



"EXPLORING THE THERAPUETIC POTENTIAL OF *SHIREESHA* (*Albizia lebbek* *Benth.*): AN AYURVEDIC AND SCIENTIFIC VIEWS"

¹Dr. Shwetha Joshi, ²Dr. G. S. Kulkarni, ³Dr. N. S. Hodlur

¹PG Scholar, ²Professor & HOD, ³Professor

^{1, 2, 3}Dept. of PG studies in Dravyaguna,

^{1, 2, 3}B.V.V.S. AYURVED MEDICAL COLLEGE & HOSPITAL, BAGALKOT, Karnataka, India.

ABSTRACT: INTRODUCTION: *Shireesha* (*Albizia lebbek* Benth.) is a *Vishaghna dravya* described extensively in Ayurvedic classics. It is mentioned from the Vedic period to *Nighantu* period with wide therapeutic applications, especially in *Visha*, *Kasa*, *Shwasa*, and *Kushtha*. Classical texts emphasize its role in detoxification and management of *Kaphaja* and allergic disorders. **MATERIALS & METHODS:** A comprehensive literary review was carried out from primary Ayurvedic sources including *Charaka Samhita*, *Sushruta Samhita*, *Ashtanga Hridaya*, and *Nighantus* such as *Bhavaprakasha Nighantu* etc. Data regarding *Rasa*, *Guna*, *Virya*, *Vipaka*, *Karma*, therapeutic indications, and classical formulations of *Shireesha* were collected, compiled, and analysed. **RESULTS:** Classical literature consistently identifies *Shireesha* as a potent *Vishaghna* drug. In *Samhitas*, it is included under *Vishaghna Mahakashaya* and *Shirovirechaniya Gana*, indicated in *Visha*, *Kasa*, *Shwasa*, *Kushtha* and other skin disorders. *Nighantus* describe it predominantly with *Kashaya-Tikta Rasa*, *Laghu Guna*, and variable *Virya* (*Ushna/Sheeta*). It is widely used in classical formulations like *Pancha Shireesha Agada* etc. Variations are observed in *Virya* and *Guna* across different texts, indicating diverse interpretations. **DISCUSSION:** The compiled data highlights *Shireesha* as a multi-dimensional therapeutic drug with main action in *Visha Chikitsa* and *Kaphaja Vyadhi*. Differences in *Virya* and *Guna* among *Nighantus* suggest regional or interpretative variations, while the uniform emphasis on *Vishaghna Karma* supports its strong detoxifying and anti-allergic potential. **CONCLUSION:** Classical Ayurvedic literature establishes *Shireesha* as a *Shreshta Vishaghna dravya* with wide therapeutic utility. The consistency of its indications across texts validates its importance in Ayurveda and provides a strong foundation for further pharmacological and clinical research.

KEY WORDS - *Shireesha*, *Albizia lebbek*, Review, *Vishaghna*, *Yogas*.

I. INTRODUCTION:

Shireesha (*Albizia lebbek* Benth.) is a medium-to-large deciduous tree of the Fabaceae family (1). It is one of the non-controversial and extensively used herb in Ayurvedic formulations. It is a well-known medicinal plant in Ayurveda, valued for its potent neutralization of poisons (*Vishaghna*) and anti-allergic properties. *Shireesha* is traditionally used in the management of poisoning, allergic disorders, inflammatory conditions, and respiratory diseases, including asthma. Various parts of the plant—bark, leaves, flowers, and seeds—are employed in classical formulations. Modern pharmacological studies support its traditional use, attributing its therapeutic efficacy to bioactive constituents such as Saponins, Flavonoids, and Tannins, which exhibit anti-inflammatory, analgesic, antimicrobial, and immune-modulatory activities(2). This article highlights the therapeutic potential and medicinal applications of *Shireesha*, emphasizing its continued relevance in both Ayurvedic and contemporary medical research.

