



Sri Satya Sai Murlidhar Ayurvedic College & Hospital

Moga (Punjab) -142001

NAGKESHAR



Botanical Name : *Mesua ferrea* Linn.

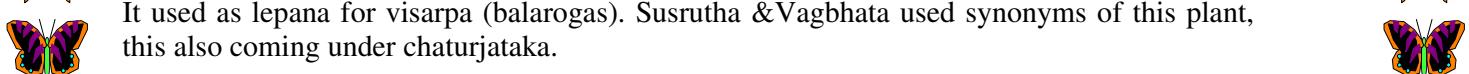


Family : Clusiaceae



Introduction :

It used as lepana for visarpa (balarogas). Susrutha & Vaghbata used synonyms of this plant, this also coming under chaturjataka.



Names in different Indian languages :

English : Iron-wood, Mesu

Hindi : Nagakesar

Kannada : Nagasampige

Sanskrit : Nagapushpah, nagakesarah

Tamil : Nagakesaram ,Sirunagappo,nanku

Telugu : Nagakesaramu, gajapusam

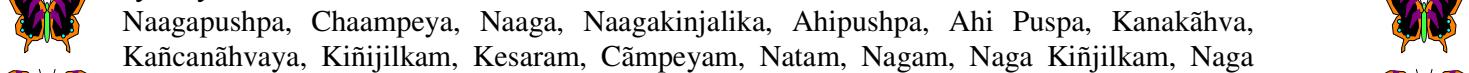
Malayalam : Nagappuvu,nanku,nagachempakam, vayanavu, churuli, eliponkhu

Unani : Naarmushk



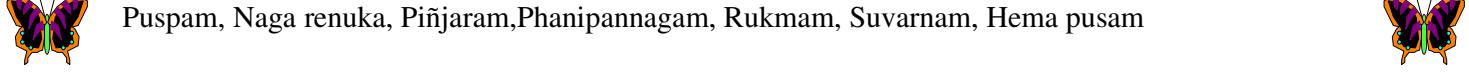
Synonyms :

Naagapushpa, Chaampeya, Naaga, Naagakinjalika, Ahipushpa, Ahi Puspa, Kanakāhvā, Kañcañāhvaya, Kiñjilkam, Kesaram, Cāmpeyam, Natam, Nagam, Naga Kiñjilkam, Naga Puspam, Naga renuka, Piñjaram, Phanipannagam, Rukmam, Suvarnam, Hema pusam



Classification according to Charaka, Susrutha & Vaghbata :

Susrutha : Elādi, Vacādi, Anjanādi, Priyangvadiganas

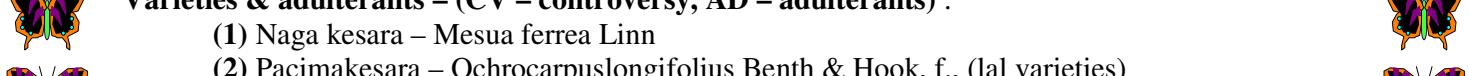


Vaghbata : Elādi, Vacādi, Anjanadi, Priyangvadiganas

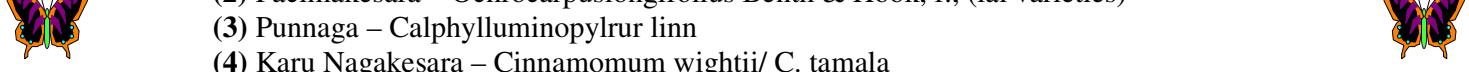


Varieties & adulterants – (CV – controversy, AD – adulterants) :

(1) Naga kesara – *Mesua ferrea* Linn

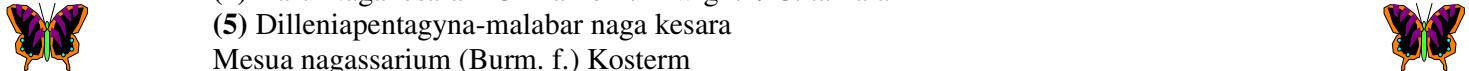


(2) Pacimakesara – *Ochrocarpus longifolius* Benth & Hook, f., (lal varieties)



