

**Japa (*Hibiscus rosa-sinensis* Linn.)**

Family- Malvaceae

**Synonyms**

1. Ondupushpa
2. Raktapushpi
3. Trisandhya

**Vernacular Names-**

Sanskrit - Japa

Hindi – Jasum, Gudhal)

English- China-Rose, Shoe Flower

**Part Used-** Pushpa(Flower), Patra( Leaves)

**Rasa Panchaka-**

- Rasa - Kashaya, Tikta
- Guna - Laghu Ruksha
- Virya - Sheeta
- Vipaka – Katu

**Karma (Actions)**

Keshya, Sangrahaka, Hridya, Shonitasthapana, Garbhanirodhaka, Mutrasangrahaniya.

**Dosha karma (Action on Dosha)**

Pittakapha Shamaka. Pittahara due to Shita virya and Kashaya madhura Rasa. Kapha Shamaka because of Katu vipaka and Kashaya Rasa

**Pharmacological actions-** Kapa-vatakara, Grahi, Keshya, Jantuprada, Garbhanirodhaka (Yogaratanakara), Garbha-vridhikara (Nigan-turatnakara), Hridya.

**Indications-** Atisara, Pradara, Indralupta, Prameha, Daha.

**Amayika Prayoga(Therapeutic uses) -**

1. Atisara (Diarrhoea) Intake of pounded flower with butter milk (20 grams) relieves Diarrhoea. (Anubhata)
2. Garbha-nirodaka (Contraceptive) Intake of flowers pounded with Aranala and mixed with 50 grams of Purana guda (three year old jaggery) for three days prevents concep-tion. (Yogaratanakara)
3. Palita (Grey hair) - Bhringaraja pushpa and Japa pushpa are pounded in goat's milk and put into iron vessel. It should be kept under the ground for seven days, after seven days



the paste is mixed with Bhringaraja juice and applied to the head during night time and hair should be washed next day morning. (Nighantu Adarsha)

4. Indralupta (Alopecia) - External application of Japa flowers pounded in black colored cow's urine induces hair growth in the patch-es of Alopecia areata. (Rajamarthanda)
5. Pradara (Uterine bleeding) - Intake of 10 to 12 flower bids pounded in milk relives Uterine bleeding. (Shodhala)

**Matra( Dose)-** Churna(Powder)- 5 to 10 gms

**Chemical Constituents** - Taraxeryl acetate, Beta-sistosterol, Campesterol, Stigmas-terol, Flavonoids, Flavonoid glycosides, Hibiscetin, Alkanes, Cyanin and Cyanidine glu-cosides are present in leaves stems and flowers.

**Specific Formulations** - Syambratiyadhi taila, Madhukadyavaleha, Patrangasava

**Habit & Distribution-** Hibiscus rosa-sinensis is found wild in tropical Himalayan region, along the lower hill slopes. However, it is grown in the gardens throughout the country, for its attractive flowers, which are offered to Lord Shiva in particular. It is distributed in China, Japan etc. It is also grown in other tropical and sub-tropical countries.

Japa is a native plant of China, but it is grown as an ornamental plant throughout India.

#### **External Morphology-**

Shrub or small tree, 2-4m high, generally with profuse branches. Leaves simple, alternate, glabrous, petiolate; lamina ovate, 7-15cm long, 5-10cm broad with dentate margins and acute apex. Flowers axillary, solitary, with a long pedicel; epicalyx generally 5, green; calyx tubular, 3-5cm long, 5 toothed, green; corolla 10-12cm across with 5 clawed, crimson co-loured, entire petals. Staminal column longer than the petals; stamens numerous. Ovary 5-celled, ovules many and style ending in 5 dark crimson globose stigmata. Fruit setting rare.

**Flowering** - More or less throughout the year.