II. MATERIALS AND METHODS:

Electronic searches of the relevant full articles and abstracts from various databases such as PubMed, Ayush Research Portal, Google Scholar, DHARA, and CTRI were sought. Review studies, experimental studies, and clinical trials of *Shireesha* (*Albizia lebbek* Benth.) was included. There were no language restrictions on the data sought. Journals published from the year 2000 were included. The therapeutic indications of *Shireesha* (*Albizia lebbek* Benth.) was reviewed from various Ayurvedic texts and *Nighantus*.

2.1 Search strategy: *Shireesha* OR *Albizia lebbbeck* Benth. OR Vishaghna

2.2 *Shireesha* – An Ayurvedic Perspective

2.3 Synonyms: The synonyms of *Shireesha* describe its morphology and action. Names like *Shukapushpa*, *Mrudupushpa*, *Vruttapushpa*, and *Lomashapushpaka* denote its soft, globular, silky flowers, while *Shankiniphala* and *Bhandika* refer to its flat, vessel-like pods. *Shyamavarna* indicates its dark bark, and *Plavaka* highlights its wide spreading canopy. Ecological names such as *Shukavruksha* and *Kapitana* show its association with parrot and monkeys. The synonym *Vishahanta* emphasizes its chief property as a potent anti-toxic (*Vishaghna*) drug in Ayurveda. (3. Dr.Prakash L Hegade, Dr. Harini A., A Text Book of Dravyaguna Vijnana, Chaukhambha publications, New Delhi. Edition-2, Volume-2, Reprint-2021. Pg no-563-566.)

2.4 Therapeutic Importance of SHIREESHA

Rasapanchaka [4]: *Rasa: Kashaya* (astringent taste) and *Madhura* (sweet). *Guna: Laghu* (Lightness, quality of a substance which is responsible for Lightness and decreases the bulk of the body), *Ruksha* (dryness/quality of a substance which is responsible for dryness/ which result in absorption of moisture), *Tikshna* (sharpness quality of a substance which is responsible for quick activity). *Virya: Ishat Ushna virya* (mild hot in potency). *Vipaka: Katu Vipaka* (bio-transformed rasa is Pungent). *Karma: It acts as Tridosha shamaka* (pacifies the actions of *Tridosha*).

2.5 Therapeutic indications (5)

Shireesha is a potent drug efficacious in *Arsha* (piles), *Shopha* (inflammation), *Visarpa* (erysipelas), *Kushta* (skin diseases), *Kandu* (itching), *Shwasa* (dyspnea), *Kasa* (cough), *Vrana* (wounds), *Pama* (scabies-like condition), *Raktavikara* (blood disorders), and *Twak roga* (skin diseases). It is especially important in *Vishavikara* (toxic conditions) due to its strong anti-toxic (*Vishaghna*) action.

2.6 Uses of SHIREESHA

Table 2.6 Therapeutic uses of *Shireesha* mentioned in classical texts.

