

NYCTANTHES ARBORTRISTIS

(*Nyct. arb.*)

Common Name	:	Hindi	:	Harsinghar, Seoli
		Bengali	:	Siuli
		Sanskrit	:	Shephalika, Parijathan
		English	:	Night Jasmine, Coral
Family	:	Oleaceae (Nyctaginaceae)		
Botanical Name	:	Nyctanthes arbor-tristis Linn.		

Introduction

Nyctanthes arbor-tristis Linn. Is an indigenous plant known as Harsinghar in Hindi, Dr. S.C. Ghosh has first proved this drug. This medicine has been frequently used by ancient Indian physicians for its efficacy in all kinds of fever and sciatica. This drug has been proved by CCRH at DPRU, Calcutta, & Ghaziabad in 1995-96, and has shown its affinity on other parts of body like head, stomach, abdomen, fever, extremities etc. which have been confirmed during verification trials too.

Description

Nyctanthes means 'night flowering' and *arbortristis* mean 'the sad tree' as it loses its brightness during daytime. Flowers are highly fragrant. Leaves are used for medicinal purpose and are collected during March and April.

A small tree with gray or greenish rough bark. Branchlets quadrangular. Leaves opposite, ovate, 10.5 by 6.2 cm, small sessile. Flowers delightfully fragrant, sessile in pedunculate bracteate fescicles of 3-5, sweet scented, bracts elliptic up to 1.2 cm. Seed erect, orbicular, flattened.

Juice of the leaves is bitter and acrid, cures fevers (Chronic fever -Malaria) also for thread and round worms & rheumatism. Decoction of the leaves prepared over a gentle fire, is recommended as a specific for obstinate sciatica.

Bark cures bronchitis, Oil from bark for pain in eye,. Flowers Lessen inflammation, tonic to hair, the buds are tonic. The leaves are useful in piles and skin diseases (Yunani).

Powdered seeds for scurfy affections of the scalp.

Parts used Fresh leaves.

Distribution

Native of India, occurring in the sub-Himalayan region from Chenab to Nepal up to 1500 m, Chotanagpur, Rajasthan, Madhya Pradesh, South wards to Godavari.

Clinically Verified Symptoms

Name of Drug : Nyctanthes arbortristis

Potency : Q, 6, 30

Location	Symptom	Source	No. of patients prescribed	No. of patients relieved
Mind	Anxious, restlessness	1,4,7	62	40
Head	Pain forehead with dullness	4,7,8	169	127 ✓

Location	Symptom	Source	No. of patients prescribed	No. of patients relieved
	(< night)	-	93	93 ✓
	(With pain in eyeball)	-	34	34 ✓
	(With vomiting of bile)	-	6	6
	Heaviness of head	8	7	6
	Dull headache with giddiness	4	130	96
Vertigo	Vertigo	8	83	57
	(during walking)	-	4	4
Mouth	Bitter taste	8	95	34
	Tongue - white coated	4,7,8	118	82
Stomach	Nausea & vomiting > by cold drinks	4,8	95	67
	(< morning & > taking milk)			
	< drinking	1	15	11
	Bilious vomiting with headache, vertigo	4,8	154	90
	Loss of appetite	8	227	132
	Pain-burning > taking cold drink	4	49	25
	Bilious vomiting with nausea	4,7	19	12
	Thirst increased for cold water	8	234	151
	With dryness of mouth	8	18	15
	(< night)	-	34	34 ✓
	Nausea with increased thirst	8	72	40
Abdomen	Stitching pain in hepatic region with tenderness < touch	1,4	32	20
	Pain Right hypochondrium	1,4	49	28
	Burning pain in abdomen	1,4,7	12	8
	Pain in abdomen	1,8	9	7
Rectum	Constipation	1,4,7	172	115
	Constipation of children	4,7,8	35	31 ✓
Stool	Stool - Hard	8	78	55
	Stool - loose, watery	8	47	33
	Stool - yellowish	1,4	40	26
Urine	High colored	4,7,8	90	55
Genitalia	(Menses painful offensive)	-	3	3
Female				
Respiratory	Dry cough (< evening & night)	8	36	32 ✓
System	(< night)	-	19	19
	(Cough with thick white expectoration)	-	4	4
Extremities	Pain both legs & hands & knee joint > by movement	8	17	8
	Rheumatic pain in joints	8	2	2
	Sciatica	4	80	47
	Intermittent pain from hip to heel, < movement	4	4	3
Fever	Fever with chill	1,7,8	1051	741
	restlessness	1,7,8	367	232

Location	Symptom	Source	No. of patients prescribed	No. of patients relieved
	Fever with chill, (< night)	1,7,8	175	175 ✓
	Fever with body ache	1	600	379
	With vomiting of bile during hot stage < morning	1,7	21	20
	With vomiting & nausea	7	70	37
	With thirst during cold stage	1,4	130	84
	With nausea	1,7	86	50
	With bitter taste in mouth	8	62	27
	With constipation	1	58	27
	With pain in forehead	1	188	93
	Intermittent fever < afternoon	1,7	44	36 ✓
	Fever < during day	1	183	119
	(Fever with pain legs)	-	8	8

Note:- Additional symptoms (which are not present in literature) are in brackets & bold.

Additional Symptoms	No. of Patients Relieved
Pain forehead with dullness <night	93
- With pain in eyeball	34
- With vomiting of bile	6
Vertigo during walking	4
Thirst increased for cold water <night	34
Menses painful offensive	3
Dry cough <night	19
Cough with thick white expectoration	4
Fever with pain legs	8

Discussion

This is an Indian drug first proved by Dr. S.C. Ghosh, who came out with good number of symptoms and found it efficacious in bilious and remittent fever, rheumatism and sciatica, and the constipation of children. It is bitter, tonic and expectorant and a mild purgative. In fever there is thirst before and during chill and bitter vomiting at close of chill. Not much sweat. Dr. Ghose compare it with Eupat. Perf. He has made a short proving of it.

In the Council's proving many of the symptoms are similar to that of Dr. Ghose's proving. However, DR. Ghose proved the drug in Q, 3x while the Council proved it in 200, 30, 6 in descending order potencies. These symptoms have since been repeatedly verified under the clinical verification programme.

Nyctanthes arbortristis has a wide sphere of action in Fever with chill, dull headache with giddiness, tongue whit coated, bilious vomiting, loss of appetite, thirst for cold water, constipation in children, dry cough, sciatica, rheumatic pain in joint, fever with body ache.