



Musali: Critical Review

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ABSTRACT

Ayurveda is most ancient science of medicine and lifestyle science. Main aim of Ayurveda is not only cure of disease but also prevention of it. It also maintain and improve health of healthy person. Ayurveda has unique concept of Rasayan. Rasayan drugs are the drugs which are urjaskar mean energy giving and Vrushya mean promote sexual vigor.

The drug which are Rasayan in action are antioxidant in nature, which prevent oxidation process. In oxidation free radicals generated and these free radical damage to natural cells which leads to degenerations, aging, inflammatory diseases.

According to Ayurveda these Rasayan drugs are balya which gives strength to body tissue means dhatu. There are seven types of dhatus in our body they are Ras, Rakta, Manas, Madh, Asthi, Majja and Shukra. When Rasayan dravya nourishes Ras dhatu it gives strength to next dhatu like this these dravya gives strength to Shukra dhatu. Shukra is nothing but reproductive system of body, including its structural and functional unit. In this article we are going to discuss Shwet Musali as a medicinal plant.⁷

Keywords: Rasayan, Vrushya, Talmuli, Shwet Musali.

INTRODUCTION

As Ayurveda is ancient science of medicine from Vedic Kal and treatment is based on herabal medicine. Shwet Musali has mainly action on reproductive system. In Ayurveda Musali is mainly used for Vrushya² and Rasayan⁴ purpose. Bhavprakash Nighantu, Shodhal Nighantu, Shligram Nighantu have reffernces of Musali. It is Vat-Pitt har, Guru, Arsh-har, Rasayan,Vrushya. It is mainly balya, pushtivardhak, kaphaprakopak. It also dhatuvrudhdhikar. Its white variety is known as *Chlorophytum borivilianum* linn.and its black variety is known as *Curuligo orchioides* Gaerm. In Maharashtra and in South India it mainly found on large quantity. For treatment in Ayurveda mainly white variety used from thousands of years.

Latin Name:-

White variety

Chlorophytum borivilianum linnthat is an herb with lanceolate leaves.

Black variety:- *Curuligo orchioides* Gaerm.

According to Ayurveda Musali mean which is destroy diseases or dosha.

Varnacular Names:³

Sanskrit – Musali

Hindi - Musali

Marathi- Musali

Bangali – Talmuli

Gujrati –Dholimusali

Kannada- Neltal

Botanical Description:

Kingdom – Plantae

Order – Asparagales

Family- Liliaceae

Subfamily- Agavoideae

Genus – Chlorophyton

Species- C. brovillanum

Morphology:

Plants mainly found in natural forest and in Himalaya. Plants observed growing in patches in pine. It is herb with sub erect lanceolate leaves. It flowers in month of August and in early September.⁷ Flowers are white in color. Black variety is small perineal herb with elongated tuberous. Rootstock having several laterals leaves which are close to ground. Fruits are capsulated with four seeded and spongy septa.



Krushna Musali



Shwet Musali

Part used:

Tubers



Dry Tubers of Krushna Musali



Dry Tubers of Shwet Musali

Chemical Constitution:

White Musali- New glycoside, 7 dimethoxy myricentin 3.0, Lxylopyrunosyl 4.0 , D – glucotyranoside⁸

Black Musali: Free sugar 7.56%, Mucilage 8.12%, Hemicellulors 12.15%, Polysachharides 17.01% .Safed Musali has rich source of 25 alkaloids.

Classical Text:

मुसली मधुरा गुर्वी तिका वृष्या रसायनी ॥१६०६॥
वीर्योष्णा बृहणी हनि दुर्नामानि प्रभञ्जनम् ॥१६०७॥(कै.नि.)

मुसली तालमूली च खलनी तालमूलिका ।(शो.नि.)

मुसली तालमूली च सुवहा तालमूलिका ।
गोधापदी हेमपुष्पी भूताली दीर्घकन्दिका ॥(रा.नि.)

Classical categorization: Bhavprakasha- Guduchyadi varga, Kaiyyadeva Nighantu-Oushadhi varga, Shodala Nighantu-Karaveeradi varga,Raj Nighantu- Moolkadi varga,Priya Nighantu-Saradi varga, P.V. Sharma-Vrushadi varga

Safed Musali: Ras- Madhur, Virya – shit, Vipak - Madhur

Krushna Musali: Ras- Madhur, Tikta, Virya- ushna, Vipak – Madhur

In Raj Nighantu described that krushna musali is more effective than shwet Musali. According to Bhavprakash Nighantu it improves sexual health that is vrusya, bruhani, arshoghni. According to Raj Nighantu it is Grahi, Rasayni, Vatshamak and Balya,Pushtivardhak. According to Shodhal Nighantu it is Vatpitthar, Vrushya, Stharya Mardavkar. Accoding to Shaligram Nighantu Krushn Musali is superior to Shweth Musali variety.It is Dhatuvruddhikar, Balya, Raktdoshanashin.

Uses:

Digestive System: Due to Ushna Virya it is a deepan, due to its Guru, snigdha and pichchhil gunha⁶ it is anulomak in nature, Respiratory system-It's ushna virya leads to vatkapshaman so it is useful In shwash kas for dhumpan, In Grahani it is used with takra, Strirog- In postpartum period it used as a balya with milk, In Reproductive System-used with a ghrut and milk as vrushya. For General debility-it is used with sugar and milk, In Urinary system- used for mutrakrucch. In Diabetis- used as balya. It is also useful in arsh, grahani and yakrut vikar.

Modern:

Mostly used as main ingredient in aphrodisiac preparations. Root extract is used for urinary system as a diuretics. It also given in dysuria, polyuria, ganorrhoea, menorrhoea, leucorrhoea, piles, lucoderma.⁷ It also used as appetieser, carminative and healthn tonic. In leorrhoea it is used with sugarcandy and Milk. In muscular dystrophy decoction of Musali is used.

External Use:

Paste of Safed Musali with goat milk or honey applied for bright complexion of skin. Traditional bone setters of Kerala and Tamil Nadu use fine paste of Musali Tubers at the site of fracture line for fracture healing.

CONCLUSION

This Review clearly shows importance of shwet & Krishn Musali as a useful medicinal plant. Musali is used from the ancient times as an important herb to treat number of diseases like asrh, mutraghat, shwet pradar, agnidipan, ampachan, balya, klaibya, dhatuposhan, rasayan & vajikaran.

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