



Critical Analysis of SHIGRU

RaviNargis¹, Usha patil²

¹.Medical Superintendent IMPCOPS, Chennai

².Professor and HOD, Dept. Of Agada Tantra,
Sri Jayendara Saraswati Ayurveda College and Hospital, chennai

Date of Submission: 15-10-2023

Date of Acceptance: 31-10-2023

ABSTRACT:

Shigru commonly called as drum stick tree have immense health benefits. It is classically categorized under brihat trayees and also explained in nighandus and Vargas. There are many synonyms for moringa. Most of its parts are used for medicinal purposes. There are various formulations available and it contains many pharmacological actions and phyto constituents.

KEYWORDS: Shigru, Moringa oleifera, Vishagna, Shyamadi churna

BOTANICAL NAME: Moringa oleifera

FAMILY NAME : Moringaceae

I. INTRODUCTION:

Shingru is very common and well known herbal medicine, also called Drum stick tree or Horse raddish tree, is one that holds great medical importance. Many of its parts like leaves, fruits, oil etc... have immense health benefits targeted towards many systems like digestive and circulatory system.

CLASSICAL CATEGORIZATION: BRIHAT TRAYEES

CHARAKA	SUSRUTHA	VAGHBATA
KRIMGHNA	PACHANAM	NASYAM
SWEDOPAGA	VARUNADI	SHYAMADI VARGA
SHIROVIRECHANAM	SHIROVERACHANAM	

NIGHANDU:(7)

BHAVA PRAKSHA NIGHANDU	GUDUCHYADI VARGA
PRIYA NIGHANDU	HARITAKYADI VARGA
DHANWANTARI NIGHANDU	KARAVEERADI CHADURTHA VARGA
RAJA NIGHANDU	MOOLAKADI VARGA
KAIYADEVA NIGHANDU	AUSHADI VARGA
SALIGRAMA NIGHANDU	GUDUCHYADI VARGA

SYNONYMS (6) :

1. Shigru
2. Shobhanjana
3. Mochaka
4. Akshiva
5. Moolakaparni
6. Haritaka shaka
7. Teekshana moola
8. Teekshana gandha
9. Bahu moola
10. Ghana chadha
11. Krishna gandha

12. Vidradihnam
13. Muranga
14. Bahalapallava.

VERNACULAR NAMES(6) :

ENGLISH : HORSE RADDISH TREE,
DRUMSTICK TREE.
TAMIL : MURUNGA.
HINDI : SAJOMA, MUNGNA.
TELUGU : MUNAGA.

No



TYPES (CLASSICAL) 6:

SAMHITA	TYPE 1	TYPE2	TYPE 3
SUSRUTHA	SHIGRU	MADHU SHIGRU	
ASTANGA HRIDAYAM	MADHU SHIGRU	SHIGRU	
DHANWANTARI NIGANDI	SWETHA	RAKTA	
MADANA PHALA NIGANDU	SWEDHA	RAKTA	
KAIYADEVA NIGANDU	SWEDHA	RAKTA	
SALIGRAMA NIGANDU	SWEDHA	RAKTA	
NIGHANDU ADARSHA	MADHU	KATU	
RAJA NIGANDU	SWEDHA	RAKTA	NEELA
BHAVA PRAKASA NIGHANDU	SHYAMA	SWEDHA	RAKTA(MADHU)

RASAPANCHAKA :6

RASA : KATU,KSHARA – ALKALINE.
GUNA : LAGHU,ROOKSHA,TEEKSHANA.
VEERYA : USHNA
VIPAKAM : KATU
DOSHA KARMA : KAPHA ,VATA
SHAMAKAM.

UPAYUKTA ANGA 6 :

TWAK,PATRA,BHEEJA,PHALA,PHUSPHA.

ROGHAGNA KARMA(6) :

ROCHANA,
DEEPANA,VIDHAHI,KRIMIGNA,MALA
AVARODHAKAM, SHOOLA PRASAMANAM,
SHOTHAGNA,
HRIDHYAM,VISAGNA,SHUKRAJANANAM,B
HALYAM,VIDRADHI NIGRAHAM,
CHAKSHUSHYAM,ARDHAVA JANANAM.

