

Namarupa Vigyana: As a tool to study the controversy of Alaabu**Meenal D. Lad^{1*}, Ankita Patil²**¹Professor and Head, M. D. Alumni² Department of Dravyaguna vidyana^{1,2}^{1,2}P.D.E.A. 's College of Ayurved And Research Center, Nigdi Pradhikaran, Pune, Maharashtra, India- 411044**Corresponding Author:****Meenal D. Lad**

E-mail: drmdlad@gmail.com



Submission: 03.12.2020

Acceptance: 23.01.2021

Publication: 28.02.2021

https://www.doi.org/10.63778/PDEASIJRAAS-ARJCPL/2021_22830**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 vidyana 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||
Ikshvaaku 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- vruttaphala Ikshwaaku Kshirini Dugdha-beeja Danta-beeja Payaswini Mahaavalli Alaam buj 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	VaamakMadhur varga Shaak varga	Su. Su. 39/3Su. Su. 42/18 Su. Su. 46/211
3.	Ashatanga 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	537-540541-543
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									
	Ruksha	+								+
Virya	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*, *dhatu*s 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 N0. 6: Rogaghna of Alaabu

Rogaghna	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**

Katvalaabaah samaadaay moolam dantaro- gaapaham syaacchishoh | (Raaj Martanda)

Yonidoshe

Katukaalaabusamsiddham tailambhyan-jjanaadbhavet |

Yinidoshaharam naaryaah garbhamutpaadyepi

|| (Vaidya Manorama)

Haarit Samhitaa

Karnaroge

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

Shothe

Lomashaa katutumbi ch kanjiken 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 hrudyaa pittakaasavishaa- pahaa || Shaak varga 11

In *Madanpal Nighantu* two types of tumbi are mentioned as *Mistatumbi* and *Katutumbi*. *Mistha* 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), *Mahatumbi* (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*).

Bhavaprakash Nighantu

Alaabu – Tumbibhedah

Alaabu Kathitaa tumbee dvidhaa deerghaa cha vartulaa |

Madhuraalaabu –

Mishtatumbephalam hrudyam pittashleshmaa- pahm guru |

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

Katu-tumbee

Ikshvaaku katu tumbee syaatsaa tumbee cha mahaaphalaa |

Katu tumbee himaa vrudyaa pittakaasavishaa- pahaa |

Tiktaa katurvipaake cha vaatapittajwaraantak - rut || (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- *Madhuraalaabu* and *Katutumbi*. ***Madhuraalaabu*** 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 Nighantu'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 “*Ikshvakukalpah*” 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 navaalamburghan-taabhidhaa |

Kubhaalaamburghantaalambuh kumbhatumbee cha saptadhaa ||

Kumbhatumbee samadhuraa shishiraa pit-tahaarinee |

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

Ksheeratumbee – Alaabubhedah

Ksheeratumbee dugdhatumbee dirghavrut-taphalaamidhaa |

Ikshvakuh kshatriyavaraa deerghabeejaa ma- haaphalaa ||

Ksheerinee dugdhabeejaa cha dantabeeja pa- yasvinee |

Mahaaballee hyalaambujah shramaghee sharabhumitaa ||

Tumbee samadhuraa snigdhaa pittaghee garbhaposhakrut |

Vrushyaa vaatapradaa chaiv balapushti vivard- hane ||
(*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*, *Dirghavrut-ta- phala*, *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

Dirghavrut-taphala – 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 bhak-shaalaaburlaabunee ||

Raajaalaabu gunaah:

Raajalaabu himam ruksham vrushyam vishtambhi vaatalam |

Swaadupaakarasa bhedi kaphapittaharam guru ||
(*Kai. Ni. Oshadhee varga 537-538*)

Tumbee shaakam

Tadvat shleshmakarm tumbashaakam guru vishaapaham |

Krumishramaharam graahi himam vaishad- yanaashanam ||

Alaabunalikaa (vrunta)

Alaabunalikaa gurvee madhuraa pittanaashinee |
Vaatashleshmakaree snigdhaa sheetalaa malab- hedinee ||
(*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 *kaiyadev*. 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 prava- raaparaa |

*Katu tumbee tikshaabeejaa tiktaalaaburma-
haaphalaa || 541||*

Raajaputree pindaphalaa dugdhineekaa cha dugdhikaa |

Tumbee tiktaa katuh paake vaamanee vaatapit- tajeet ||542||

Ahrudyaa sheetalaa kaasashvaasjwaravishaa- pahaa |

*Alaabupatram madhuram pittaghnam
mutrashodhanam ||543||*

Katu-tumbi, Lambaa, Pindaphala, Raajanyaa, Pravaraparaa, tiktabijaa, tiktalaabu, mahaphalaa, Rajaputri, dugdhinika, Dugdhika 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 correlated 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, Dugdhini, 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*.

Source of Support: Nil

Conflict of Interest: Nil

Copyright © 2021 PDEA'S International Journal Research in Ayurved and Allied Sciences. This is an open access article, it is free for all to read, download, copy, distribute, adapt and permitted to reuse under Creative Commons Attribution Non Commercial-ShareAlike: CC BY-NC-SABY 4.0 license.

References:

1. Chuneekar Dr. K. C. Bhavaprakash Nigantu. Pandey G. S. Dr. ed. Varanasi, Chaukhamba Bharati Academy, 2010.
2. Tripathi Dr. Bramhanand Charak Samhita. Varanasi, Chaukhamba Surbharati Prakashan, 2005; Kalpasthan Ikshvaku Kalpah Adhyay.
3. Vaidya, S. B. Nigantu Aadarsh (Vol. 1). Varanasi: Chaukhamba Bharati Academy: Kushmandadi varga
4. The Ayurvedic Pharmacopoeia Of India Part I Vol. 3.
5. Pandey Dr. Gyanendra Madanpal Nigantu. Varanasi Chaukhamba Orientalia, 2012; Shaak varga 10.
6. Pandey Dr. Gyanendra Madanpal Nigantu. Varanasi Chaukhamba Orientalia, 2012; Shaak varga 11.
7. Chuneekar Dr. K. C. Bhavaprakash Nigantu. Pandey G. S. Dr. ed.. Varanasi, Chaukhamba Bharati Academy, 2010. Shaak varga 57-58.
8. Chuneekar Dr. K. C. Bhavaprakash Nigantu. Pandey G. S. Dr. ed.. Varanasi, Chaukhamba Bharati Academy 2010. Shaak varga 58-59.
9. Tripathi Dr. Indradev Raj Nigantu Hindi commetary Dravyaguna Pariksha. Varanasi, Chakhamba Krishnadas Academy, 2010; Mulakaadi varga 162-163.
10. Tripathi Dr. Indradev Raj Nigantu Hindi commetary Dravyaguna Pariksha. Varanasi, Chakhamba Krishnadas Academy, 2010; Mulakaadi varga 164-165.
11. Tripathi Dr. Indradev Raj Nigantu Hindi commetary Dravyaguna Pariksha. Varanasi, Chakhamba Krishnadas Academy, 2010; Mulakaadi varga 166-167.
12. P. V. Sharma Acharya Kaidev Nigantu (Pathyapatyavibodhak). Varanasi, Chaukhamba orientalis, 2006; oshadhi varga 537-543.