

To Reveal the Identity of *Nrutyakundaka Beeja* - A Review

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Abstract

The exact identity of various *Ayurvedic Dravyas* is always a burning issue for *Ayurveda* practitioners. For the same *Acharyas* made a suitable adjustment in terms of *Pratinidhi Dravyas* as well as *Abhava Dravyas*. Still some *Dravyas* mentioned in *Samhitas* were granted according to the ability and knowledge of different *Acharyas* in their own way. One of this type of *Dravya* is *Nrutyakundaka Baaja*, which is still to be revealed. The exact identity of the *Nrutyakundaka Beeja* is still not clearly established and still in ambiguous state. It was used by traditional healers in different way, nearly for the same purpose of treatment. This paper reviews the references and importance of *Nrutyakundaka Beeja* through *Samhita* and *Nighantus* because *Nighantu* is considered as latest among classical work in *Dravyaguna Shastra*. The traditional knowledge is transferred through oral teachings and the lack of clear documents creates gaps in the system. That's why there is a need for the extensive study of ancient literature to adopt and implement modern techniques to study the identity and medicinal properties. Current literature review was performed by collecting relevant information from *Ayurveda* literature. The traditional knowledge of healing system and literature study paves the way for more productive benefit. Also much more extensive studies have to be carried out to get the knowledge of identity and pharmacological properties of *Nrutyakundaka Beeja*, in future.

Keywords

Nrutyakundaka, Beeja, Ragi, Mutrala, Lithotriptic, Gokshura



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