



A CRITICAL REVIEW ON DRUG AHIPHENA BIJA (*PAPAVER SOMNIFERUM* LINN.) IS MENTIONED IN CLASSICAL TEXTS OF AYURVEDA

Renu Dixit¹

B.Yogeswari²

K.V.V.Bhaskar Reddy³

¹HOD Professor, Department of Dravyaguna, S.V.Ayurvedic college

²PG Scholar, Department of Dravyaguna, S.V.Ayurvedic college

³Professor, Department of Shalya Tantra, S.V.Ayurvedic college.

Review article

ABSTRACT.

Ayurveda is an Ancient system of medicine. Many plants have been described in Ayurveda, One of them is *Ahiphena*. *Ahiphena* is botanically known as (*Papaver somniferum* Linn.) belonging to family Papaveraceae. In Ayurveda it is known as *Ahiphena* with synonyms like *Tilabheda*, *Khastila*, *Sukshmabija*, *Subija*, *Sukshmatandula* etc. It is cultivated under State control of license in certain areas of Rajasthan, Madhya Pradesh, Uttar Pradesh and Jalandhar in Punjab. *Ahiphena* have 2 useful parts one the seeds of *Ahiphena* also famous by name *Khaskhas* is commonly known as *Postadana* and Poppy seeds and other Fruit. Latex exudate called Opium. Opium yields wide range of Alkaloids namely Morphine, Codein, Thebaine and Papaverine. *Ahiphena bija* has many Medicinal, Nutritive and Therapeutic values. *Ahiphena bija* is used in treatment of many diseases like *Atisara*, *Grahani*, *Viryastambhana*, *Sotha*, *Sula* and *Darunaka* in the form of *Vati*, *Curna* and *Asavas*. In this paper the detailed description of *Ahiphena bija* is mentioned from various Ayurvedic literatures.

Keywords: Ayurveda, *Ahiphena*, *Khaskhas*, Poppy seeds.

INTRODUCTION: *Papaver somniferum* commonly known as Opium poppy, *Khaskhas*, *Ahiphena* seeds are household name in India but the habit of taking Opium is prevalent throughout India. Generally crude opium is used but on special festive occasions, Kasoomba, its decoction is offered to guests. *Ahiphena bija* are small about 1.0 to 1.5 mm Round to Reniform or Kidney shaped which is White or Brownish or Greyish colour¹. Seeds are Oily in taste. Seeds contain Starch grains and Aleurone grains. The seeds are Nutritive and Demulsant and used in various Food products. From Ancient Civilizations to the Present day, the Opium Poppy (*Papaver somniferum*) has a fascinating history, from the dark

symbolism of Trance, Sleep, Dreams, and Death in Greco-Roman mythology to the search for ever stronger pain relief. Since its discovery as a Powerful Painkiller in Ancient medical texts, to the battlefields of the American Civil War, 'God's Own Medicine' has been both a blessing and a curse². There is no more effective painkiller than that which has its origin in this beautiful plant.

Methods: A Comprehensive study of *Ahiphena* available in Ayurvedic literature.

Aim: To study in detail the literary mention of *Ahiphena bija* in Ayurvedic texts.

REVIEW OF THE DRUG AHIPHENA (*PAPAVER SOMNIFERUM* LINN.):

Latin Name : *Papaver somniferum*

Family : Papaveraceae

Genus : Papaver L

Species : Somniferum L

VERNACULAR NAMES OF KHASKHAS OR POPPY SEEDS:

Sanskrit : *Khaskhasa*, *Sukshmabij*,
Subij, *Sukshmatandula*, *Tilabheda*,
Khastil, *Subhrapuspa*, *Lasatphala*,
Khakhasa, *Tilabheda*, *Khasatila*, *Khasbij*.

Hindi : *Posta*, *Khaskhasa*, *Aphim*.

Telugu : *Nallamandu*, *Gasagasalu*.

English : Opium, Poppy Seeds.