Sl. no.	Indication	Method of administration	Mode of administration	Reference
1.	<i>Arsha</i>	<i>Pippali, Saindhava, Kushtha, Shireesha phala triturated with Snuhi / Arka ksheera</i>	<i>Lepa</i> (Externally)	<i>Su. Chi. 6/12 (6)</i>
		<i>Roots of Pilu, Bilva, Hingu, Kushtha, Shireesha beeja, Pippali, Saindhava, Guḍa</i>	<i>Lepa</i> (Externally)	<i>A. Hru. Chi. 8/24 (7)</i>
2.	<i>Shopha</i>	<i>Shireesha pupa, Ahishira, Naṭa, Kushtha</i>	<i>Dhoopana</i> (Externally)	<i>A. Sa. Ut. 47/15 (7)</i>
3.	<i>Visarpa</i>	<i>Aragvadha patra, Shleshmataka tvak, Indrani Shaka, Kakahva, Shireesha pushpa</i>	<i>Lepa</i> (Externally)	<i>A. Hru. Chi. 8/24</i>
		<i>Shireesha tvak + Bala with Ghrita (ghee)</i>	<i>Lepa</i> (Externally)	<i>Cha. Chi. 21/85 (8)</i>
4.	<i>Kushta</i>	<i>Shireesha, Usheera, Nagakesara, Lodhra</i>	<i>Pragharshana</i> (Externally)	<i>Cha. Su. 3/29</i>
		<i>Bark of Shireesha</i>	<i>Lepa</i> (Externally)	<i>Cha. Chi. 7/96</i>
		<i>Shireesha tvak & pushpa, Karpasi patra, Rajavrksha patra, Kakamachi kalka</i>	<i>Lepa</i> (Externally)	<i>Su. Chi 19/63</i>
5.	<i>Shwasa</i>	<i>Shireesha pushpa svarasa or Saptaparṇa, when combined with Pippali and Madhu</i>	<i>Pana</i> (Internally)	<i>Cha. Chi. 17/11</i>
		<i>Shireesha, Kadali, Kunda, Magadhika pushpa with Tandulodaka</i>	<i>Pana</i> (Internally)	<i>Su. Chi. 6/32</i>
6.	<i>Vrana</i>	<i>Shireesha beeja, Karanja beeja, Kaseesa, Saindhava, Kinva, Kuruvinda, Manashila, Kukkutanda-kapala, Jati-mukula, Dhatu churna</i>	<i>Lepa</i> (Externally)	<i>Su. Su. 37/32</i>
7.	<i>Visha vikara</i>	<i>Shireesha (tvak, moola, phala, patra) alone or with Ankola moola + Tandulodaka</i>	<i>Pana</i> (Internally)	<i>A. Hru. Ut. 37/76</i>
		<i>Shveta Marica triturated with Shireesha pushpa svarasa (7 days)</i>	<i>Pana, Nasya, Anjana</i>	<i>A. Hru. Ut. 36/72</i>
		<i>Shveta Vacha, Pratyakpushpi beeja, Shireesha beeja</i>	<i>Kalka lepa</i> (Externally)	<i>A. Sa. Ut. 42/21</i>
8.	<i>Prameha</i>	<i>Shireesha, Sarja, Arjuna, Kesara with Madhu</i>	<i>Pana</i> (Externally)	<i>Cha. Chi. 6/31</i>
9.	<i>Krimi</i>	<i>Shireesha, Kinihi, Paribhadra, Kebuka Swarasa</i>	<i>Pana</i> (Internally)	<i>A. San. Chi. 22/27</i>

10.	<i>Garbhavyapat hara</i>	<i>Shireesha & Kakubha kashaya</i>	<i>Yoni pichu</i> (Externally)	<i>A. San. Sha. 2/44</i>
11.	<i>Unmadahara</i>	<i>Trikaṭu, Haridra-dvaya, Manjishtha, Hingu, Sarshapa, Shireesha beeja</i>	<i>Nasya, Añjana</i>	<i>Cha. Chi. 9/65</i>
		<i>Shireesha, Madhuka, Hingu, Lashuna, Tagara, Vaca, Kushṭha triturated with Basta mutra</i>	<i>Nasya, Añjana</i>	<i>Cha. Chi. 9/64</i>

2.7 Evidence - Based Review on Pharmacological Activities of *Shireesha* with Reference to Ayurvedic Indications

a. PRECLINICAL STUDIES (9)

Table no. 2.7 - Pharmacological Activities of *Shireesha* with Reference to Ayurvedic Indications proven in preclinical studies

