



Shree Swaminarayan Ayurvedic College,

Opp. SAIJ GIDC, Swaminarayan Vishwamangal Gurukul, Kalol

VARUNA



Latin name: *Crateava nurvala*

Family: Capparidaceae

Regional names: વાચવર્નો (Gujarati), बरुण, (Hindi)

Morphology: A small tree with a much branched head. Leaves are deciduous, 3-foliolate, leaflets are ovate-lanceolate or obovate, glabrous on both surfaces. Fruit is globose or ovoid, woody, smooth or scurfy berry.

Synonyms: Varuna, Setuvruksha, Bahupushpa, Triparna, Kumaraka

Rasa Panchaka:

Rasa: Tikta, Kashaya

Guna: Laghu, Ruksha

Virya: Ushna

Vipaka: Katu

Karma: Bhedi, Dipana

Useful parts: Stem bark and leaves

Indications: Ashmari, Mutrakrichra

Dosage: 20-30g of the bark powder for decoction

Formulations: Varunadi kwatha churna, Varunataila, Varunakaguda, Varunadyaghruta