Morphology:

Habitat- Native range of annual herb is Eastern Mediterranean but is cultivated in Asia, Europe and China. In India under State Government control. It is cultivated in certain States like Rajasthan, Madhya Pradesh, Uttar Pradesh and Punjab. Habit - An Erect, rarely branched, Glaucous, Annual herb, 60- 120 cm. in height. Root - Tap root, Branched. Leaves - Many, Amplexicaule, Lobed, Dentate or Serrate, Linear-oblong or Ovate-oblong Flowers - Usually, bluish white with a purple base or white, purple, or variegated, 7.6- 17.8 cm long. Capsules - Globose, stalked, 2.5cm. diameter. Seed: Reniform, Black or White.

Rasa pancake: *Bija*

Rasa: *Madhura*

Guna: *Guru*

Virya: *Sita*

Vipaka: *Madhura*

LITERARY REVIEW:

Papaver somniferum is grown as an Annual crop. Poppy seeds are obtained from the Opium poppy. These are used as food and to produce edible oil. The seeds are known to be effective in both internal as well as external modes of administration.

Samhita Period:

Brihatrayis makes no mention of *Ahiphena*. *Ahiphena bija* was mentioned in the *Sarangadhara Samhita*, which is the *Laghutrayi* of Ayurveda³.

Sharangadhara Samhita:

- In the Uttara khandha, chapter 11/19 under **Lepadi vidhi** *Ahiphena bija* is mentioned as The Bija of **Khaskhas** made into paste along with Cow's milk and applied on the Scalp to cure Dandruff⁴.

- Sharangadhara quotes *Ahiphena* as **Vyavayi** Dravya.

Nighantu Period:

Dhanvantari Nighantu⁵:

- In the Nighantus of Ayurveda, it was first time mentioned in Dhanvantari Nighantu under the name *Aafuk*³.

- In this Nighantu, the *Ahiphena* is mentioned under “*Suvarnadi varga*”.

- Many Synonyms have been quoted like *Khastilah*, *Subhrapuspa* and *Lasatphala*.

- It is also stated that *Khastila* pacifies *Vata* and *Kapha* dosas, is *Guru*, *Vrishya* and *Balya* (Strength promoting).

Madanapala Nighantu:

- The *Ahiphena* is described in this book under the heading “*Abhayadi Varga*.”

- *Tilabeda*, *khasatila*, *Subhrapuspa*, *Lasatphala* are the Synonyms mentioned.

- The properties of *Ahiphena* are stated as *Vrishya*, *Balya*, *Kapha Vatahara* and *Guru*⁶.

Raja Nighantu^{7,8}:

- Raja Nighantu describes *Ahiphena* in class under of *Upavisha* and mention various *Kalpanas* (Formulations).

- He quoted *Ahiphena* in “*Sathavadi Varga*” with its Synonyms like *Khakhasa*, *Sukshma Bija*, *Subija* and *Sukshma tandula*.

- The *Ahiphena* is also described in this Nighantu under another Varga called "Pippalyadi Varga."
- The synonyms added here are "Aphenam, Niphenam, Khaskhas, Ahiphenakam".
- It also told as *Vrishya* (Aphrodisiac), *Balya* (Strength giving) and causes intoxication.
- Acharya also specified the Bhedas of *Ahiphena* namely *Khaskhas Safed*, *Khaskhas Mansura* and *Khaskhas Syaha*. Bhavaprakasa Nighantu⁹:
- *Ahiphena* is mentioned under "*Haritakyadi Varga*" with different parts of plant like *Kshira* and *Bija*, along with *Rasa*, *Guna* and *Karma*.

- The seeds of *Khasa* fruit are known with the name of *Khasa bija*. They are also known as *Khakasa Tila*. These seeds are *Balya* (Strength giving), *Vrishya* (Aphrodisiac) and *Guru* (heavy to digest).
- K.C. Chunekar in Bhavaprakasa Nighantu adds 3 varieties of Opium from the market viz.
 1. Patna or Bengal opium from Bihar and Bengal.
 2. Malva opium from Gwalior, Bhopal, Vadodara etc.
 3. Varanasi opium from Uttar Pradesh and Uttaranchal.

