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Ayurvedic Drug Review On *Shweta Musali*

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ABSTRACT: -

Shweta Musali is an indigenous drug that has been known and used efficiently by the medical fraternity, tribal as well as folklore for a long time for its invariable medicinal properties. In the 17th century, *Raja nighantukara* has introduced the herb and appreciated its medicinal properties for the first time and now it has gained the place of one of the most demanded drugs worldwide since it is constituent of many herbal preparations and used in various ailments including general debility, leucorrhoea, peptic ulcer, etc. Despite being an active constituent of numerous preparations, there are very few articles that enlighten this drug. Present work emphasizes presenting the details of the herb from *Ayurveda* texts.

Keywords: *Ayurveda*, *Safed musali*, Aphrodisiac, *Nighantu*



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INTRODUCTION

Shweta Musali is an indigenous drug that has been known and used efficiently by the medical fraternity, tribal as well as folklore for a long time for its invariable medicinal properties. In the 17th century, *Raja nighantukara* has introduced this drug and appreciated its medicinal properties for the first time and now it has gained the place of the most demanded drug worldwide. Presently this prominent drug is utilized around the world for its aphrodisiac and vigour enhancement property and has got demand in the global market since its roots fetch an attractive market price. Limited and restricted wild reserve of the drug created a demand and supply gap, and leads to the supply of substandard drugs or mixed with substitute or adulteration in the market. Due to its extensive use, it is associated with endangered species naturally. The problem can be ruled out solely by the cultivation of this drug commercially.

AIMS AND OBJECTIVES

1. To study the herb, *Shweta musali* from all classical texts.
2. To study and compare the current indications of this herb by studying their use from the *Ayurveda* texts.

MATERIAL AND METHODS

Interpretative study of the herb, *Shweta musali* from the classical texts like *Charaka Samhita*, *Sushruta Samhita*, *Ashtanga Hrudayam*, *Ashtanga Sangrahanam*, *Sharangdhar Samhita*, *Nighantus* and other available literature is done.

RESULTS

Information collected after carrying out the review from various texts is being presented in organised manner as under.

Morphology-

Shweta musali is a small perennial tuberous herb, full of radical leaves appearing overground. It has a terminal, unbranched, about 15-30 cm long solitary scape; flowers appear over the upper three fourth of its length. **Flowers** are arranged in alternate clusters, each consisting of usually 3 bracteate and pedicellate white and yellow color flowers. **Fruit** contains virtually fourteen to sixteen seeds in a loculicidal capsule. **Seeds** are onion-like black in appearance and have angular edges. **Root** tubers are cylindrical, fleshy, and fascicled, of average 0.9 cm thickness and 8cm in length; it directly originates from the stem disc devoid of any fibrous structure. The number of tubers varies from plant to plant and on average 5-30 tubers per plant are observed.

Distribution:

Chlorophytum borivilianum is a tiny significant annual medicinal herb found in the forests of Madhya Pradesh and Gujarat states of India that grows quite well in sub-tropical and tropical climates. It is naturally distributed within the forest areas of Chota Nagpur ascending to 1000m elevation of Vindhya, Satpura hills and Aravalli hills, foothills (Terai) of Himalayas region up to 5,300ft. Also found widely in Assam, West Bengal, Bihar, Punjab, Maharashtra, Madhya Pradesh, Rajasthan, and Gujarat. In India, *Shweta Musali* is widely distributed in Southern Rajasthan, Western Madhya Pradesh North Gujarat, and few parts of Karnataka^[1]. 1.5 ft. of maximum height is attained by the crop and tubers grow up to a depth of 10 inches underground but, continuous exploration has decreased its frequency, distribution, and quality.

Habitat:

Shweta musali is found in a wide range of temperatures and rainfall. Sandy loamy soil with proper drainage is preferred for this herb.