(3) Punnaga – *Calphyllum inophylle* linn

(4) Karu Nagakesara – *Cinnamomum wightii*/ *C. tamala*



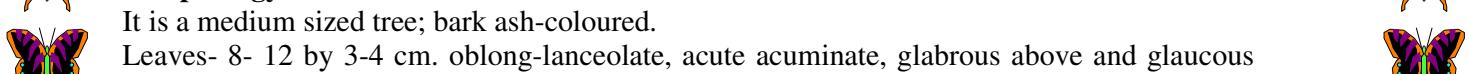
(5) Dilleniapentagyna-malabar naga kesara

Mesua nagassarium (Burm. f.) Kosterm



Morphology :

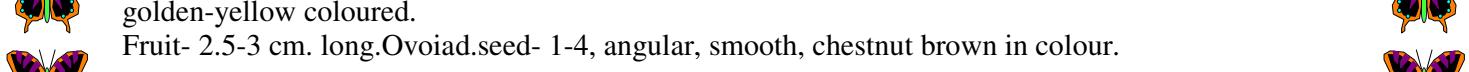
It is a medium sized tree; bark ash-coloured.



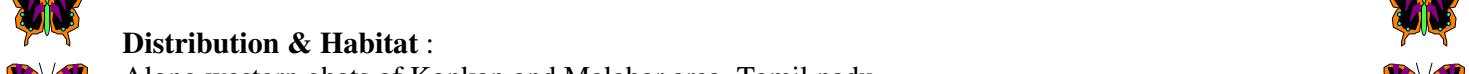
Leaves- 8- 12 by 3-4 cm. oblong-lanceolate, acute acuminate, glabrous above and glaucous beneath, petioles 6-8 mm. long.



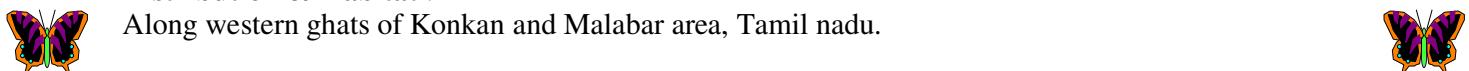
Flowers- white coloured, 2-2.5cm. diameter, axillary or terminal, stamens are numerous, golden-yellow coloured.



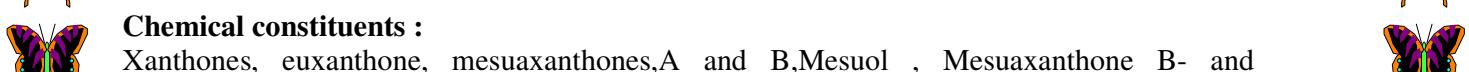
Fruit- 2.5-3 cm. long. Ovoid seed- 1-4, angular, smooth, chestnut brown in colour.



Distribution & Habitat :

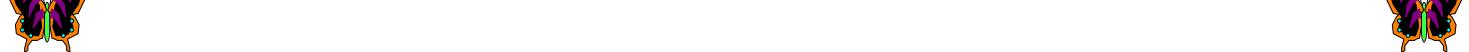
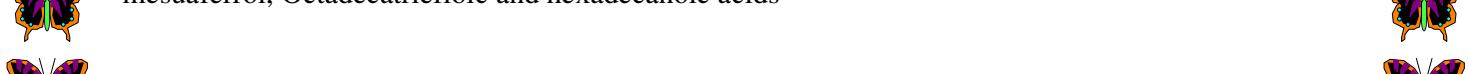


Along western ghats of Konkan and Malabar area, Tamil nadu.



Chemical constituents :

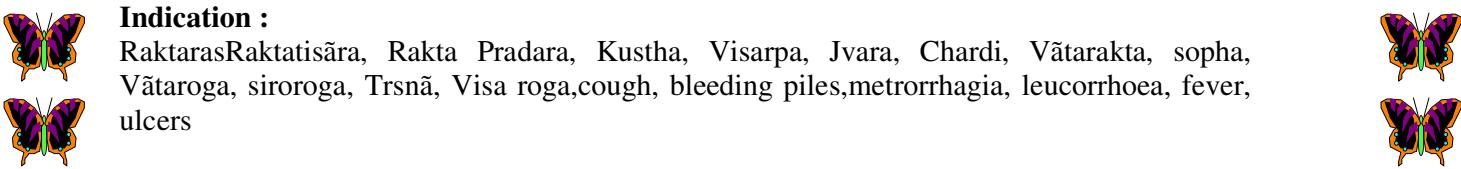
Xanthones, euxanthone, mesuaxanthones, A and B, Mesuol, Mesuaxanthone B- and euxanthoneMammeiSin, Maminegin, mesuol, mesuaferrofle glycoside- cyclohexadione-mesuaferrrol, Octadecatriefloic and hexadecanoic acids