AMAYIKA PRAYAOGAM (6) :

JWARA,KRIMI,AMAVATA,KUSTHA,PRAMEH
A,SHIRO
ROGTA,JALODHARA,APACHANAM,ASHMA
RI,MUKHA VIKARA,KASHTA ARTHAVA,
AKSHI ROGAS.
VRANA, GRANTHI,GULMA,KARNA
SHOOLA,MEDHO ROGA, VISARPA,PLEEHA
ROGA,GALA GHANDA,VIDRADHI,
APASMARA.

AUSHADHA YOGAS :

SHOBANJANA LEPAM
EKANGA VEERA RAS
VISHATINDUKA TAILAM
RATNA GIRI RAS
SHYAMADI CHURNAM.

MODERN

SCIENTIFIC CLASSIFICATION:

KINGDOM : PLANTAE
DIVISION ; ANGIOSPERMS
CLASS ; EUDICHOTS
SERIES : ROSIDS
ORDER : BRASSICALES
FAMILY : MORINGACEAE
GENES ; MORINGA
SPECIES ; OLEIFERA.

BOTANICAL DESCREPTION :

- 1) LARGE TREE WITH CORKY BARK, SOFT, WHITE AND SPONGHY WOOD
- 2) LEAVES – 30 TO 75 CMS LONG, TRIPINNATE WITH PETIOLE , FOLIATE, HAIRY GLANDS ARE PRESENT BETWEEN EACH PAIR OF PINNATE (4 TO 6 PAIRS)
- 3) LEAFLETS : 0.85 TO 1.8 CMS LONG ENTIERLY OBOVATE/ELLIPTICAL, MEMBRANOUS.
- 4) FLOWERS : 2.5 CMS IN DIAMETER, STRONGLY HONEY SCENTED ,LINEAR LANCEOLATE WITH SEPALS REFLEXED, PETALS ARE 1.7 TO 2.5 CMS LONG, LINEAR SAPULATED, WHITE IN COLOUR WITH YELLOW DOTS.
- 5) OVARIES : HAIRY IN STRUCTURE.



- 6) FRUITS OR DRUM STICKS – 23X58X 1.3X 1.7 CMS IN SIZE , TRIGONOUS WITH LINEAR PEDUNCLE.
- 7) SEEDS ARE THREE CORNERED,WINGED, 2CMS LONG WITH CORKY TESTA, NON ENDOSPERMIC, CONVEX COTYLEDONS, SUPERIOR RADICLE
- 8) ROOTS AND BARKS – GREYISH BROWN IN COLOUR , RETICULATED MARKED WITH PROJECTIONS OF DISCONTINUOUS, TRANSVERSE ROWS OF TRANSVERSELY EXTENDED LENTICLES ABOUT 2 TO 8 MM LONG, OUTER SKIN IS CORKY AND PAPERY, TISSUE INSIDE IS CREAM OR ROSE IN COLOUR ,WOODS IS VERY SOFT ,POROUS AND YELLOW IN COLOUR.
- 9) HABITAT: OUTER HIMALAYAS AT LOWER ELEVATION ,HOTTER PARTS OF INDIA , FLOWERS – FEBURARY TO APRIL, FRUIT – RIPES IN MAY AND JUNE.

PHARMACOLOGICAL ACTIONS :

ANTIINFLAMATORY- FALAVOIDS,BETA SITOSTEROL,KAEMPFEROL,CAFFEYL QUINIC ACID.
CARDIO PROTECTIVE : ISO PROTERENOL.
HYPOTENSIVE ; POLY PHENOLS.
ANTIFUNGAL
ANTI ARTHROSCLEROTIVE , HEPATO PROTECTIVE,HYPO GLYCEMIC, ANTI PROLEFERATIVE, ANTI OXIDATIVE.

