



# CONCEPTUAL STUDY ON ANTI-TOXIC ACTION OF SIGRU PUNARNAVADI LEPA: A REVIEW

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## ABSTRACT

Agada Tantra is a specialized branch of Ayurveda which mainly deals with *Visha* and its management<sup>1</sup>. There are many *Agada Yogas* which are in lepa form. These lepa's are unique because of the potent ingredients which are faster in action<sup>2</sup>. *Shigru punarnavadi* is one among the commonly used *Agada Yogas* which is explained in both *Visha Vaidhya Jyotsnika*<sup>3</sup> by Karattu Namboothiri and *Prayoga Samuchayam*<sup>4</sup> by Kochunni Thamburan. The main objective of this article is to discuss the therapeutic and pharmacological properties of *Shigru punarnavadi* as respect to toxicity.

**Keywords:** *Shigru punarnavadi*, *Visha*.

## INTRODUCTION

Ayurveda literatures have vast treasures of various drug formulations. *Agada yogas* are those formulations which counteract the deleterious actions of *visha* or poison over the senses and organs.<sup>5</sup> Lepa is one among the 24 upakarma (treatment) for *visha Chikitsa* which is explained by Acharya Charaka<sup>6</sup>. There are many lepa yoga applied for *Visha Chikitsa* in which *Shigru Punarnavadi Lepam* is one among them. *Shigru Punarnavadi Lepam* is mainly mentioned in the context of *Mandali Sarpa*<sup>7</sup>.

## MATERIAL & METHOD

This article is based on the textual review and the clinical experiences. Descriptions related to *Sigru punarnavadi Lepam* were collected from *Visha Vaidhya Jyotsnika*<sup>3</sup> and *Prayoga Samuchayam*<sup>4</sup>. Relevant textual literature and scientific publications were referred.

The ingredients of *Sigru punarnavadi Lepam* according to *Visha Vaidhya Jyotsnika* along with the *Rasa panchaka*

DRAVYA	RASA	GUNA	VEERYA	VIPAKA	KARMA	DOSHAGNATA
Sigru (Moringa oleifera)	Tikta , Katu	Ushna , Ruksha , Teekshna	Ushna	Katu	Vishahara , Krimihara , Kustahara	Kaphavatahara
Punarnava (Boerhavia diffusa)	Madhura , Tikta , Kashaya	Laghu , Ruksha	Ushna	Madhura	Sothahara , Soolahara	Kaphavatahara
Haridra (Curcuma longa)	Tikta , Katu	Laghu , Ruksha	Ushna	Katu	Varnya , Twakdoshahara, Kustahara , Vranahara , Vishahara	Kaphavatahara
Vacha (Acorus calamus)	Tikta , Katu	Laghu , Teekshna	Ushna	Katu	Krimihara , Soolahara	Kaphavatahara
Chandana (Santalum album)	Tikta , Madhura	Laghu , Ruksha	Seetha	Katu	Vishahara , Dahahara	Kaphapittahara
Patha (Cissampelos pariera)	Tikta	Laghu , Teekshna	Ushna	Katu	Vishahara , Soolahara , Dahahara , Krimihara , Vranahara	Kaphavatahara
Eswari (Aristolochia indica )	Tikta , Katu	Laghu , Teekshna	Ushna	Katu	Krimihara , Vishahara	Kaphavatahara
Yasti (Glycyrrhiza glabra)	Madhura	Guru , Snigda	Seetha	Madhura	Vranasophahara , Vishahara	Vatapittahara

Sireesha (Albizia lebbek)	Kashaya , Tikta , Madhura	Laghu , Ruksha , Teekshna	Esath Ushna	Katu	Vishahara , Vranahara , Varnya	Vatapittahara
Gokshura (Tribulus terrestris)	Madhura	Guru , Snigda	Seetha	Madhura	Sophahara , Krimihara	Vatapittahara

### Method of preparation

As specific quantity is mentioned for this yoga, all the above mentioned drugs are taken in equal quantity, powdered well and mixed together to form a consistent mixture.

**Antitoxic properties of Sigru** Moringa Oleifera has *katu, tikta rasa; ruksha laghu tiksna guna; usna veerya; katu vipaka; kushthagna, vishagna and Krimihara karma*. It contains phyto-constituents like moringine, moringinine, carotene etc. Sigru has pharmacological actions like anti-inflammatory, diuretic, anti-hypertensive, antioxidant and anti-tumor activities.<sup>8</sup>

**Antitoxic properties of Punarnava** – Punarnava has Madhura Tikta Kashaya *rasa; ruksha, laghu guna; usna veerya; Madhura Vipaka Sothahara and Soolahara karma*. Boerhavia diffusa contains Hentriacontane, Oxalic acid, Punarnavoside etc. It has anti-inflammatory, diuretic, hepatoprotective, anti-fibrinolytic, anti-cancer, anti-diabetic, immuno modulatory, immuno suppressive etc.<sup>9</sup>

