



Review Article

Namarupa Vigyana: As a tool to study the controversy of Alaabu

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ABSTRACT:

Alaabu is a fruit bearing climber belonging to a well known family Cucurbitaceae. Species of this family belong to wild as well as edible variety which has medicinal and nutritional value. Synonyms are very important tool for classification, identification, and usage of medicinal plants in the field of Dravyaguna vidyana. Namarupa vigyana is a branch of Dravyaguna vigyana which gives an idea about the morphological characters, utility in the treatment, place of origin, habitat, historical background of that dravya on the basis of basonyms and synonyms. In Ayurvedic lexicons single synonym is used for two or more than two herbs which are totally different in morphology which creates controversy. Various Nigantu of Dravyaguna mentioned different types of Alaabu and their different synonyms. Many of them gives an idea about morphological characters, habitat, its pharmacological properties (Rasa, Guna, Virya, Vipaka), and varieties of Alaabu. Namarupa vigyana can be used as a tool to overcome controversy of Alaabu. In ancient times there was no system of morphological description of plants as done nowadays. Botanically two species can be correlated with Alaabu i.e. Lagenaria siceraria and Cucurbita maxima.

KEY WORDS: *Namarupa vigyana, Controversy, Species of Alaabu*

INTRODUCTION:

Ayurveda is the science of life. Aim of this science is “to protect health of the healthy and alleviate disorders in the diseased”. To fulfil this aim Dravya (Substance) is required. In vedic literature limited dravya were introduced but with the time being many new dravyas got introduced. As acharaya Charaka said that every drug on the earth has some or the other medicinal properties and can be used as medicine. In ancient and medieval times, there was no appropriate methodology of morphological description of plants as done nowadays. Ayurveda has some reference books known as Nighantus which contains the scattered references of Dravyas from various Samhitas. The Ancient Nighantus contained only the synonyms of Dravyas, quiet later on properties and actions were added to it and a

new pattern of Nighantus were evolved. Synonyms are very important tool for classification, identification, and usage of medicinal plants in the field of Dravyaguna vidyana. Synonyms of dravya gives an idea about morphological characters, utility in the treatment, place of origin, habitat, historical background of that dravya. In Ayurvedic lexicons single synonym is used for two or more than two herbs which are totally different in morphology which creates controversy. The Ayurvedic and Sanskrit literature has described a herb with many synonyms, which do not precisely indicate the botanical source but many a times attribute to therapeutic utility of the plant. For a single herb various synonyms are mentioned in Ayurvedic lexicons on the basis of morphology, habitat, origin, therapeutic uses etc.

by using different similes which are leading causes of controversy. Poor understanding and parallel evolved knowledge systems are some of the reasons leads to controversy. A huge controversy can be seen regarding medicinal plants. Synonym related controversy can be ruled out by using binomial nomenclature. Such controversy can be seen regarding many Dravya one of them is Alaabu.

There are many dravya mentioned in Ayurveda which can be used for medicine as well as food purpose one of them is Alaabu. Alaabu is a fruit which belongs to a well-known family known as Cucurbitaceae or gourd family. It is one of the excellent fruit for human being made and gifted by the nature having composition of all the essential constituents that are required for normal and good human health. Botanically two varieties can be correlated with Alaabu i.e. *Lagenaria siceraria* and *Cucurbita maxima*. *Lagenaria siceraria* is *Lauki* while *Cucurbita maxima* is *Kaddu*. Flowers of both the species are monoicous, *L. siceraria* bears white colored flowers while *C. maxima* bears Yellow colored flowers. Most of the species belonged to this family having both varieties wild as well as cultivated. *Alaabu* fruit pulp is used as emetic and purgative. In *Ayurvedic* text many more references can be seen regarding medicinal utility of Alaabu.

Aim:

- To assess the role of Namarupa vigyana
- To overcome the controversy of Alaabu with the help of Namarupa vigyana.

Objectives:

- Literature research

Methodology:

Literature research were done from all the Samhita, Nigantu of Dravyaguna vigyana and compiled it.

