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Pharmacognostical And Classical Review Of Kamala (Nelumbo Nucifera Gaertn.): A Traditional And Modern Insight

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Abstract

Kamala (*Nelumbo nucifera* Gaertn.), known as Sacred Lotus, holds a prominent position in both Ayurveda and Indian culture. This review consolidates classical Ayurvedic references from Vedas, Samhitās, and Nighaṇṭus, alongside modern botanical and pharmacological findings. The plant exhibits diverse medicinal properties including anti-inflammatory, cooling, and hemostatic effects. Used extensively across formulations in Caraka, Suśruta, and Aṣṭāṅga Samhitās, Kamala offers a valuable model for integrative therapeutics.

1. Introduction

Āyurveda emphasizes the therapeutic utility of plants, among which Kamala has been a central figure. Referred to as Ambuja, Padma, and Pankaja in classical texts, Kamala is widely appreciated for its spiritual symbolism and pharmacological attributes. In contemporary contexts, respiratory ailments and inflammatory conditions highlight the need to revisit traditional botanical solutions like Kamala.

2. Materials and Methods

A descriptive review methodology was adopted, sourcing data from classical Ayurvedic scriptures—Caraka Samhitā, Suśruta Samhitā, Aṣṭāṅga Hṛdaya, as well as Nighaṇṭus from the 5th to 20th century. Secondary data was obtained from botanical and pharmacognostical texts including 'The Wealth of India', 'Indian Materia Medica', and the 'Ayurvedic Pharmacopoeia of India'.

3. Results

Kamala is extensively categorized under various therapeutic groups in classical texts. Its synonyms exceed 30 in number, across languages and traditions. The plant is used in formulations for treating conditions like Raktapitta, Mūtrakṛcchra, Pittaja Kasa, and Netra rogas. Modern phytochemical analysis reveals alkaloids such

as nuciferine and nelumbine in various parts of the plant. The flowers, leaves, rhizomes, and seeds are employed for their demulcent, refrigerant, astringent, and diuretic effects.

4. Discussion

The dual perspective of classical and modern medicine highlights the holistic potential of Kamala. Its usage across centuries affirms its pharmacological robustness and therapeutic safety. Integration into modern formulations requires further clinical validation, yet the ethnomedical usage provides a strong foundation for evidence-based development.

5. Conclusion

Kamala (*Nelumbo nucifera*) stands as a significant herb in Ayurveda with wide-ranging therapeutic benefits. Its continued relevance is supported by both classical formulations and modern pharmacological studies. Revitalizing its usage through standardization and clinical research could offer novel approaches in herbal medicine.

Keywords

Kamala, *Nelumbo nucifera*, Sacred Lotus, Ayurveda, Classical Review, Pharmacognosy, Traditional Medicine