Karma :

Kapha- PittaharaPramāti, Grāhi, Pachan, Visahara, sotha hara, Kandughna, Kushtaghana,antidisenteric ,astringent, haemostatic, anti-inflammatory, stomachic, antibacterial, antifungal



Indication :

RaktarasRaktatisāra, Rakta Pradara, Kustha, Visarpa, Jvara, Chardi, Vātarakta, soph'a, Vātaroga, siroroga, Trsnā, Visa roga,cough, bleeding piles,metrorrhagia, leucorrhoea, fever, ulcers



Part used :

Flower, Stamens, leaf



Dosage :

Dosage : Powder of stamens 1-3g. orally.

Leaf juice : 10-15 ml

Powder : 2-4 g

Decoction : 50-100 ml



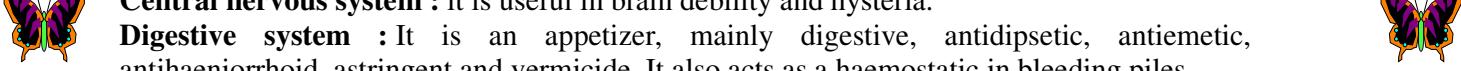
External uses :

Lepana in visarpa

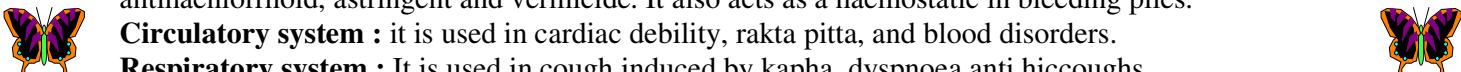


Internal uses :

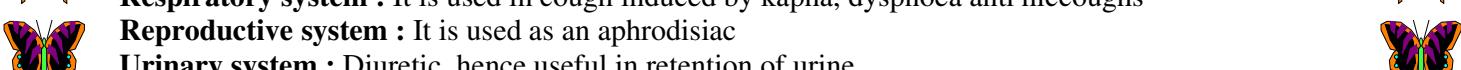
Central nervous system : it is useful in brain debility and hysteria.



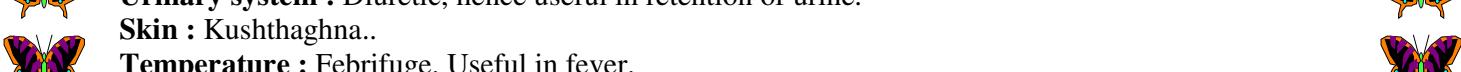
Digestive system : It is an appetizer, mainly digestive, antidiipsetic, antiemetic, antihaeniorrhoid, astringent and vermicide. It also acts as a haemostatic in bleeding piles.



Circulatory system : it is used in cardiac debility, rakta pitta, and blood disorders.



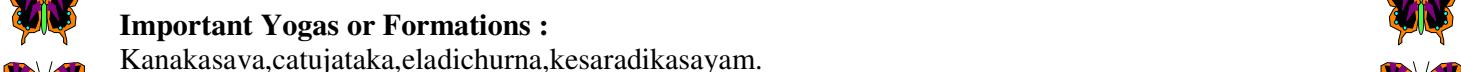
Respiratory system : It is used in cough induced by kapha, dyspnoea anti hiccoughs



Reproductive system : It is used as an aphrodisiac



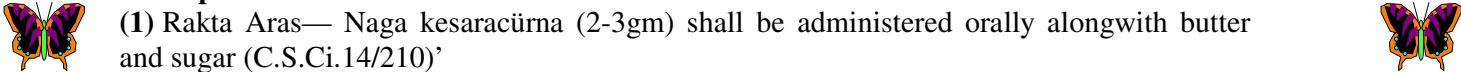
Urinary system : Diuretic, hence useful in retention of urine.



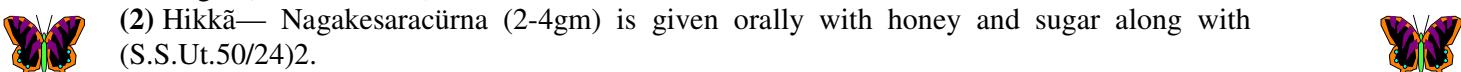
Skin : Kushthaghma..



