

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

Botanical Name : *Boerhaviadiffusa* Linn.

Family : Nyctaginaceae

Introduction :

This drug used as diuretic. It is also used as a Rasāyana. Some people says this plant is not punarnava it is varshabu, according to them punarnava and varshabu are different.

Names in different Indian languages :

English : Spreading Hog weed,pig weed

Panjabi : Itsit

Kanada : sandika

Hindi : Sant,gadahpurna

Unani : Itsit,Bishkharara

Tamil : Mukaratte-Kirai

Bengali : Punanava

Marathi : Ghetuli

Malayalam : Thazhutama

Telugu : Attamamidi

Sanskrit : Punarnava,sophaghni

Synonyms :

Rakta-punarnavaa, Punarnavaa, Katthilla, Shophaghni, Shothaghni. Varshaabhu

Boerhavia repens Linn.

Boerhavia procumbens Roxb

Classification :

Charaka: Vayahsthana, Kasahara, Anuvusanopaga, Svedopaga

Susrutha: Susruta Vidarigandhadi

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

1. Rakta – B. diffusa

2. Sveta Punarnavā – *Trianthemaportulacastrum*

3. B. erecta – white coloured species

4. B.repens

5. T. monogyna

6. Boerhaviaverticillata – substitute

Trianthemaprotulacastrum

Trianthemaprotulacastrum

B.repens

Morphology :

A perennial creeping herb with procumbent branches.


Root— stout, many procumbent , woody. Branches— diffuse.

Leaves— opposite, unequal pair,sub cordate, glabrous, .

Flowers— pale rose or white small or minute, borne in small umbels arranged in axillary and terminal panicles.

Fruits— 5-ribbed, spherical, glandular, 1-1.5 cm long.

Flowering and fruiting occur during winter.





Chemical Constituents :

xanthone, beta-ecdysone, arbinofuranoside, Hentriacontane, beta-sitosterol, oxalic acid, D-glucose, punarnavoside, punarnavine-1, punarnavine-2, boeravinones A, B, C etc.

Properties :

Rasa - Madhura Tikta Kasäya

Guna- Laghu, Rüksha

Virya - Usna

Vipaka - Katu

Karma : Kapha-vata hara, sothahara, tarpana, rasayana, balya, Dipana

Diuretic, anti-inflammatory, antiarthritic, spasmolytic, antibacterial, cardiac stimulant, laxative, expectorant, anti inflammatory, analgesic, expectorant, CNS depressant, abortifacient.

Indications :

sopha, Pandu, Visaroga, Raktapitta, Vriddhi, Udara, Hridroga, sväsa, mutrachrichra

inflammatory renal diseases, nephrotic syndrome, leucorrhoea, scabies, urinary tract infection, cough, constipation, myalgia, anaemia, bronchitis.

Part Used :

Whole plant, root, leaf.

Dosage :

Fresh juice 5-10 ml, powder 1-3 g.

External uses :

Punarnava is used for local application in the form of poultice or fomentation in edema. The juice of its leaves is used in the eyes for topical application.

Internal uses :

Digestive system : It is given internally in agnimandya, toxicity, ascites and constipation. A dose of 3 grains is used to induce vomiting.

Circulatory system : Useful in heart disease, anaemia, oedema. Leaves vegetable is consumed to reduce oedema.

respiratory system : Useful in cough, asthma and urahkshat.

Reproductive system : Menorrhagia, (root decoction of red variety is used). Seeds are, aphrodisiac. Eye diseases: Cataract, chronic conjunctivitis, blepharitis, (roots rubbed in honey is locally applied).

Urinary system : Acts as a diuretic in dysurea.

Skin : Useful in reducing swelling and foul smelling in skin disorders.

Temperature : Antipyretic, especially in quaternary fever.

Satmikaran : As a rasayan therapy in- general debility.

Antidote to snake poison and rat bite (used internally).

Important Yogas or Formations :


Punarnavadi Kvätha, Punamavarista, Punarnavädimandura, Punärnavaditaila, Punarnavärasayana, Punarnavashtak, Punarnavasav

Important research work going on :

(1) cholesterol and blood sugar level

(2) haemostatic effect

(3) diuretic activity





- (4) anti-inflammatory activity
- (5) Cardio tonic effect
- (6) fibrinolytic activity
- (7) chronotropic effects
- (8) hepatoprotective activity
- (9) effect on calcium channel

Therapeutic Uses—

- (1) Nidrānāsa— Decoction of Punarnavā is very useful (H. S.).
- (2) Sotha— Ghee prepared with the decoction and paste of Punarnava is given (C.D.).
- (3) Alarka visa— svetaPunarnavā is given with Dhattūra fruits (A.S.Ut. 46)
- (4) Plihodara— svetapunarnāva root is pounded with rice- water and given orally.