Basavarajiyam: The following mention of *Ahiphena* was seen in Basavarajiyam.

Table-1: Literary review of *Ahiphena* in Basavarajiyam

S. No.	Name	Form	Formulations	Part Used	Diseases	References
1.	<i>Ahiphena</i>	<i>Curna</i>	<i>Pittabhanjana Rasa</i>	<i>Bija</i>	<i>Amlapitta, Grahani</i>	B.S.R.7/169-73
2.	<i>Ahiphena</i>	<i>Vati</i>	<i>Jatyadi Vatika</i>	<i>Bija</i>	<i>Atimutrala</i>	B.S.R.9/127-29
3.	<i>Ahiphena</i>	<i>Vati</i>	<i>Lokanata Rasa</i>	<i>Bija</i>	<i>Grahani, Atisara</i>	B.S.R.10/122-25
4.	<i>Ahiphena</i>	<i>Taila</i>	<i>Viparitakamalla Taila</i>	<i>Bija</i>	<i>Vrana, Gandamala</i>	B.S.R.21/164-65
5.	<i>Ahiphena</i>	<i>Curna</i>	-	<i>Bija</i>	<i>Darunaka</i>	B.S.R.22/61

Yogaratanakaram: The references available in Yogaratnakar are mentioned below in table.

Table-2: Literary review of *Ahiphena* is mentioned in Yogaratnakaram

S. No.	Name	Form	Formulations	Part Used	Diseases
1.	<i>Ahiphena</i>	<i>Curna</i>	<i>Sankhodara Rasa</i>	<i>Bija</i>	<i>Atisara</i>
2.	<i>Ahiphena</i>	<i>Curna</i>	<i>Agastisutarajorasa</i>	<i>Bija</i>	<i>Grahani</i>
3.	<i>Ahiphena</i>	<i>Vati</i>	<i>Sinduradi Yoga</i>	<i>Bija</i>	<i>Virya sthambana</i>
4.	<i>Ahiphena</i>	<i>Vati</i>	<i>Viryasthambana Vati</i>	<i>Bija</i>	<i>Viryasthambana</i>
5.	<i>Ahiphena</i>	<i>Curna</i>	-	<i>Bija</i>	<i>Daruna</i>

Saligrama Nighantu¹⁰:

- As per Saligrama Nighantu- The seeds of *Khasa* fruit are known with the name of *Khasa bija*. They are also known as *Khakasa Tila*. These seeds are *Balya* (Strength giving), *Vrishya* (Aphrodisiac) and heavy to digest.

- *Khasabija*, *Khasatila*, *Sukshma tandula*, *Sukshmbija*, *Subija*, *Tilabija* and *Khasatila* are the Synonyms of *Ahiphena* found in Saligrama Nighantu.

Nighantu Ratnakara: 4 Types of *Ahiphena* and their Actions as per Nighantu Ratnakara³.

Types	Variety	Action	
1. Jarana, White		Digestive	Turkey, Egypt and Iran.
2. Marana Black		Fatal	3. <i>Papaver album</i> - cultivated in India and Yugoslavia.
3. Dharana Yellow		Rasayana	4. <i>Papaver setigerum</i> - cultivated in Southern Europe.
4. Sarana Multicoloured		Shodhana	Bhaisajyaratnavali: The famous <i>Cikitsa Grantha</i> , Bhaisajyaratnavali has following references as mentioned in the table below:
Different species of <i>Ahiphena</i>:			
1. <i>Papaver nigrum</i>	- cultivated in Southern Europe.		
2. <i>Papaver glabrum</i>	- cultivated in		