Nirukti –

*Alaabu – Na lambte iti | Labi avasamsrane |
(Bha. Pra. Shaakavarga)*

Synonyms of Alaabu

A considerable amount of information was or might be recorded in the literature under one or more synonyms. The establishment of synonyms represents a synthesis of your knowledge of the plants concerned. In *Ayurvedic* text synonyms gives an idea about identification, structure, qualities, habitat, *karma*, nature of *dravya* etc. So in Ayurveda synonyms have more significant value for identification of *dravya*. Various synonyms are mentioned in *Brihatrayi*. In various *Nigantu* synonyms are mentioned according to their different shapes, size, and properties. Acharya Charak has mentioned various synonyms in their *Ikshwaaku kalpa adhyay* (Kalpasthan) –

Lambaa atha katukaalaabuni pindaphalaa
tathaa||3||

Ikshvaakuh phalinee chaiva prochyate tasya
kalpnaa ||4|| (C. K. *Ikshvaakukalpah*)

Acharya Charak mentioned various synonyms in *Kalpasthan* of *Charak Samhita* as follows-

Lamba, Katukalaabu, Tumbi, Pindaphala, Ikshwaaku.

Meaning of some synonyms:

Ikshwaku - While cutting the fruit it creates a sound “*Ikshu*”. Thus, it is known as *Ikshwaku*.

Katu-tumbi – it is bitter in taste and pacifies the *Pitta and Kapha Dosha*.

Alaabu- Fruit of the plant doesn't hang from its climber but it needs support, thus, it is known as *Alaabu*

Mahaphala- Fruit is big in size

Tikta-beeja- seeds are bitter in taste.

Types and Synonyms of Alaabu

In Samhita and Nigantu (lexicon) various types of Alaabu which having different synonyms and morphological as well as pharmacological properties are mentioned.

Table No. 1: Types and Synonyms of Alaabu

Types		M.N.	B.N.	K.N.	R.N.
Mishtatumbi		Mishtaa Mahatumbi Rajalaabu Alaabuni	-	-	-
Katu-tumbi		Mishtaphali Raajputri Dugdhini	-	-	-
Alaabu	Dirghaa	-	Alaabu bheda	-	-
	Vartulaa	-		-	-
Madhuralaabu		-	Mishta-tumbi	-	-
Katu-tumbi		-	Ikshwaaku Mahaaphala	-	-
Rajalaabu		-	-	Mahaatumbi Madhuralaabu Shakalaabu Tumbak Bhakshalaabu	-
Katu-tumbi		-	-	Lambaa Tumbi Pinda-phala Raajanya Tikta-beeja Tikta-alaabu Mahaphala Raajputri Dugdhinika Dugdhika	-
Kumbhatumbi		-	-	-	Goraksh-tumbi Gorkshi Navalaambu Kumbhalaambu Ghantalaambu Kubha-tumbi
Ksheeratumbi		-	-	-	Dugdha-tumbi Dirgha-vruttapphala Ikshwaaku Kshirini Dugdha-beeja Danta-beeja Payaswini Mahaavalli Alaambuj Shramaghni
Bhutumbi		-	-	-	Naag-tumbi Shakrachap samudbhava Divya-tumbi Devavyay

Table No. 2: Vernacular names of Alaabu

Sr. No.	Language	Vernacular names
1.	Sanskrit	Tumbi Ishavaaku, Katutumbi, Tiktaalaabu, Alabu.
2.	Hindi	Lauki, Ghia
3.	Bengali	Laus, Lokitumbi
4.	English	Bottle Gourd
5.	Gujrati	Dudi, Tumbadi
6.	Kannad	Isugumbala, Tumbi
7.	Malayalam	Chorakka, Churan, Choraikka, Piccura, Tumburini, Cura, Tumburu
8.	Marathi	Bhopla
9.	Punjabi	Tumbi, Dani
10.	Tamil	Shorakkai, Surai, Suraikkai
11.	Telgu	Sorakaya, Anapakaya
12.	Urdu	Ghiya, Lauki

Table No. 3: Gana of Alaabu

Sr. No.	Name of samhita / Nighantu	Varga/ Gana	References
1.	Charak Samhita	Shaak varga	Cha. Su. 27/112
2.	Sushrut samhita	Vaamak Madhur varga Shaak varga	Su. Su. 39/3 Su. Su. 42/18 Su. Su. 46/211
3.	Ashatang Hridayam	Vaamak	A.H. 15/1
4.	Bhavaprakash Nigantu	Shaak varga	Bha. Ni. 58-59
5.	Dhanvantari Nigantu	Guduchyadi varga	Dha. Ni. 173-175
6.	Nigantu Aadarsh	Kushmandadi varga	227
7.	Madanpaal Nigantu	Shaak varga	10-11
8.	Dravyaguna Sangraha	Shaak varga	34-35
9.	Kaiyyadev Nigantu	Oshadhi varga	537-540 541-543
10.	Raj Nigantu	Mulakaadi varga	162-168
11.	Saraswati Nigantu	Lataadi varga	217-218
12.	Shodhal Nigantu	Guduchyaadi varga	212-213