Sl. no.	Pharmacological activity	Extract, fraction, and isolate / Part used	Dose/ mode of administration Standard	Study model/ parameter	Result	Ayurvedic correlation
1.	Anti-allergic activity	Chloroform, methanol, and water extracts Leaf and stem bark	50 µg/ml 1% DMSO	<i>In vitro</i> mesenteric mast cell stabilization against compound 48/80	All the extracts showed significant mast cell stabilization activity. However, methanolic and water extracts of the bark showed the maximum activity along with the leaf methanolic extract	<i>Vishaghna</i>
2	Anti-Alzheimer's activity	Hydromethanolic extract Seed	100–300 mg/kg p.o. Galantamine 0.5 mg/kg	<i>In vivo</i> aluminum chloride (100 mg/kg, p.o.)-induced Alzheimer's disease in Wistar albino rats Morris water maze, open field, hole board, Y-maze, and T-maze test	Extracts significantly improved the memory and cognitive impairments, ↑GSH, SOD, CAT, and ↓AChE	<i>Apasmahara</i>
3	Anticancer activity	Saponin-rich fraction Bark	0.001, 0.01, 0.1, 1, and 10 µg/ml Doxorubicin 500 nM	<i>In vitro</i> MTT assay in human breast cancer MCF-7	Fraction inhibits the growth of MCF-7 with IC ₅₀ 1 µg/ml	
4	Anti-diabetic activity	Methanolic extract Bark	200, 350, and 620 mg/kg/day, p.o. Metformin 45 mg/kg	Streptozotocin-nicotinamide-induced type II diabetes mellitus using female Sprague-Dawley rats	Extract significantly decreased the level of serum GLU, creatinine, urea, triglycerides, cholesterol, low-density lipoprotein-cholesterol, and very low-density lipoprotein-cholesterol and increased high-density lipoprotein levels	<i>Pramehahara</i>

5	Antidiarrheal activity	Aqueous methanol extract Seed	2.5–5 mg/kg i.p. Loperamide 1 mg/kg i.p.	<i>In vivo</i> castor oil-induced diarrhea using albino rats and mice	Extract significantly inhibited the cathartic effect of castor oil in a dose-dependent manner	<i>Sthambana</i>
6.	Anti-inflammatory activity	Aqueous and ethanolic extract Leaves	50–200 mg/kg, p.o. Diclofenac 20 mg/kg and indomethacin 10 mg/kg	<i>In vivo</i> carrageenan-induced paw edema and cotton pellet-induced granuloma models using Wistar rats	Dose-dependent and significant inhibition of inflammation	<i>Shothahara</i>
		Petroleum ether, chloroform, and ethanol extract Bark	100, 200, and 400 mg/kg p.o. Indomethacin 10 mg/kg	<i>In vivo</i> carrageenan- and dextran-induced rat paw edema; cotton pellet-induced granuloma; adjuvant-induced arthritis using female Wistar rats	Dose-dependent and significant inhibition of inflammation	
7	Anti-microbial activity	Petroleum ether, ethyl acetate, and methanol extracts Stem bark	300 µg/ disc Ciprofloxacin 10 µg/disc for bacteria; griseofulvin 25 µg/disc for fungi	<i>In vitro</i> disc diffusion method using <i>Bacillus polymyxa</i> , <i>B. subtilis</i> , <i>B. megaterium</i> , <i>Sarcina lutea</i> , <i>Staphylococcus aureus</i> , <i>Vibrio mimicus</i> , <i>V. Cholera</i> , <i>Salmonella typhi</i> , <i>Shigella boydii</i> , <i>S. flexneri</i> type-1, <i>S. dysenteriae</i> , <i>Pseudomonas aeruginosa</i> , <i>Klebsiella pneumoniae</i> , <i>Escherichia coli</i> , <i>Candida arrizae</i> , <i>Aspergillus fumigatus</i> , <i>A. niger</i> , <i>Rhizopus oryzae</i> , <i>Candida albicans</i> , <i>C. krusei</i> , and <i>Saccharomyces cerevisiae</i>	Pet. ether and ethyl acetate extract showed activity against selective microbes with ZOI ranging from 6 to 14 mm. Methanol extract is only active against <i>S. cerevisiae</i> (8 m m)	<i>Krimighna</i>
8	Antinociceptive activity	Aqueous and ethanolic extract Leaves	50–200 mg/kg, p.o. Pentazocine 15 mg/kg	<i>In vivo</i> Eddy's hot plate and tail-flick test in Wistar rats	Both extracts showed a significant and dose-dependent increase in the mean basal reaction time in the hot plate test and latency of the flick tail response	<i>Vedanasthapa na</i>
		Petroleum ether: ethyl acetate: methanol extract (1 : 1:1) Bark	200 and 400 mg/kg p.o. Aminopyrine 50 mg/ Kg	Acetic acid induced writhing test using Swiss albino mice	Extract showed a significant and dose-dependent reduction in the number of writhes	
			Morphine 2 mg/kg	Radiant heat tail-flick method using Swiss albino mice	Extract showed significant elongation of tail flicking time	
9.	Antioxidant activity	Petroleum ether, ethyl acetate, and methanol extracts Stem bark	20–100 µg/ml Ascorbic acid	DPPH- and H ₂ O ₂ -free radical scavenging assay	Extracts showed DPPH- and H ₂ O ₂ -free radical scavenging activity with	<i>Rasayana</i>

