



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

**TAGAR**

**BOTANICAL NAME-** *Valeriana wallichii* Dc.

**FAMILY-** Valerianaceae

**INTRODUCTION-**

Tagara grows in Kashmir region at the altitude of 10,000.

**NAMES IN DIFFERENT INDIAN LANGUAGES-**

English → Indian Valerian

Hindi → Tagar

Kannada → Mushkabal

Malayalam → Tagara

Marathi → Kalavala, Tagar

**Synonyms-**

Kutil, Natam

**CLASSIFICATION ACCORDING TO CHARAK AND SUSHRUT-**

Caraka- Sitaprasamana Varga

Suśruta- Eladi Gana

**ADULTERANTS-**

Vevatrum album Linn.

**MORPHOLOGY-**

Hairy perennial herb.

Root- stock is thick, horizontal.

Stem- is 15 to 45 cm high usually tufted.

Leaves- Basal leaves are often 2.5 to 7.5 cm in diameter, long stalked, deeply cordate-ovate, usually toothed or sinuate, sharp pointed. Stem leaves are few in number, much smaller, entire or pinnate.

Flowers- White or tinged with pink in a terminal corymb, 2.5 to 7.5 cm wide, often unisexual, the male and female in different plants.

Fruits- Hairy

**CHEMICAL CONSTITUENTS-**

Root Contains Atinidine, Carotene, Jatamols A & B, Jatamansic acid, Nardol

**PROPERTIES-**

Rasa- Tikta, Katu, Kashaya

Guna- Laghu, Snigdha

Vipāka- Katu

Virya- Usna

**KARMA-**

Vatakaphahara, Manodoshahara, Apasmāroroganāsaka, Visaghna, Sutahara, Netrarogahara, Raktadosahara, Sirorogahara.

Mild CNS depressant, Ant-amoebic, Analgesic, Antipyretic, Antibacterial, Antispasmodic, Diuretic and Carminative.



### INDICATIONS-

Apasmāra, Unmada, Manodōṣa, Netraroga, Siroroga, Raktadoṣa, Sula, Visa.

**PART USED-** Root

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

### IMPORTANT YOGAS OR FORMULATIONS-

Madhvāsava, Siva Ghrita, Agurwadya Taila, Amritadya Taila

### THERAPEUTIC USES-

1. Sandhi roga (Diseases of joints)  
Root of Tagara is triturated with buttermilk and given internally will cure various VatajaSandhiroga (Joint disorders due to Vāta).
2. Vatavyadhi (Disorders of Vata)  
Tagara is triturated with buttermilk to prepare a paste. Consuming this paste will relieve Vatavyadhi (Disorders of Vata) immediately.