Scientific Classification

Shweta Musali belongs to Genus *Chlorophytum*. The name *Chlorophytum* is derived from two Greek words, where Chloros means green and

Phyton means the plant. The Genus *Chlorophytum* is represented by around 300 species among which about 17 species are found in India and many of them are used as *Shweta Musali*. *Chlorophytum borivilianum* is most commonly used as *Shweta Musali* which belongs to the Liliaceae family.

Table-1 -The taxonomical classification of this plant is as follows^[2].

SR. NO.	TAXONOMY	CLASSIFICATION
1.	Kingdom	Plantae
2.	Subkingdom	Tracheobionta
3.	Super division	Spermatophyta
4.	Class	Angiosperms
5.	Order	Liliales
6.	Family	Liliaceae
7.	Genus	<i>Chlorophytum</i>
8.	Species	<i>Borivilianum</i>

Table 2- Vernacular Names / Synonyms:

SR. NO.	LANGUAGE	NAMES
1.	Sanskrit	<i>Swetha musali, Shwet musali, Shweta musali, Safed musali, Musali, Musali, Shweta Musali, Mahashatavari</i>
2.	Hindi	<i>Safed musali, Hazarmuli, Satmuli</i>
3.	Marathi	<i>Kuli, Safed musali, Sufed Musali</i>
4.	Gujrati	<i>Dholi musali, Ujlimusali</i>
5.	Unani	<i>Musali Safaid, Shaqaaqul-e-Hindi</i>
6.	Arabic	<i>Shaqaqule, Haqaqule</i>
7.	Uttar Pradesh	<i>Khairuwa</i>
8.	Telugu	<i>Shankadalli gadda, Tsallogadda, Swetha musali</i>
9.	Tamil	<i>Tannirvittang, Tannirvittan-Kizhangu, Vipurutti, Taniravi thang</i>
10.	Malayalam	<i>Shedheveli, Shedeveli</i>
11.	English	<i>India spider plant, Spider plant (India), White musale, White Musali</i>

Table-3 Chemical Constituents

SR. NO.	CONSTITUENTS	VALUE IN PERCENTAGE
1.	Carbohydrates	35-45
2.	Fibre	25-35
3.	Alkaloids	15-25
4.	Steroidal Saponins	2-20
5.	Proteins	5-10
6.	Glycosides	1.9 – 3.5

Ayurvedic Review^{[3, 4, 5, 6, 7&8]:}

Etymological derivation

Musali- Musyati khandayati doshan iti. Musa khandane

(Bhavaprakash)

It cut through or eradicates vitiated doshas.

Musali- Musyati khandayati gudarogam anilam

cha moosa khandne

(Nighantu Aadarsh)

It cures anorectal diseases and gets rid of vitiated Vata dosha.

References From Ayurveda Verses

Mushali Madhura sheeta vrushya pushtiprada

Pichhila kaphada pittadashramhara para

॥116॥

Mushali syaadvidha prokta Shweta chhapar sangyako Shweta swalpagunopeta apara cha rasayani ॥ 117 ॥

(Raja Nighantu Moolakadi varga)

Mushali Madhura vrushya viryoshana brimhani guru । Tikta rasayani hanti gudjanyanilam tatha ॥ 183॥

(Bhavaprakash Nighantu Guduchyadi varga)

Mushali Madhura gurvitikta vrushya rasayani । Viryoshana brimhani hanti durnaamani prabhanjanam ॥1606 ॥

(Kaidev Nighantu Aushadhivarga)

Mushali Rasapakabhyam swaadu sheetagnivardhini । Vaatapittahara vrushya Sthairyamardavadayini ॥394 ॥

(Sodhala Nighantu 2)

Mushali Madhura vrushya Dhatuvriddhikari guru । Tikta pushtibalakari pichhila shleshmala mata ॥Rasayani sheetala cha pittadahahari mata । Raktadosham Shramamcheva Nashyedeti kirtitam ॥Krushnadhikguna prokta Shweta chalpagona mata ।

(Shaligrama Nighantu)

VARGA CLASSIFICATION

According to Acharya Priyavrata Sharma, *Mushali* is categorized under *Vrushyadi Varga*, a group of drugs working on the reproductive system whereas *Nighantu Adarsh* has mentioned it under *Lashunadi Varga*, *Bhava Prakash Nighantu* in *Guduchyadi Varga*, *Kaidev Nighantu* under *Aushadhi Varga*, and *Raja Nighantu* under *Moolakadi Varga*.