					IC ₅₀ values of 66.63, 57.25, 60.21, 70.93, 64.69, and 68.99 µg/ml, respectively	
10	Anti-parasitic activity	Ethanollic extract Bark	5–100 µg/ml Chloroquine 5 mg/kg	<i>In vitro</i> antimalarial activity against <i>Plasmodium falciparum</i> chloroquine (CQ) sensitive (MRC2) and CQ resistant (RKL9) strains	IC ₅₀ = 8.2 and 5.1 µg/ml against MRC2 and RKL9 strains	<i>Krimighna</i>
11	Anti-Parkinson's activity	Aqueous methanolic extract Seed	100–300 mg/kg Sinemet-levodopa 100 mg + carbidopa a 25 mg/kg per oral	<i>In vivo</i> haloperidol-induced catalepsy Assessment of catalepsy, hang test, and narrow beam walk test Open field test	Extract improved the motor functions and showed significant improvement in catalepsy, time latency, no. of exploration, ↑ SOD, CAT, and GSH	<i>Vatahara</i>
12	Antipyretic activity	n-Hexane, dichloromethane, ethyl acetate, and n-butanol fraction Flower	0.25 And 1 g/kg, i.p. Aspirin (200 mg/kg)	<i>In vivo</i> Brewer's yeast-induced pyrexia using albino mice	All fractions showed a decrease in temperature	<i>Jwaraghna</i>
13	Anti-venom activity	Methanolic extract Seed	1: 1–1: 100 w/w	<i>Echis carinatus</i> venom-(ECV-) induced local toxicity in Swiss albino mice <i>in vivo</i> and proteolytic and hyaluronidase activities <i>in vitro</i>	Extract inhibited protease and hyaluronidase (IC ₅₀ 36.32 and 91.95 µg), hemorrhage (ED ₅₀ 26.37 µg), serum creatinine kinase, and lactate dehydrogenase (ED ₅₀ 37.5 and 31.44 µg)	<i>Vishaghna</i>
14	Estrogenic activity	n-Hexane, dichloromethane, ethyl acetate, and n-butanol fraction Flower	200 and 500 mg/kg i.p. 17-β-Estradiol (0.32 µg/animal/day)	Uterine weight using female Albino mice	Ethyl acetate (200) and total alcohol fraction (500 mg/kg) significantly decrease and increase uterine weight by 25.2 and 109%, respectively	<i>Garbhavyap at hara</i>
15	Wound healing activity	Ethanollic extract Root	250, 500, and 750 mg/kg p.o. Vitamin E 200 mg/kg	<i>In vivo</i> incision and excision wound models in nulliparous and non-pregnant healthy female rats	↑ Wound breaking strength in incision model, complete wound contraction was observed on the 22 nd day in excision model, ↑ wet weight of granulation tissue, total	<i>Vranaropana</i>

					protein, SOD, GSH, hydroxyproline, hexosamine, hexuronic acid levels, ↓ lipid peroxidation, and nitric oxide	
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b. CLINICAL CASE REPORT

