

Aprajeeta Neel

Botanical Name – *Clitoria ternatea L.*

Family- Fabaceae

Classical Names/ Synonyms-

Aparajita, Ghrstih, Radha, Adrikarni, Girikarnika, vishnukranta

Botanical synonyms-

Clitoria albiflora Mattei

Clitoria bracteata Poir.

Clitoria coelestris Siebert & Voss

Clitoria parviflora Raf.

Clitoria philippensis Perr.

Clitoria pilosula Benth.

Clitoria ternatea pilosula (Benth.) Baker

Clitoria ternatensium Crantz

Lathyrus spectabilis Forssk.

Ternatea ternatea (L.) Kuntze

Ternatea vulgaris Kunth

Vernacular names-

Assamese - *Aparajita*

Bengali-*Aparajita*

English- Butterfly Bean, *Clitoria*

Hindi - *Aparajitha, Aparajita, Khagtu, Gokarni*

Irula- *Kangu poo*

Kannada- *Aparajite, Girikarnike*

Konkani- *Gokarna, Shankha Pushpa*

Malayalam- *sangu Pushpam*

Manipuri - *Aparajita*

Marathi - *Vishnukranta, Gokarna, Shankha Pushpa*

Others - Butterfly Pea, Seetha Ambu

Tamil- *Kruvilai, Kakkanam, Kricnni, Kannikkodi, Sankupushpam, Uyvai,*

Kakkattan, Kakkattan, Nilakkakkanam

Telugu- *Sankhu-pushpamu, Gentana*

Different Species-

Shwet aparajita

Habitat and Distribution-

Abundant in forest clearings, thickets, scrub jungles from plains to 500m. Native of tropical America, widely cultivated for its showy flower.

India: Assam, Maharashtra, Kerala, Rajasthan, Tamil Nadu

Botanical Description-

Flower - Solitary or in clusters; deep blue, occasionally white. Flowering from March-May.

Fruit - A linear, oblong pod, compressed, apically beaked; seeds 10-15, reniform. Fruiting throughout the year.

Field tips - Branchlets appressed-tomentose. Bracteoles very large, persistent.

Leaf Arrangement - Alternate distichous

Leaf Type - Imparipinnate

Leaf Shape - Ovate

Leaf Apex - Obtuse

Leaf Base - Obtuse

Leaf Margin - Entire





Ayurvedic Properties-

- **Rasa-** katu, tikta, kashaaya
- **Guna-** laghu, ruksh
- **Virya-** sheet
- **Vipaka-** katu

- **Prabhava-** *medhya*
- **Dosha Karma-** *kaphavaatshaamak*

Karma-

Medhya -Improves intelligence
Kanthyā – Improves voice, good for throat
Sudrushtida – Improves vision, good for eyes
Kushta – Useful in skin diseases
Mutra- Cleanses bladder
Tridosha – Balances Tridosha
Ama – relieves indigestion, malabsorption
Shothavrana – Acts as natural anti inflammatory herb
Vishaapaha -Detoxifying, effective in cases of poisoning.
Smruti-buddhida -Improves memory and concentration.

Prayoga-

Rakta atisara – diarrhoea with bleeding
Daha – burning sensation
Jvara – natural antipyretic
Chardihara – anti-emetic
Unmada, madabhrama hara – useful in psychiatric conditions like mania and schizophrenia
Shwasakasahara – useful in cough, asthma and related respiratory conditions.

Part Used- Root bark, root, seeds

Dose-

Multwak chuma= 1.5-3gm, *Beejchurna* = 1-2gm

Important Formulations-

Garbhaphal ras, vaatraktantak ras

Substitute and Adulterants-

Evolvulus alsinoides - use as vishnukranta in kerala.
Convolvulus pluricaulis- approximately similar flowers.

References from Brihatrayee-

Charaka Samhita – *Shiro virechanopaga* – Group of herbs that are used in *Nasya panchakarma* treatment.

Bibilography-

- 1)<https://indiabiodiversity.org/species/show/32124>
- 2)<https://sites.google.com/site/efloraofindia/species/a---/f/fabaceae/clitoria/clitoria-ternatea>

3)<https://easyayurveda.com/2012/12/07/aparajita-clitoria-ternatea-ayurvedic-explanation-of-medicinal-use/amp>