PHYTO CONSTITUENTS :

LEAVES – QUERCETIN, KAEMPEFEROL, NIAZIRIN,ISO THYOCYANIDE, BENZYL GLUCOSILOLATE
SEEDS - QUERCETIN, KAEMPEFEROL,MORINGIN,GLUCOSIANOLA TE.
PODS : MORINGIN , BETA SITASTEROL.
BARK : GLUCOSIONALATE.
FLOWERS : QUERCETH, ISO QUERCITIN.
ROOT : MORINGININ, QUERCITIN.

PHARMACOLOGICAL STUDIES :

- 1) IT PROVIDES ALL OF THE AMINOACID REQUIRED BY THE HUMAN BODY .
- 2) IT PROVIDES PHYTO NUTRIENTS WHICH HAS A BENEFICIAL EFFECT ON ENHANCHING IMMUNE SYSTEM
- 3) IT IS A POTENT DETOXIFYING AGENT.

PHARMACOLOGICAL ACTIONS ON DISEASES ACCORDING TO SAMHITAS :

CHARAKA SAMHITA :[1] [2]
ERYSEPALS , PILES, EDEMA, SKIN DISEASE(CH.SU.1/117)
CALCULUS--(CHI-26/66 TO 67)
VISA CHIKITSA – 23/35 TO 37
HICCUP, ASTHMA –CH.CHI 14/99

SUSRUTHA SAMHITA:[3]
WOUNDS DUE TO LEPROSY SU.CHI 9/53
ASCITES SU.CHI 14/13
ASTANGA HRIDHYAM : [4]
ERYSEPALS – AH.CHI 18/25
CALCULUS -AH. CHI 11/31
EYE DISEASE AH.U 16/37

II. DISCUSSION:

Present study was planned to evaluate the wound healing property of the trial drug Shigru.While comparing the result of the experiment, Shigru showed highly significant ound healing property in comparison with the other groups.

Shigru possesses Katu , Tikta and Kashaya rasas , Laghu , Ushna and Teekshna gunas , Ushna virya , Katu vipaka . Katu rasa is mentioned as Vranam Avasadayati(eschars the wound) along with the properties like Mamsa Lekhana (scraping of the wound) , Shodana (cleansing of the wound), Chedana (cuts off the unhealthy tissue). Katu rasa (pungent taste) removes the unhealthy tissue formed at the site of Vrana and removes the sluff formation.Tikta rasa does the shoshana (drying up) of Kapha, Puya srava (pus) & Kleda (moisture). Tikta rasa helps in providing strength to the tissues. Kashaya rasa helps in Sthambana (styptic action) & both Tikta and Kashaya rasas does Shoshana (dries up) thus maintaining a dry locality at the site of Vrana (wound), which prevents Krimis. Sandhaniya karma (holding together of the tissue) and Ropana karma (healing process) helps in formation of healthy granulation tissue. The leaves of Moringa are rich with the contents like proteins, Vit.A & C, Iron, Copper etc.

III. CONCLUSION :

The plant Shigru has an impressive range of medicinal uses with high nutritional values. Thorough screening of the literatures depicted Shigru is having vishahara property and thus indicated in treatment of samanya visha chikitsa. It is used in traditional ayurvedic medicine as antiseptic, abortifcent, antihistaminic and carminative. The Shigru tree is most inexpensive



and credible alternative to providing good nutrition. Moringa has gained interest globally in recent years because of its unique industrial values.

REFERENCES:

- [1]. CHARAKA SAMHITA SUTRA
STHANAM\
- [2]. CHARAKA SAMHITA CHIKITSA
STHANAM
- [3]. SUSRUTHA SAMHITA CHIKITSA
STHANAM
- [4]. ASTANGA HRIDAYAM CHIKITSA/
UTTARA STHANAM.
- [5]. BHAVA PRAKASHA NIGANDU
- [6]. TEXT BOOK OF DRAVYA GUNA VOL 2
- [7]. AN ARTICLE ON MEDICINAL PLANT
REVIEW; SHIGRU(MORINGA
OLEIFERA) WWW.IJCRT.ORG