

ARKA (Calotropis Gigantea)



Family : Apocynaceae

Synonyms:

English - Madar (Madar).

Hindi- Akvan, Aak, Madar.

Sanskrit - Arka.

External Morphology:

It is a shrub having 2.5 m height young leaves hairy, glabrous when fully grown, sessile, thick, with a narrow cordate base, ovate oval or oblong and acute. Inflorescence covered with a white wooly tomentum.

Flower in a terminal axillary corymbose

Purplish, red in colour. follicle, recurved Seeds-numerous with silk hairs, broadly ovate, flat, minutely tomentose with a silky white coma.

Varieties :

Acharya Charaka mentioned only one plant as Arka.

Sushruta has mentioned 2 varieties as Arka and Alarka.

Kaideva Nighantu and **Dhanwantri Nighantu** mentioned 2 varieties as Arka and Raja Arka.

Bhavaprakasha Nighantu mentions 2 varieties as *Shweta Arka* and *Rakta Arka*.

Habitat:

In hot and drier parts of India.

Chemical composition :

Alpha and Beta amyryin, progesterone, Beta sitosterol, Caletin, Calotoxin, calotropis, Calotropain, proceroside, proceragenin, etc.

Raspanchaka :

Rasa : Katu, Tikta.

Laghu, Ruksha, Tikshana.

Virya : Ushna.

Vipaka : Katu.

Dosha karma : Kapha Vata Shamaka.

Indications :

Kushtha, Kandu, Visha, Krimi, Udara roga etc.

Part Used : Whole plant.

Doses : Moola twaka chorana-1-3 gms.

For Vamana 2-10 gms.

Patra chorana 250 mg-1 gm

Pushpa chorana 125 mg- 400 mg

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Aamyika Prayoga:

1. Pliha roga : Arka leaves and salt are burnt by closed heating. This is given with cured water.
2. Arsha : Fumigation with roots of Arka and Shami is beneficial.
3. Shalipada : It is given with Rakta karpura / rakta sindura, strotoanjana and the same is made into a paste with Kanjika and applied externally.
4. Tamaka Shwasa : A pana is prepared with Yava and leaf buds of Arka and Honey, and is given.
5. Jeerana Amavata and Sandhi shoola : Arka chorana is given with Shunthi.
6. Jeerana vrana : Patra chorana is dusted on wound for varna ropana.

Yoga :

1. Arka lavana.
2. Arka Taila.
3. Arkeshwara.
4. Mahavishagarbha Taila.

5. Dhanwantaram Ghrita.
6. Arkavati.