- In dry gangrene (10) - A 45-year old woman came to the outpatient department (OPD) of Regional Ayurveda Research Institute for Drug Development, Gwalior, with clinical features indicative of dry gangrene. She was examined and diagnosis was confirmed by previous reports of X-ray and arterial color doppler. This case of dry gangrene was managed by Ayurvedic intervention of *Kaishore Guggulu* 1 g twice a day and *Sanjivani Vati* 250 mg thrice a day and *Dashanga Lepa* local application as a *Lepa* twice a day with lukewarm cow *Ghrita* for 2 months at OPD level. The response to the treatment was found highly effective. At the end of the treatment period of 2 months as compared with baseline, a highly significant change was observed. *Kaishore Guggulu*, *Sanjivani Vati* and *Dashanga Lepa* in the above-mentioned dose were found very effective and safe in a patient of dry gangrene.
- In Allergic rhinitis (11) - A 27-year-old male patient came to the *Shalakyta tantra* outpatient department with complaints of excessive sneezing, runny nose, headache, and nasal blockage for the last two years. He also complained of itching in the eyes, nose, and palate. The screening was done using the Score for Allergic Rhinitis (SFAR) questionnaire, which was 14 (positive AR) before treatment. The patient was prescribed with *Anu taila pratimarsha nasya* (~low-dose medication through the nasal route) along with oral administration of *Shirisha avaleha* for four weeks. The patient showed marked relief in symptoms of AR along with an improvement in IgE level from 334 IU/mL to 42.2 IU/mL. The SFAR score was reduced to 4 after management. The nasal smear microscopic examination was negative after four weeks of treatment, which was positive before treatment. There was no recurrence during a follow-up of four weeks.
- In *Dushtavrana* (12) - The study presents a clinical case of a 40-year-old female patient with a two-month history of an infected wound on the right buttock. Upon examination, the patient exhibited symptoms such as swelling, redness, and purulent discharge, which ultimately led to the formation of an abscess. Treatment protocols included surgical incision and drainage, followed by local application of *Vajraka Taila* over a 30-day period. The treatment plan also involved dietary restrictions and herbal medications to purify the body and aid healing.

2.8 Yogas containing *Shireesha* of with Reference to Ayurvedic Indications

Sl. No	Disease condition	Yoga	Reference
1.	<i>Netraroga</i> (eye disorders)	<i>Pindanjana</i>	A.S. U. 17/20
		<i>Pindanjana</i>	A.H. U. 14/31
		<i>Vamshatwagadi agada</i>	Su. Ka. 5/79
2.	<i>Bhagandara</i> (fistula in ano)	<i>Maha Vajraka taila</i>	Su. Chi. 9/59
		<i>Aaragwadhaadi shatpradeha</i>	A.S. Chi. 21/54
3.	<i>Arsha</i>	<i>Ksharagada</i>	Su. Ka. 6/3
		<i>Aaragwadhaadi shatpradeha</i>	A.S. Chi. 21/54
4.	<i>Grahani</i>	<i>Ksharagada</i>	Su. Ka. 6/3
		<i>Yogaraja leha</i>	A.S. Su. 21/14
5.	<i>Mutrakrichra</i>	<i>Moolaka taila</i>	Cha. Chi. 28/179

III. RESULTS

Both classical Ayurvedic literature and modern scientific research support the therapeutic potential of *Shireesha*. Classical texts highlight its role as a powerful *Shwasahara*, *Vishaghna*, and *Tridoshahara* drug, while contemporary studies confirm its anti-allergic, anti-inflammatory, antimicrobial, antioxidant, bronchodilator, and anxiolytic activities. Thus, *Shireesha* serves as a significant example where traditional Ayurvedic knowledge aligns with modern pharmacological evidence, validating its wide therapeutic applications. Experimental pharmacological studies demonstrated indicates : Anti-asthmatic and anti-allergic activity – supporting its classical use in *Shvasa* and *Kasa*, Anti-anxiety and CNS depressant activity – validating its role in *Manasika vikaras*, Anti-inflammatory and analgesic effects – aligning with its *Shothahara* and *Vedanasthapana karma*.