Table 4-Classification of Varga according to the various classical texts can be given in the following table-

<i>Charak Samhita</i>	Not mentioned in Varga
<i>Sushrut Samhita</i>	Not mentioned in any Gana
<i>Bhaav Prakash Nighantu</i>	<i>Guduchyadi varga</i>
<i>Raj Nighantu</i>	<i>Moolakadi Varga</i>
<i>Kaidev Nighantu</i>	<i>Aushadhi Varga</i>
<i>Nighantu Adarsh</i>	<i>Lashunadi Varga</i>
<i>Shaaligram Nighantu</i>	-
<i>Madanpal Nighantu</i>	-
<i>Shodhal Nighantu</i>	-
<i>Dhanvantri Nighantu</i>	-
<i>Acharya Priyavrata Sharma</i>	<i>Vrushyadi Varga</i>

Table-5-Rasa Panchaka according to the various classical texts is as follows-**Rasa**

<i>Rasa</i>	<i>Ra. Ni.</i>	<i>Bhav. Ni.</i>	<i>K. Ni.</i>	<i>So. Ni</i>	<i>Ni. Adarsh</i>	<i>P.V Sharma</i>
<i>Madhura</i>	+	+	+	+	+	+
<i>Tikta</i>	-	+	+	-	-	-

Guna

<i>Guna</i>	<i>Ra. Ni.</i>	<i>Bhav. Ni.</i>	<i>K. Ni.</i>	<i>So. Ni</i>	<i>Ni. Adarsh</i>	<i>P.V Sharma</i>
<i>Guru</i>	-	+	-	-	+	+
<i>Snigdha</i>	-	-	+	-	-	+
<i>Pichhila</i>	+	-	-	-	-	+
<i>Laghu</i>	-	-	+	-	-	-

Veerya

<i>Veerya</i>	<i>Ra. Ni.</i>	<i>Bhav. Ni.</i>	<i>K. Ni.</i>	<i>So. Ni</i>	<i>Ni. Adarsh</i>	<i>P.V Sharma</i>
<i>Sheeta</i>	+	+	+	+	+	+

Vipaka

<i>Vipaka</i>	<i>Ra. Ni.</i>	<i>Bhav. Ni.</i>	<i>K. Ni.</i>	<i>So. Ni</i>	<i>Ni. Adarsh</i>	<i>P.V Sharma</i>
<i>Madhura</i>	+	+	+	+	+	+

Doshkarma

<i>Rasa</i>	<i>Ra. Ni.</i>	<i>Bhav. Ni.</i>	<i>K. Ni.</i>	<i>So. Ni</i>	<i>Ni. Adarsh</i>	<i>P.V Sharma</i>
<i>Vattapitta Shamak</i>	-	-	-	+	-	+
<i>Pitta shamak</i>	-	-	-	-	+	-
<i>Kapha vardhak</i>	+	-	-	-	-	+

Table 6- Showing the Karmas (pharmacological actions) according to the various classical texts are as follows