Table-3: Literary review of *Ahiphena* is mentioned in *Bhaisajyaratnavali*

S.No.	Name	Form	Formulations	Part Used	Diseases	References
1.	<i>Ahiphena</i>	Vati	<i>Ahiphena Vati</i>	Bija	Atisara	B.R.7/129
2.	<i>Ahiphena</i>	Vati	<i>Karpura Rasa</i>	Bija	Grahani, Rakta Atisara	B.R.7/164-65
3.	<i>Ahiphena</i>	Asava	<i>Ahiphenasava</i>	Bija	Visuci, Atisara	B.R.7/178-80
4.	<i>Ahiphena</i>	Vati	<i>Jatiphaladya Vatika</i>	Bija	Atisara, Gudarogas	B.R. 8/387-89
5.	<i>Ahiphena</i>	Curna	<i>Rasendra Curnam</i>	Bija	Sutikaroga	B.R. 8/501-08
6.	<i>Ahiphena</i>	Vati	<i>Dugdha Vati</i>	Bija	Daruna, Sotha	B.R. 8/520-24

Anupana Darpana¹¹:

- Acharya explains that intake of *Parada Bhasma* along with *Karpura*, *Ahiphena*, *Nagesvara* helps in *Dhatu Vriddhi*.
- In ***Krimi Roga*** consumption of *Parada Bhasma* with *Ahiphena*, *Lavanga*, *Vidanga* is advised.

Vaidyamanorama¹²:

- The most popular book of Kerala, mentions *Ahiphena Curna* to be taken with *Madhu*, which cures *Atisara*.
Rasatarangini: Rasatarangini is known as one of the best book in Rasa Sastra. It has following mentions¹³.

Table-4: Literary review of *Ahiphena* is mentioned in *Rasatarangini*

S. No.	Name	Form	Formulations	Part used	Diseases	References
1.	<i>Ahiphena</i>	Vati	<i>Vedanantaka Rasa</i>	Bija	<i>Sula</i>	R.T.24/266-69
2.	<i>Ahiphena</i>	Vati	<i>Nidrodya Rasa</i>	Bija	<i>Anidra</i>	R.T.24/270-73
3.	<i>Ahiphena</i>	Vati	<i>Sindurabhusana Rasa</i>	Bija	<i>Atisara</i>	R.T.24/274-77
4.	<i>Ahiphena</i>	Vati	<i>Harsodaya Vati</i>	Bija	<i>Virya Sthambhana</i>	R.T.24/278-85
5.	<i>Ahiphena</i>	Asava	<i>Ahiphenasava</i>	Bija	<i>Atisara, Sula</i>	R.T.24/289-91
6.	<i>Ahiphena</i>	Malahara Ointment	<i>Vedanantaka Malahara</i>	Bija	<i>Arsa</i>	R.T.24/300-04

Priya Nighantu¹⁴:

- One of the important 21st century.

Nighantu written by Acharya Priyavata Sharma mentions *Ahiphena* under the

heading “**Satapuspadi Varga**”.

- He explained **Karma** and **Indications** of *Ahiphena*.

Gunaratnamala¹⁵:

- *Ahiphena* is mentioned under “*Haritakyadi Varga*”.
- Synonyms of *Ahiphena* like *Khakhasa*, *Tilabheda* and *Postha* are listed in this book.

Siddhayoga sangraha¹⁶:

- The *Cikitsa Grantha*, has following important points on *Ahiphena*.
- Specifically explains *Shodhana* of *Ahiphena*: Purification of *Ahiphena*:
- *Ahiphena bija* is dissolved in water later Filtered with a cloth and heated on low flame the thick paste obtained is subjected to *Bhavana* with *Ardraka Svarasa* for Seven times.