IV. DISCUSSION: *Shireesha* (*Albizia lebbeck* Benth.), belonging to the family Fabaceae (Mimosoideae), has been widely acclaimed in *Ayurveda* as a *Vishaghna*, *Kapha-Vata shamaka* and *Praṇavaha srotas*-acting drug. A critical review of classical and contemporary literature reveals its extensive therapeutic applicability, validating its importance as a multipurpose medicinal plant.

In *Brihatrayee*, *Shireesha* is repeatedly mentioned as one of the best antidotal drugs (*Agrya dravya* for *Visha*). *Charaka Samhita* describes *Shireesha* under *Vishaghna Mahakashaya* and advocates its use in conditions like *Visha*, *Kushṭha*, *Shvasa*, *Kasa*, *Jvara*, *Prameha* and *Rakta-dosha*. This highlights its systemic detoxifying and immunomodulatory role. *Sushruta Samhita* emphasizes *Shireesha* in the management of *Visha*, *Vrana*, *Kushta* and *Shotha*, suggesting its external and internal utility. The use of *Shireesha* in *Yoni pichu*, *Lepa* and *Kwatha* formulations indicates its anti-inflammatory, wound-healing and tissue-soothing properties. In *Ashtanga Hridaya*, *Shireesha* is described in seasonal regimens and gynecological disorders, indicating its *ritu-anukoola* as *varnya lepa* in *Hemantha rutu* and *Streeroga-hara* nature.

These attributes explain its efficacy in allergic, inflammatory, respiratory and toxicological conditions. The predominance of *Tikta*, *Kashaya Rasa* supports its role in *Amadosha pachana*, *Raktashodhana* and *Manovikara Shamana*. Modern phytochemical studies have identified flavonoids, saponins, tannins, alkaloids and glycosides in various parts of the plant, especially the seeds and bark. These constituents are known to possess anti-inflammatory, anti-histaminic, antioxidant, anxiolytic and immuno-modulatory activities, which strongly correlate with the classical descriptions of *Shireesha* as a *Vishaghna* and *Shothahara* drug.

The review of literature clearly establishes that *Shireesha* is a multidimensional drug, effective at: *Dosha* level – *Tridoshahara*, *Dhatu* level – *Rakta* and *Mamsa prabhava*, *Srotas* level – *Praṇavaha* and *Raktavaha srotas*.

V. CONCLUSION:

The review of available classical and contemporary literature clearly establishes *Shireesha* (*Albizia lebbeck* Benth.) as a highly significant medicinal plant in Ayurvedic therapeutics. Its wide spectrum of indications, including *Shvasa*, *kasa*, *kushṭha*, *jvara*, *prameha*, *vrana* and *rakta-doshaja vikaras*, reflects its systemic and multidimensional mode of action. Pharmacodynamic attributes described in various Nighantus—such as *Tikta-Kashaya rasa*, *Laghu-Ruksha guṇa*, *Anushna veerya* and *Katu vipaka*—scientifically justify its efficacy in allergic, inflammatory, respiratory and toxicological conditions. These properties also suggest its role in *amadosha pachana*, *rakta shodhana* and *srotas shuddhi*.

Abbreviations:

Cha. Chi. – *Charaka samhita Chikitsa sthana*
Su. Su. - *Sushruta samhita Sutra sthana*
Su. Chi. - *Sushruta samhita Chikitsa sthana*
Su. Ut. - *Sushruta samhita Uttara tantra*
A. S. Ut – *Ashtanga Sangraha Uttara tantra*
A. S. Chi. - *Ashtanga Sangraha Chikitsa sthana*
A. Hr. Ut. - *Ashtanga Hrudaya Uttara tantra*
A. Hr. Chi - *Ashtanga Hrudaya Chikitsa sthana*

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