Pharmacological Consideration:

This section deals with the *rasapanchak vivechan* as described by various Authors and tabulates the various therapeutic uses of *Alaabu*

Table No. 4: Rasapanchak of Alaabu

Rasapanchak		C.S.	S.S.	A.S./ A.H.	M.N.	B.P.	K.N.	R.N.	D.N.	N.A.	D.S.
Ras	Madhur	+	+								
	Katu								+		
	Tikta					+	+		+		+
Guna	Sheet	+			+	+	+	+			+
	Guru	+			+	+		+			
	Snigdha										
Virya	Ruksha	+									+
	Ushna										
	Sheet	+									
Vipak	Madhur	+									
	Katu					+	+				
Dosha karma	Kaphapittahar				+						
	Pittaghna				+			+		+	
	Vatapittahar						+				+
	Kaphaghna								+	+	

Karma of Alaabu:

Karma, in the context of pharmacology, relates to action on organs, *doshas*, *dhatus* and *malas* which are required for homeostasis of the person. In other words, karma is the response of living tissue to *dravya*.

Table No. 5: Karma of Alaabu

Samanya Karma	C.S.	S.S.	A.S/ A.H	M.N.	B.N	K. N.	R. N.	D. N.	Sh. N.	D. S.	S. N.
Rechak	+										
Vaamak	+	+	+			+		+		+	
Vrishya				+	+		+				
Hridya				+	+					+	
Vaatpittajwarhar					+						
Pittakasvishahar					+						
Ruchikar					+						
Dhatupushtikar/balapushti vivardhan					+		+				
Mutrashodhana						+					
Vishahar						+		+			+
Vatapittajit						+					
Shramaghna							+		+		
Gabhaposhakrut							+				
Pitttaghna							+				
Kasahar								+			
Shwaasahar								+			
Chhardihar								+			
Shoolhar								+			
Shophahar								+			
Kaphaghna									+		
Malabhedini										+	
Vatashleshmakar										+	

Table NO. 6: Rogagnata of Alaabu

Rogagnata	C.S.	S.S.	A.H.	H.S.	Ch.D.	Bh.S.	M.N.	B.N.	K.N.	D.N.	R.M.
Kushtha	+	-	-	-	-	-	-	-	-	-	-
Ashmari	-	-	+	-	-	-	-	-	-	-	-
Pradar	-	-	-	-	-	+	-	-	-	-	-
Naadivran	-	-	-	-	-	+	-	-	-	-	-
Arsha	-	-	-	-	+	-	-	-	-	-	-
Galganda	-	-	-	-	+	+	-	-	-	-	-
Shotha	-	-	-	+	-	-	-	-	-	-	-
Karnarog	-	-	-	+	-	-	-	-	-	-	-
Kaas	--	-	-	-	-	-	+	-	+	+	-
Shwaas	--	-	-	-	-	-	-	-	+	+	-
Jwar	-	-	-	-	-	-	-	+	+	-	-
Chhardi	-	-	-	-	-	-	-	-	-	+	-
Vran	-	-	-	-	-	-	-	-	-	+	-
Dantarog	-	-	-	-	-	-	-	-	-	-	+

Rogagnata of Alaabu:

Baalaanam dantaroge

*Katvalaabvaah samaadaay moolam dantaro-
gaapaham syaacchishoh | (Raaj Martanda)*

Yonidoshe

*Katukaalaabusamsiddham tailambhyan-
jjanaadbhaves |
Yinidoshaharam naaryaah garbhamutpaadyepi
|| (Vaidya Manorama)*

Haarit Samhita

Karnaroge

*Tumbirasam cha dhaaryet karnaroge prasha-
syate | (Haarit Samhita Chikitsa 43)*

Shothe

Lomashaa katutumbi ch kanjjiken jalen vaa|

*Nishvaathya chaapi samswedastaryaivoshnen
ten ch || (Haarit Samhita Chikitsa 26)*