MODERN TEXT BOOKS:

Indian Materia Medica¹⁷:

- In this book Vernacular names, Varieties of Opium, Habitat, Part used, Chemical constituents like Morphine, Codeine, Narcotine, Thebaine, Tritopine, Papaverine, Papaveramine are mentioned.
- It contains Organic acids like Meconic acid, Lactic acid, Tartaric acids etc. It also contains Resins, Volatile oil, Glucose, Sugar, Albumin, Ash containing Salts of Ammonium, Calcium and Magnesium.
- The Therapeutic use of Poppy Seeds are Sedative, Demulcent, Nutritive, Myotic and Aphrodisiac. It is an Anesthetic and acts as a Pain reliever.

Wealth of India¹⁸:

- Vernacular names, Botanical Description, Cultivation and Harvesting,

Varieties, Collection of Opium, Storage, Processed Adulterants, Chemical Constituents, Medicinal uses, Production, Trade and Export of Opium are mentioned.

- Poppy seeds are devoid of Narcotic properties and are utilized as Food and as a source of Fatty Oil.
- Poppy seeds are considered as Nutritive and are used in Breads, Curries, and Sweets. Analysis of Indian Poppy Seeds gave the following ranges of values: Moisture: 4.3-5.2, Protein: 22.3-24.4, Ether extract: 46.5-49.1, N-free extract: 11.7-14.3, Fibre: 4.8-5.8, Ash: 5.6-6.0, Calcium: 1.03-1.45, Phosphorus: 0.79-0.89, Iron: 8.5-11.1mg/100gm, Thiamine: 740-1.181, Riboflavin: 756-1203 and Nicotinic acid: 800-1280nanogm/100gm, Carotene is absent.

- Minor Minerals in the Seeds includes Iodine, Manganese, Copper, Magnesium, Sodium, Potassium and Zinc. The Seeds also contain Lecithin, Oxalic acid, Enzymes, and Lipase.

AYURVEDIC PHARMACOPOEIA OF INDIA¹⁹:

- Synonyms, Vernacular names, Cultivation, Varieties and Chemical constituents are mentioned.
- Seed yields a Fatty oil containing Palmitic and Linoleic acids.

Vitamins : Thiamine, Riboflavin, Folic acid and Niacin.

Amino acids : Glutamic acid, Cysteine and Aspartic acid

Therapeutic uses : Kasa, Atisara

Dosage : 5-10 gm

Table-5: Classification of *Ahiphena* based on Vargas

S. No	Varga	Reference
1.	Dhanvantari Nighantu	<i>Suvarnadi Varga, Misrakadi Varga</i>
2.	Bhavaprakasa Nighantu	<i>Haritakyadi Varga, Bhatvadi Varga</i>
3.	Madanapala Nighantu	<i>Abhayadi Varga</i>

4.	Raja Nighantu	Satahvayadi Varga
5.	Saligrama Nighantu	Asta Varga
6.	Priya Nighantu	Satapuspadi Varga
7.	Nighantu Adarsa	Ahiphenadi Varga

Table-6: Synonyms of *Ahiphena* according to various Authors⁴

S. No	Synonyms	Sa.S	D.Ni	M.P.Ni	R.Ni	B.P.Ni	Sg.Ni	R.TP.Ni	Ni.A	G.Rt	D.G.Ht	D.G/P.V Sharma	
1.	Khaskhas	+	-	-	+	+	+	-	-	+	-	+	-
2.	Sukshma bija	-	-	-	+	-	-	-	-	-	-	-	-
3.	Sukshmatandula	-	-	-	+	-	-	-	-	-	-	-	-
4.	Postha	-	-	-	-	+	-	-	+	+	+	+	-
5.	Subija	-	-	-	+	-	-	-	-	-	-	-	-
6.	Khasbija	-	-	-	-	+	-	-	-	-	-	-	-
7.	Tilabheda	-	-	+	-	-	-	-	-	-	-	+	-

