka

CLASSIFICATION ACCORDING TO CHARAK AND SUSHRUT- Caraka- Not included

Suśruta- Not included

MORPHOLOGY- A tall annual

Stem- Clothed with long deflexed hairs.

Leaves- Upper leaves are palmately 3 to 7 lobed, divided nearly to the base; lobes are narrow-acute, crenate, serrate or irregularly toothed, hairy on both the surfaces. Petioles are 2.5 cm long, hairy, stipules 1 cm long.

Flowers- Yellow with purple at centre.

Fruits- Capsules, Fulvous- hairy, oblong-lanceolate, seeds are sub-reniform, blackish.

CHEMICAL CONSTITUENTS- Seeds are having volatile oil which consists of farnesol-a ketone ambrettilide a lactone of ambretteolic acid. Seeds contain moisture 11.4%, protein 2.3%, starch 13.35 %, fibres 31.46%, fixed oil 14.5%, volatile 0.2-0.6%, a resin and bitter substance.

PROPERTIES-

Rasa- Tikta, Madhura, Katu

Guna- Laghu, Ruksha, Tikсна

Vipāka- Katu

Virya- Sita

KARMA- Pitta kapha samaka, Vrisya, Chakṣuṣya, Chedana, Triṣṣāhara, Mukharoganataka Aphrodisiac, Digestive, Expectorant

INDICATIONS- Sukradourbalya, Dhawajabhanga, Netraroga, Śwasa, Kāsa, Triṣṇa and Mukharoga

PART USED- Seed

DOSAGE- Curna (Seed Powder)- 1 to 3 g

IMPORTANT YOGAS OR FORMULATIONS- KasturyadiGutikā, ManasamitraGutikā, Brahmi Vati, Bala Taila

THERAPEUTIC USES-

1. Tamaka Śwāsa (Asthma) - Phanta of Latakasturi is useful in Tamaka Swasa.

2. Aruci (Anorexia)- Chewing of leaves of Latakasturi is beneficial in case of Aruci.

