

Chitraka



Botanical name -

Plumbago zeylanica.

Family - Plumbaginaceae

Vernacular Names-

Hindi Name - Cheeta, Chitra, Chitraka, Chita, Chitaraka, Chitavur

English-Leadwort

Telugu Name- Chitramulamu, Agnimatha, Tellachitra

Bengali Name - Chita, Chitu

Marathi Name Chitramul, Chitraka

Gujarati Name - Chitro, Chitra, Pitaro

Tamil Name - Chittiri, chittira, penchitar, kodivel

Arabian name -Sheetaraj

Farsi name -Sheetar

Kannada name -Bilichitramula Chitramula,

Punjabi name- Chitra

Malayalam name - Vellakotuveri, Kotubeli

synonyms-

Anala, Dahana, Pithi, Vahnisajnaka, Agni, Agnika, Jyothi, Nirdahana, Vahni, Sikhi, Vyala, Analanama, Vyala.

Classical categorization-

Charaka-

Deepaneeya, Arshoghna, Lekhaneeya mahakashaya.

Susrutha- Pippalyadi, Mustadi, Amalakyadi, Varunadi, Aragvadadi Gana.

Vagbhata- Pippalyadi, Mustadi, Varunadi, Aragvadadi group of herbs.

Bhavaprakasha Nighantu - Haritakyadi varga

Morphology-

A perennial herb with 0.5-1.5 m long stems, somewhat woody, spreading, glabrous.

Leaves- simple, alternate, oblong, thin, 3.5- 7.5x 2-4 cm, ovate, subacute, entire, glabrous, reticulately veined, petiole short, amplexicaul at the base.

Flowers- white, in elongate spikes; rachis glandular, striate. Calyx 1-1.5 cm. long, narrowly tubular, densely covered with stalked glands. Corolla white, slender; tube 2-2.5 cm long.

Fruit- Capsule, oblong, pointed; pericarp thin below, thick and hardened above.

Distribution

Found throughout India.

Different varieties

P. zeylanica- Sweta chitraka

P. rosea L.-Red - Rakta chitraka

P. capensis Thunb - Neela chitraka

Chemical constituents-

Chitranone, Plumbagin, 3-Chloroplumbagin, droserone, Elliptinone, Zeylanone and Zeylinone, Maritone, Plumbagic acid, Dihydrosterone, B-Sitosterol etc.

Medicinal properties -

Rasa : Katu

Guna : Laghu, Rüksa, Tiksna

Virya : Usna

Vipāka : Katu

Karma : vata kapha hara, dipana, pachana, grahi, rasayana, arosaghna

Important Formulations:

Chitrakadi gutika, Chitrakharitaki, Chitrak ghrit, Chitrakadi churna, Trimad churna.

(Reference: Illustrated Dravyaguna Vijnana, Vol. II, by Dr JLN Shastry)

Part used- Root Bark

Dosage- Powder 1-2 grams

Therapeutic action -

Vahnikrut , Pachana , Laghu, Kushuthara ,

Shothahara, Kruminut , Kasanut