Table-7: Rasadi Pancaka of *Ahiphena bija* as reported in various Nighantus

S. No	Guna	M.P.Ni	R.Ni	B.P.Ni	R.Ni
1.	Rasa				
	<i>Madhura</i>	+	+	+	+
2.	Guna				
	<i>Guru</i>	+	+	+	+
	<i>Snigdha</i>	+	+	-	-
3.	Virya				
	<i>Sita</i>	+	+	+	+
4.	Vipaka				
	<i>Madhura</i>	+	+	+	+

Table-8: Karma (actions) according to different Authors

S. No	Karma	D.Ni	M.P.Ni	R.Ni	B.P.Ni	Sg.Ni	R.T	P.Ni	Ni.A	G.Rt	D.G.Ht
1.	<i>Vrishya</i>	+	+	+	+	+	-	-	-	-	-
2.	<i>Rasayana</i>	-	-	-	-	-	-	-	-	-	-
3.	<i>Balya</i>	+	+	+	+	+	-	-	-	-	-
4.	<i>Madakari</i>	-	-	+	-	-	-	+	+	+	-
5.	<i>Nidrajanakam</i>	-	-	-	-	-	+	+	+	-	+
6.	<i>Sukrastambana</i>	-	-	-	-	+	-	-	-	-	+
7.	<i>Vedanahara</i>	-	-	-	-	-	-	-	-	-	+

Table-9: Showing the indications of *Ahiphena* according to different Authors

S. No	Indication	M.P.Ni	B.P.Ni	Sg.Ni	R.T	P.Ni	Ni.A	G.Rt	D.G.Ht
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1.	Atisara	+	-	-	+	+	-	-	+
2.	Grahani	-	-	+	-	-	-	-	+
3.	Kasa	+	+	-	+	-	-	+	+
4.	Sula	-	-	+	-	+	-	-	+
5.	Sotha	-	-	-	-	-	-	-	+
6.	Vajikarana	+	-	-	-	-	-	-	-
7.	Svasa	-	-	+	-	-	+	-	-

Table-10: Formulations containing *Ahiphena*

S. No	Formulation	Reference
1.	Nidrodya Rasa	R.T 24/270-273
2.	Ahiphenasava	R.T. 24/289-291
3.	Amakutara Rasa	B.S.R. 10/77-80
4.	Lokanata Rasa	B.S.R 10/122-125
5.	Musti Yoga	B.R. 7/127
6.	Karpura Rasa	B.R. 7/164-165
7.	Dugdha Vati	B.R. 8/520-524
8.	Ahiphena prayoga	B.R. 86/12
9.	Bahumutrantaka Rasa	B.R. 86/35-38
10.	Hemanatha Rasa	B.R. 86/43-47
11.	Sankodara Rasa	Yogaratanakara
12.	Viryastambhana Vati	Yogaratanakara

Useful part: *Bija*, *Niryasa* and *Phala*.

DOSE: *Bija*- 1-3 gms.

Therapeutic indications:

Grahani, *Amlapitta*, *Atisara*, *Anindra*, *Sula*, *Vrana*, *Darunaka*, *Sukrastambhana*, *Ajirna*, *Sotha*, *Svasa*, *Kasa*, *Vatarogas*, *Prameha* and *Bahumutra*³.

DISCUSSION:

The detailed information of *Ahiphena bija* (*Papaver somniferum* Linn) is described in this article. The seeds are obtained from Poppy capsule. Sharangadhara Samhita, has special mention of the seeds of *Ahiphena* to be used in treating *Darunaka*. In Basavarajeeyam, Purification of *Ahiphena* is explained as *Ashuddha Ahiphena* wrapped in *Gajakarna* leaves, subjected to *Svedana* in *Dolayantra* containing Cow's milk for one *Yama* purifies the *Ahiphena*. In Yogaratnakara *Ahiphena* is mentioned in *Yogas* like

Viryastambhana Vati, *Sankodhara Rasa* and *Agastisutarajorasa*.