<i>Karma</i>	<i>Ra. Ni.</i>	<i>Bhav. Ni.</i>	<i>K. Ni.</i>	<i>So. Ni.</i>	<i>Ni. Adarsh</i>	<i>P.V Sharma</i>
<i>Vrushya</i>	+	-	-	+	-	-
<i>Pushtiprada</i>	+	-	-	-	+	-
<i>Bala prada</i>	+	+	+	-	+	+
<i>Dahahara</i>	+	-	-	-	-	-
<i>Shramahara</i>	+	-	-	-	-	-
<i>Rasayani</i>	+	-	-	-	-	+
<i>Brimhan</i>	-	-	-	-	-	+
<i>Arshohara</i>	-	-	-	-	-	-
<i>Snehan</i>	-	+	-	-	+	-
<i>Vajikar</i>	-	-	-	-	+	-
<i>Agnivardhini</i>	-	-	-	+	-	-
<i>Sthairyadayini</i>	-	-	-	+	-	-
<i>Mardavdayini</i>	-	-	-	+	-	-

Shweta Musali Dosage:

The therapeutic dosage varies depending upon the age, body strength, individual appetite, condition, and severity of the patient. Following dose may be considered having with milk twice a day two hours after without exceeding 12 gm. of quantity: 1.5 – 2 gm. for teenagers and 3 – 6 gm. for adults.

Medicinal Uses Of Shweta Musali

For reproductive organs and sperm disorders, a medicinal powder prepared by mixing an equal amount of *Shweta Musali*, *Kaunch*, and *Gokhru* is used as a tonic.

In backache due to leucorrhoea, and during Post-delivery care, a powder prepared by mixing an equal amount of *Shweta Musali*, *Kali Musali*, *Ashwagandha*, *Salep* (*Orchis latifolia*), and *Shatavari* is efficiently used.

For increasing weight, bodybuilding, and in malnourished people, *Shweta Musali* powder is used effectively with an equal quantity of *mishri*. Diabetic patients may take an equal amount of

Shweta Musali, *Kali Musali*, and *Salep* mixed for general debility.

Externally, for freckles, *Musali* pounded with goat's milk, and honey is applied on the face.

Important Herbal Medicines Containing Shweta Musali

Ashwagandharishta, *Dhatupaustik Churna*, *Kamdev Choorna*, *Musali Pak*, *Shweta Musali Choorna*, *Shatavaryadi Choorna*, and *Saubhagya Sunthi Pak* are some of the classical *Ayurvedic* medicines having *Shweta musali* as an ingredient.

DISCUSSION

Chlorophytum borivillianum or *Shweta Musali* popularly referred to as *Shweta Musali* is a vital herb in *Ayurveda* medicine. The root tuber of this annual herb is a tonic for the reproductive system and employed for its variable properties like *Balya*, *Rasayana*, and *Shukrala* which signifies its utilization as a general tonic, as an adaptogen, and in problems related to male

sexual health⁸. Nourishing the whole body increases the fertility of males by increasing the quantity and quality of spermatozoon.

Shweta musali is *Guru* and *Snigdha* in *Guna* which suggests it is heavy to digest and possesses an unctuous quality that helps to pacifies the *Vata doshas*. It has *Madhura Rasa* and *Madhura Vipaka* along with *Sheeta Virya* which in turn normalizes the *Pitta doshas* and often leads to an aggravation of the *Kapha doshas*. Being *Vata* and *pitta dosha* pacifier also possess beneficial effects on *Dhatus* like *Rasa*, *Rakta*, *Mamsa*, *Asthi*, and *Shukra*.

The other important medicinal use of this herb include general weakness, asthma, cough, diseases of the skin, liver diseases, jaundice, leucorrhoea, menorrhagia (abnormally heavy bleeding at menstruation), mouth ulcers, rheumatism, etc. It is given to women throughout gestation and postpartum, for a nourishing foetus and increasing breast milk flow. It should be used with caution since if used in the excess amount it may increase mucus and congestion; it can increase *Ama* in the body and causes weight gain.

CONCLUSION

Shweta Musali is an important herb in *Ayurveda* medicine which carries importance in the field of various organ systems of the body. The drug has its varied uses in reproductive system strengthening along with increased body vigour. Also, it is used in general debility as *rasayana*. The drug has wide scope to be used with appropriate *Anupana* (vehicle) in varied diseased conditions in human body.

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