Temperature : Febrifuge. Useful in fever.

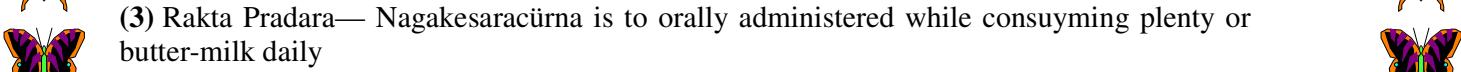


Satmikaran : It is used as a .tonic and antidote,

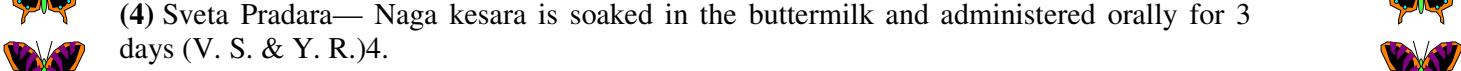


Important Yogas or Formations :

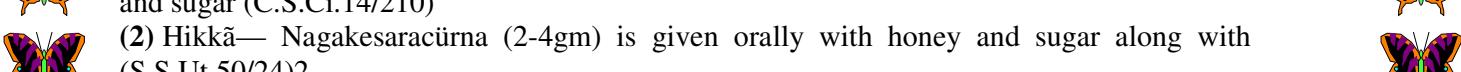
Kanakasava,catujataka,eladichurna,kesaradikasayam.



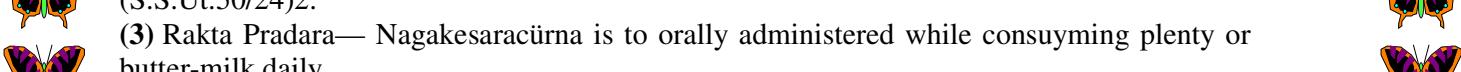
Therapeutic Uses :



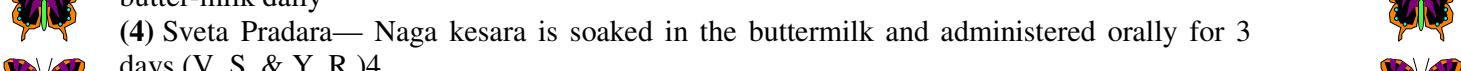
(1) Rakta Aras— Naga kesaracürna (2-3gm) shall be administered orally alongwith butter and sugar (C.S.Ci.14/210)



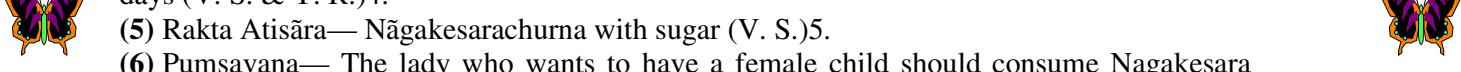
(2) Hikkā— Nagakesaracürna (2-4gm) is given orally with honey and sugar along with (S.S.Ut.50/24)2.



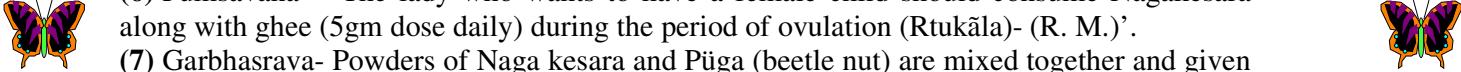
(3) Rakta Pradara— Nagakesaracürna is to orally administered while consuyming plenty or butter-milk daily



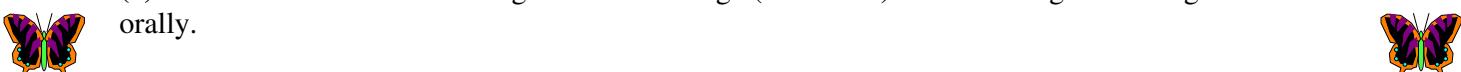
(4) Sveta Pradara— Naga kesara is soaked in the buttermilk and administered orally for 3 days (V. S. & Y. R.)4.



(5) Rakta Atisāra— Nāgakesarachurna with sugar (V. S.)5.



(6) Pumsavana— The lady who wants to have a female child should consume Nagakesara along with ghee (5gm dose daily) during the period of ovulation (Rtukāla)- (R. M.)'.



(7) Garbhasrava- Powders of Naga kesara and Pūga (beetle nut) are mixed together and given orally.