Baishajya ratnavali mentions it as an ingredient in *Ahiphena Vati*, *Karpura Rasa*, *Ahiphenasava* and *Dugdha Vati* indicated in *Atisara* and *Grahani*. Various synonyms are mentioned in Nighantus like, in Dhanvantari Nighantu- *Khastilah* is mentioned. Madanapala Nighantu- *Tilabeda* and *Khastila*. Raja Nighantu- *Khaskhasa*, *Sukshmabija*, *Subija* and *Sukshma tandula*. Bhavaprakasa Nighantu- *Khasabija* and *Khastila*. Saligrama Nighantu- *Khasabija*, *Khastila*, *Sukshmatandula*, *Sukshmabija*, *Subija* and *Tilabheda*. Dhanvantari Nighantu- *Khastilah*. *Ahiphena bija* Pacifies *Vata* and *Kapha* dosas, is *Guru*, *Vrishya* and *Balya* exception was noted in Madanapala Nighantu, Saligrama Nighantu and Bhavaprakasa Nighantu, it stated to Pacifies *Vata* and alleviates *Kapha*.

Ahiphena bija possess *Madhura rasa*, *Guru*, *Snigdha gunas*, *Sita virya* and *Madhura vipaka*. It is *Balya* and *Vatakaphahara*. *Ahiphena bija* is said to *Vatakapha samaka* - *Snehana*, *Brimhana*, *Sothahara*, *Vedanahara* and *Vranahara*, as per Ayurveda books. By these properties it alleviates the diseases like *Darunaka*, *Atisara*, *Grahani*, *ans as Sukrastambhana*, *Amlapitta*, *Vata rogas*, *Ajirna*, *Bahumutra* and *Vrana*. *Darunaka* has mainly *Kapha* and *Vata* dosas predominant by the influence of *Vata* it causes *Srotoavarodha* and reaches *Tvak(Kapala)*. It produces the symptoms like *Kandu* (itching), *Rukshata* (dryness). *Ahiphena bija* has *Kaphavatahara* property by these properties it is indicated in *Darunaka*. *Ahiphena bija* possess *Madhura rasa*, *Guru*, *Snigdha gunas*, *Sita virya* and *Madhura vipaka* because of these properties it is indicated in *Sukrastambhana*. *Ahiphena* has *Madakari* and *Grahi karma* it is indicated in *Atisara* and *Grahani*. Presence of Vit C in poppy seeds it helps in *Vrana*. ***Ahiphena bija*** contains a large percentage of bland fixed oil called Maw or Poppy Oil and is Demulcent and Nutritive. The Seeds are excellent source B-complex, C, E, Vitamins, Minerals like Iron, Copper, Calcium, Potassium, Manganese, Zinc and Magnesium. The Poppy Seeds are rich source of Fatty acids like Linoleic acid and Palmitic acid¹⁹.

CONCLUSION:

In detail study of *Ahiphena bija* in *Brihatrayis* was not mentioned. The 1st reference was in **Sharangadhara Samhitha** in Samhithas and **Dhanvantari Nighantu** in Nighantus. Its *Shodhana* was mentioned in *Siddhayoga Sangraha*. It is used in various diseases and found in kitchen of every Indian for its Nutritive

value and used in many cuisines. Its *Guna Karma* explains that in *VataKaphahara* but few *Nighantukaras* have mentioned it as *Vatahara* and *Kaphakara*. The in-depth study will be useful for future researches. *Ahiphena* Chemical constituents like Morphine is potent drug used in terminal illness of cancer in India. It is one of the important drugs in palliative treatment. Most of the Formulations containing *Ahiphena* are indicated in GIT diseases. *Ahiphena bija* is *Vatakapha samaka* - *Snehana*, *Brimhana*, *Sothahara* and *Vranahara*, by these properties it acts as Antifungal, Anti-oxidant, Analgesic and Anti-inflammatory.

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Corresponding

Author:

Dr.Renu Dixit, HOD Professor,
Department of Dravyaguna,
S.V.Ayurvedic college
Email:bannothyogeswari@gmail.com

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