OBSERVATIONS AND DISCUSSION:

Madanpal Nighantu-

Mishtatumbi naam gunah:

*Tumbi mishtaa mahaatumbi raajaalaabur-
laabunee |*

*Mishta tumbiphalam vrushyam kaphpittaharm
guru || Shaak varga 10*

Katu-tumbi Naamgunaah :

*Katu tumbee mishtaphalee raajputree cha dug-
dhinee |*

*Katu tumbee himaa hrudya pittaakasavishaa-
paha || Shaak varga 11*

In *Madanpal Nighantu* two types of tumbi are mentioned as *Mistatumbi* and *Katutumbi*. *Mishta* means *Madhur* (sweet in taste). Fruit of this type is *Vrishya* (Aphrodisiac), *Guru* (heavy), suppressed the vitiated *kapha* and *pitta*. *Tumbi*, *Mishtaa* (Sweet in taste), *Mahaatumbi* (Big in size), *Rajalaabu*, *Alaabu* are the synonyms of *Mishtatumbi*.

Cucurbita maxima is also sweet in taste, big in

size. Seeds of *C.maxima* are Aphrodisiac in nature. By comparing morphological and pharmacological properties of *Mishtatumbi* and *C. maxima* both are same. *Mishtatumbi* is a Sanskrit name for *C. maxima*.

other one is named as *Katu Tumbi* which is sheet (cold) in property and also have hridya action, suppresses the vitiated *pitta*, *kasahar*, *vishahar* in action. *Mishtaphali*, *raajaputri*, *dugdhini* are the synonyms for it.

Meaning of Synonyms

Katu Tumbi – Bitter in taste, pacifies kaph and pitta dosha and this Alaabu is used for the *Vaman* action.

Mishtaphali – Fruit having Sweet taste.

Lagenaria siceraria having both edible and wild variety also. Edible variety of *L. siceraria* having sweet taste (*Mishtaphali*), and is used as vegetable. Juice of this variety is been consumed by people for many health benefits such as weight loss, to control hypertension. *L. siceraria* have many shapes and sizes. In Marathi it is called as *Dudhi Bhopla* because its light green colour and its juice look like milky white in colour. *Dugdhini* synonym indicates the same properties as that of *L. siceraria* and except bitter taste, wild variety also shows same morphological characters. Due to bitter taste (*Katu-Tumbi*), this variety is used as emetic purpose (*Vaamak*).

Bhaavaprakash Nighantu

Alaabu – Tumbibhedah

*Alaabu Kathitaa tumbee dvidhaa deerghaa cha
vartulaa |*

Madhuraalaabu –

*Mishtatumbephalam hrudyam pittashleshmaa-
pahm guru |*

*Vrushyam ruchikaram proktam dhaatupushti-
vivaradhanam || (Bha. Pra. Shaak varga 57-58)*

Katu-tumbee

*Ikshvaakuh katu tumbee syaatsaa tumbee cha
mahaaphalaa |*

Katu tumbee himaa vrudya pittaakasavishaa-pahaa |

Tikta katurvipaake cha vaatapittajwaraantakrut || (bha. Pra. Shaak varga 58-59)

According to shape, Bhavaprakash quoted there are 2 types of *Alaabu* as – **Dirghaa (long bottle gourd)** and **Vartulaa (round shaped)**. According to *Bhavaprakash* *Alaabu* is nothing but the type of *Tumbi*. He also stated about two types of *Alaabu* as- *Madhuralaabu* and *Katutumbi*. **Madhuralaabu** fruits are sweet in taste, *Guru* (heavy) in property and have *Vrishya* (Aphrodisiac), *hridya*, *Dhaatu vardhan* (gives strength to muscles and the whole body), *Ruchikar* (increases the taste) action. It suppresses the vitiated *Pitta* and *Kapha dosha*. It has same properties as that *Madanpal Nigantu's Mishta tumbi* so it can be correlated with *Cucurbita maxima*.