**Antitoxic properties of Haridra** - Haridra has *tikta katu rasa; ruksha, laghu guna; usna veerya; katu vipaka; varnya Twakdosahara Kustahara Vranahara and Vishahara karma*. Haridra has Curcumene, Curcumenone, Curcone, Cineole, Camphene etc. It has anti diabetic, hypo lipidemic, ant- inflammatory, anti-diarrheal, hepato protective, anti-asthmatic and anti-cancerous activities.<sup>10</sup>

**Antitoxic properties of Vacha** – Vacha has *tikta, katu rasa; Laghu Teekshna guna, Ushna veerya; katu vipaka; Krimihara and Soolahara karma*. Acorus calamus has Acolamone, Acorenone, Calacone, Calamene, Preisocalamendiol etc as active principles. It has several actions such as anticonvulsant, antispasmodic, cardiovascular, hypolipidemic, anti- inflammatory, antioxidant, antidiarrheal, antimicrobial anticancer and antidiabetic.<sup>11</sup>

**Antitoxic property of Chandana** – Chandana has *tikta, madhura rasa; ruksha laghu guna; seetha veerya; katu vipaka; vishahara and Dahahara karma*. Santalum album contains Santalol, Santene, Santalenes, Santenol, teresantalol, nor – tricycloekasantalal etc. It is known to have antipyretic, antiseptic, antiscabetic and diuretic properties.<sup>12</sup>

**Antitoxic property of Patha** - Patha has *tikta rasa; laghu teekshana guna; ushna veerya; katu; Vipaka vishahara, Soolahara, Dahahara, Krimihara, Vranahara karma*. Cissampelos pariera contain Hayatin, hayatinin, menismine, cissamine, pareirine, cycleanine etc as active principle. It has pharmacological activities such as antipyretic, anti-inflammatory, antiarthritic, antiulcer, antidiabetic, anticancer, antifertility, antimicrobial, antioxidant, antimalarial etc.<sup>13</sup>

**Antitoxic property of Eswari** – Eswari has *tikta, katu rasa; laghu teekshana guna; ushna veerya; katu vipaka; Krimihara and Vishahara karma*. Eswari contains aristolochic acids, aristolactams, aporphines, protoberberines, isoquinolines, benzyloquinolines etc. Studies have indicated that it possesses Antifertility, Antitubercular, antifeedant, Phagocytic, Antiinflammatory, Diuretic etc properties.<sup>14</sup>

**Antitoxic property of Yashti** – Yashti has *madhura rasa; Guru Snigdha guna; Seetha veerya; Madhura vipaka; Vranasophahara, Vishahara karma*. It contains Glycyrrhizin, Liquirtin, Isoliquiritin, Glabranine etc. It exhibits antitussive, antimicrobial, anticoagulant, antiviral, antioxidant, antiulcer and anti-inflammatory etc activities.<sup>15</sup>

**Antitoxic property of Sireesha** – Sireesha has *Kashaya, tikta, Madhura rasa; laghu, ruksha, tiksna guna, esathusna veerya; katu vipaka; Vishahara, Vranahara and varnya karma*. Sireesha contains albigenin, albiziagenin, albogenic acid, saponins, okanin etc. It has anti allergic, phytochemical screening and antimicrobial actions.<sup>16</sup>

**Antitoxic property of Goksura** -Goksura has *madhura rasa; guru, snigdha guna; seetha veerya, madhura vipaka; sophahara and krimihara karma*. It contains Chlorogenin, diosgenin, Campesterol, astragaline etc as major chemical constituents. The reported pharmacological properties are diuretic, aphrodisiac, anti-urolithic, antidiabetic, central nervous system, cardiogenic, anti-inflammatory, antispasmodic, anticancer, antibacterial, anti-cariogenic activities.<sup>17</sup>

## DISCUSSION

Sigrupunarnavadi Lepam contains 10 drugs. Most of these drugs are having *katu, tikta rasa; usna veerya; katu vipaka; kushthaghna, visaghna, deepaniya and krimihara karmas*. These drugs are very potent and reported to have actions such as anti-oxidant, anti-inflammatory, hepato-protective, anti-mutagenic, anti-bacterial, anti-helminthic. Individually, some of these drugs have diuretic, diaphoretic actions which are useful in elimination of poison.<sup>18</sup>

## CONCLUSION

In Sigrupunarnavadi Lepam, most of the drugs are easily available and easy to prepare and administer. Mainly due to prabhava karma this yoga is mostly effective in Mandali Sarpa visha. This would motivate researchers to further explore the pharmacological activities and clinicians to further establish the drug in day to day clinical practices.

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