

## **Aragwadha (*Cassia fistula*)**

**Family :** Fabaceae

**Synonyms**

- Rajvraksha
- Kritamala
- Chaturangula

**Habitat**

- Found throughout India in tropical and subtropical regions.
- Common in forests and cultivated gardens.

**Morphology (General Description)**

- A medium-sized deciduous tree.
- Leaves: Compound, pinnate with 4-8 pairs of leaflets.
- Flowers: Large, bright yellow in color, fragrant.
- Fruit: Long, cylindrical, dark brown pod with a sticky pulp inside.
- Seeds: Small, hard, brownish-black in color.
- Pod Pulp: Used as a purgative and for skin disorders.
- Root Bark: Anthelmintic and antimicrobial properties.
- Stem Bark & Leaves: Used in fever, skin diseases, and ulcers.

**Important Phytoconstituents**

- Anthraquinone derivatives: Sennoside A & B
- Fistucacidin
- Glycosides
- Rhein glycoside

**Part Used**

- Fruit (Phala)
- Flower (Pushpa)
- Leaf (Patra)
- Root bark
- Stem bark

**Rasa, Guna, Virya, Vipaka**

- Rasa (Taste): Madhura (Sweet), Kashaya (Astringent), Tikta (Bitter)
- Guna (Qualities): Guru (Heavy), Snigdha (Unctuous)
- Virya (Potency): Shita (Cold)
- Vipaka (Post-digestive taste): Madhura

**Karma (Actions)**

- Shodhana (Purifying)
- Shulahara (Pain-relieving)
- Raktanrasadaka (Blood-purifying)



- Koshtha Shodhana (Bowel-cleansing)
- Krimighna (Anthelmintic)

#### **Agra Karma (Best Action)**

- Aragwadha phala majja is best for Sramshana (mild purgation).

#### **Pharmacological Actions**

- Purgative
- Febrifuge (reduces fever)

#### **Dosha Karma**

- Balances Vata and Kapha Dosha
- Kapha-Pitta Shamaka (Pacifies Kapha and Pitta dosha)

#### **Roghanta (Therapeutic Indications)**

- Skin diseases (Kushta, Visarpa, Charmaroga)
- Diabetes (Prameha)
- Ulcers (Vrana)
- Fever (Jwara)
- Worm infestations (Krimi Roga)
- Bleeding disorders (Raktapitta)
- Gout (Vatarakta)

#### **Amayika Prayoga (Therapeutic Administration for Diseases)**

1. Diabetes (Prameha) – Kashaya of Aragwadha is used.
2. Skin diseases (Kushta, Visarpa, Charmaroga) – Paste of Aragwadha leaves & Kakananti (Solanum nigrum) mixed with buttermilk is applied to lesions.
3. Fever (Jwara) – Decoction of Aragwadha leaves.
4. Worm infestation (Krimi Roga) – Leaves are chewed after the evening meal.

#### **Action and Property**

- Mild laxative and purgative due to its anthraquinone content.
- Antibacterial and antifungal properties.
- Hepatoprotective and antioxidant effects.

#### **Grahya Lakshan (Acceptable Characteristics)**

- Fruits should be well-ripened and have a soft, sticky pulp.
- Seeds should be mature and brownish-black in color.

#### **Reference**

APA (7th Edition)

Hegde, P. L., & Harini, A. (2023). A Text Book of Dravyaguna Vijñāna (2nd ed.). National Commission for Indian System of Medicine (NCISM).Page 51, 52