The other one is **Katutumbi** which have *Sheet*, *Hridya* (beneficial for heart), pacifies *pitta*, *Kasahar* (effective in cough), *Vishahar*. It is *Tikta* (bitter) in taste, has *Katu* (sour) *Vipaka*. *Ikshwaaku*, *Mahaphala*, *Tumbi* are the synonyms for *Katutumbi*. While cutting the fruit it creates a sound “*Ikshu*”. Thus, it is known as *Ikshwaku*. Acharya *Charak* entitled a complete chapter “*Ikshvakulalpah*” in which different formulations of *Ikshvaku* are mentioned as *Vaamak* action (Emetic). He mentioned various synonyms as follows- *Lamba*, *Katukalaabu*, *Tumbi*, *Pindaphala*, *Ikshwaaku*. *Lamba* means long in shape and size. English name of *L. siceraria* is bottle gourd. *Katukalaabu* is bitter (wild) in taste. *Pindaphala* denotes the shape of *Alaabu*. *Ikshvaku*, *Katukalaabu*, *Katu-tumbi* these synonyms gives the idea of its pharmacological properties and can be considered as wild variety of *Alaabu* which having *Vaamak* action. Botanically it may be correlated with *Lagenaria siceraria* having different shapes and sizes.

Raaj Nighantu

Kumbhatumbee – Alaabubhedah

Gorakshatumbee gorakshee navaalamburghantaabhidhaa |

Kubhaalaamburghantaalambuh kumbhatumbee cha saptadhaa ||

Kumbhatumbee samadhuraa shishiraa pit-tahaarinee |

Guruh santarpanee ruchyaa viryapushtibala-pradaa || (Raa. Ni. Mulakaadi varga 162-163)

Ksheeratumbee – Alaabubhedah

Ksheeratumbee dugdhatumbee dirghavrutta-phalaamidhaa |

Ikshvaku kshatriyavaraa deerghabeejaa ma-haaphalaa ||

Ksheerinee dugdhabeejaa cha dantabeeja pa-yasvinee |

Mahaaballee hyalaambujah shramaghee sharabhunitaa ||

Tumbee samadhuraa snigdhaa pittaghee garbhaposhakrut |

Vrushyaa vaatapradaa chaiv balapushti vivard-hanee || (Ra. Ni. Mulakaadi varga 167-168)

Bhutumbee

Bhutumbee naagatumbee cha shakrachaa-pasamudbhavaa |

Valmeekasambhavaa devee divyatumbee sha-daavhayaa || (Ra. Ni. Mulakaadi varga 167-168)

According to *Rajanigantu* *Kubhatumbi*, *Ksheertumbi*, *Bhutumbi* are the types of *Alaabu*.

Kumbha-tumbi

It is *Madhur* in taste. It pacifies the *pitta dosha*, have *Guru* (heavy) property, *Santarpan* action. It gives strength to body. *Goraksha tumbi*, *Gorkshi*, *Navalaambu*, *Ghanta-Alaabu*, *Kumbha-Alambu*, *Ghanta*, *Alaabu* these synonyms are mentioned in *Rajnigantu*

Meaning of synonyms –

Kumbh-a tumbi- type of *Alaabu* which is spherical in shape.

Ghanta Alaabu – bell shaped *Alaabu*

By considering all the synonyms and other properties of *Kumbha tumbi* it may be *Cucurbita maxima* or edible variety of *Lagenaria siceraria*.

Ksheer-tumbi-

According to *Rajnigantu*, *ksheer-tumbi* is a type of *Alaabu*. Synonyms mentioned for *ksheer-tumbi* are *Dugdha-tumbi*, *Dirghavruttaphala*, *Ikshwaaku*, *Kshatriyavara*, *Dirghabeeja*, *Mahaaphala*, *Ksheerini*, *Dugdhabeeja*, *Dantabeeja*, *Payaswini*, *Mahaballi*, *Alambuja*, *Shramaghni*, *Sharabhumita*. It has following properties – *Madhur* (Sweet) in taste, *Snigdha Guna*, pacifies *pitta dosh*, nourishes fetus, *Vrishya* (Aphrodisiac), and gives strength to the body.

Meaning of synonyms

Dugdha tumbi – *Tumbi* having milky white colour.

Dugdhabeeja – seeds having milky white colour

Dirghavruttaphala – long bottle shape fruit

Dirghabeeja- long seeds

Dantabeeja – seeds look like teeth

Synonyms of *Ksheer tumbi* gives an idea about its morphology as well as pharmacology which resembles with the properties of *Lagenaria siceraria*. So this type of *Alaabu* can be considered as *L. siceraria*.

Bhu-tumbi-

Naagtumbi, *Shakrachapasamudbhava*, *Valmik-sambhava*, *Devi*, *Divya-tumbi*, *Shadavyay* are the synonyms mentioned by *Rajnigantu* for *bhu-tumbi*.

