

Bhringraj



Latin name - Eclipta Alba

Family - Asteraceae

Vernacular names-

Hindi name- Bhangra, Bhangaraiya, Maka

English name - False Daisy

Kannada name - Garagada Soppu, Garga

Telugu Name- Guntagal Agaraku, Galgara

Tamil Name- Kayanthakarra, Kaikeshi

Marathi Name- Maka

Gujarati Name- Bhangaro

Punjabi Name- Bhangra

Bengali Name- Kesuriya

Malayalam Name- Jala Bhangara, Tekaraja

Arabic Name - Kadimulambit

Synonyms-

Merkava, Kesharanjana Kesaraja ,Bhringaraja ,Bharnagaraha,Bringahva ,Mahaneela, Ravipriya, angaraka, Suryavarta, Pitrupriya.

Classification-

Bh. Pr. Ni - Guduchyadi varga

Varieties -

1. Shweta Bhringaraja (E.Alba) - white variety
2. Bhringaraja (Wedelia calendulacea Less)
3. Verbesina prostrata L;]

Morphology -

It is a erect, branched annual herb, with cylindrical stems, opposite sessile leaves, and small white or yellow flower heads.

Height: Typically grows up to 30-40 cm (12-16 inches) tall.

Leaves:

Arrangement: Opposite, sessile or sub-sessile.

Shape: Oblong, lanceolate, or oblong-elliptic.

Size: 2.0 to 6.2 cm long, 1.5-1.9 cm wide.

Surface: Strigose (with appressed hairs) on both surfaces.

Flowers:

Arrangement: Solitary, in terminal or axillary heads.

Color: White or yellow.

Size: 6-8 mm in diameter.

Structure: Tubular and ligulate flowers.

Fruits:

Type: Achenes, compressed and narrowly winged.

Surface: Bumpy and angled.

Seeds: Small, black.

Habitat

Bhringraj is native of India and Southwest America. The herb occurs as a weed and is found throughout India in paddy growing fields.

Chemical Composition-Ecliptic, Wedelolactone, Des-me thyl wedelolactone, stigmasterol; Heptacosanol, Hentriacontanol, sixteen polyacetylenic thiophenes etc.

Medicinal qualities

- Rasa - Katu, Tikta
- Guna - Rooksha , Laghu
- Veerya- Ushna - Hot potency
- Vipaka- Katu
- Action - Kesya, Twachya, Krimighna, Swasahara, Netrya

Pharmacological Action

Hepatoprotective,Purgative,Analgesic,
Hypotensive,Antiviral

Dosage

Fresh Juice 5-10 ml

Powder - 250 mg - 2 grams