Kaiyyadev Nigantu :-

Rajaalaabu

Rajaalaaburmahaatumbee madhuraalaabuni mataa |

Shaakaalaabustumbakah syaad bhakshaalaaburlaabunee ||

Rajaalaabu gunaah:

Raajalaabu himam ruksham vrushyam vishtambhi vaatalam |
Swaadupaakararam bhedi kaphapittaharam guru || (*Kai. Ni. Oshadhee varga 537-538*)

Tumbee shaakam

Tadvat shleshmakarm tumbashaakam guru vishaapaham |

Krumishramaharam graahi himam vaishadyanaashanam ||

Alaabunalikaa (vrunta)

Alaabunalikaa gurvee madhuraa pittanaashinee |
Vaatashleshmakaree snigdhaa sheetalaa malabhedinee || (*Kai. Ni. Oshadhee varga 540*)

According to *kaiyyadev Nigantu Rajaalabu* and *Katutumbi* have different properties as-

Rajaalabu, *mahatumbi*, *madhuralaabu*, *Shakalaabu*, *tumbaka*, *Bhakshalaabu* are synonyms mentioned by *kaiyyadev*. It is edible variety.

Rajalaabu have *Madhur* (sweet) taste, *Madhur Vipaka*, *Sheet Virya* (potency). Also it is *Vrishya* (Aphrodisiac), pacifies *vata*, *pitta* and *kapha dosha*, *Guru* (heavy). It can be used as vegetable. *Kaiyyadev* stated that *Tumbi* is vegetable and it is *Guru* (heavy), aggravates *kapha dosh*. It removes toxins from body (*vishapaham*). It have antihelminthic (*krumi*), stress reliever (*shramahar*), Anti-diarrhoeal (*Graahi*) action.

By considering its morphological as well as pharmacological properties it can be correlated with *Cucurbita maxima*.

Katu tumbee

Tumbee lambaa pindaphalaa raajanyaa pravaaraaparaa |

Katu tumbee tikshaabeejaa tiktaalaaburmaahaaphalaa || 541||

Raajaputree pindaphalaa dugdhineekaa cha dugdhikaa |

Tumbee tiktaa katuh paake vaamanee vaatapitajeet ||542||

Ahrudyaa sheetalaa kaasashvaasjwaravishaa-pahaa |

Alaabupatram madhuram pittagham mutrashodhanam ||543||

Katu-tumbi, Lambaa, Pindaphala, Raajanyaa, Pravaraparaa, tiktabijaa, tiktalaabu, mahaphalaa, Rajaputri, dugdhnika, Dugdhnika are the synonyms for *Katu-tumbi* stated by *Kaiyyadev*. It is *Tikta* (bitter) in taste, *Katu Vipaka*. It is used for emesis. It suppresses the vitiated *Vata* and *Pitta dosha*. Somehow, *Bhavaprakash* and *Kaideva* mentioned similar synonyms for *Katu tumbi*. By considering morphological as well as pharmacological property it can be corelated with *L. siceraria*.

Leaves of *Alaabu* are *Madhur* in taste. It pacifies *Pitta dosha* and has diuretic action.

CONCLUSION:

Namarupa vigyana is a branch of *Dravyaguna vigyana* which gives an idea about the morphological characters, utility in the treatment, place of origin, habitat, historical background of that *dravya* on the basis of basonyms and synonyms. Botanically *Cucurbita maxima* and *Lagenaria siceraria* both can be considered as *Alaabu*. But *Lagenaria siceraria* has two varieties as wild and edible. *Ikshvaku, Katu tumbi, Katukaalaabu* these synonyms of *Alaabu* are considered for the wild variety of *Lagenaria siceraria* which is used for the emetic purpose. Some synonyms like *Dirghaa, Lamba, Dantabeeja, Dirghabeeja, Dirghavrutaphala, Raajanya, Dugdhnini, Ksheerini Ghantalaabu, Gorkshi, Gorkhalaabu* can be considered for edible as well as wild variety of *Lagenaria siceraria*. Whereas *Alaabu* which is sweet in taste and having *Vrishya* (Aphrodisiac) action, and also these synonyms as *Mishtha tumbi, Vartula, Mahaphala, Rajalaabu, Kumbhalaabu* in the literature can be considered as *Cucurbita maxima*.

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