

A REVIEW ON-SHIGRUPUNARNAVADI LEPA

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ABSTRACT

Ayurveda is the science of life that deals with both cure and prevention of diseases. There are eight branches in it, one among which is *Agadatantra*. *Agadatantra* is defined as the science that deals with the diagnosis and treatment of bites of poisonous snakes, insects, spiders, mice etc and criminal administration of poison. Among all poisonous cases snake bite poisoning is utmost importance as it is a condition that needs emergency management. *KeraleeyaVishaVaidyas* play an eminent role in the treatment aspects of poisonous bite cases, they have dedicated their life and soul to the cries of dead broke and also has contributed literatures that quote different treatment modalities and formulations out of their experience like *KriyaKoumudi*, *VishaJyotsnika*, *Lakshanamritham*, *PrayogaSamucayam* etc. The topic of concern *Shigrupunarnavadilepa* is one such distinctive formulation that has been quoted in *VishaJyotsnika*. The formulation contains ten ingredients and has been used in *vishajashopha* (swelling due to poisonous bites) conditions as external application which has got a tremendous result.

Keywords: *Agadatantra, keraleeyavishachikitsa, shigrupunarnavadilepa*

INTRODUCTION

Ayurveda is the science of life that deals with both cure and prevention of diseases¹. There are eight branches in it, one among which is *Agada tanthra*². *Agadatantra* is defined as the science that deals with the diagnosis and treatment of bites of poisonous snakes, insects, spiders, mice etc and criminal administration of poison³.

In almost all of the animate poisoning cases *shopha* (swelling) is a major expression that may further complicate into systemic manifestations⁴. The condition is to be handled then and there so as to prevent the further suffering of the patient. *Mandalisarpadamsa* produces symptoms like that hemotoxic in nature manifesting as swelling, hyperpyrexia, burning sen-

sationetc, commonly seen in viper snake bite poisoning⁵.

Keraleeyavishagranthas has explained variety of formulations to be used in emergency conditions as well as conservative treatment modalities. Shigrupunarnavadi Lepa is one such preparation quoted in *VishaJyotsnika*⁶ that has got an outstanding action on *shopha* caused by *visha*, which is used as external application especially in *paittika* conditions.

In the conditions of snake bite and other poisonous creature bites, the emergency management play a vital role. In Ayurveda literature, many formulations were explained which can be used in emergency conditions of snake bite. *Shigrupunarnavadi Lepa* is one among them which was well utilised by *VishaVaidyas* of Kerala, but the scientific review and research work are required to utilise this formu-

lation with more confidence; hence this review study has been undertaken to highlight in brief about its action.

REVIEW OF LITERATURE

The very first reference of *Shigrupunarnavadi Lepa* is available in *VishaVaidya Jyotsnika*⁶, in which the formulation is mentioned as the *siddha yoga* for *nasyaanjanadiprayoga* in cases of *mandala vishashotha*. It has got shrewd results on curing swelling produced by poisoning as indicated in the formulation itself. It includes ten ingredients which perform uniquely for exceptional actions. In this formulation all ingredients are taken in equal quantity and made it into powder form.

It has been also quoted in another *KeraleeyaVishaGrantha, PrayogaSamucchayam* in its *thritheeya paricheda*.⁷

Table 1: Ingredients of *SheegrupunarnavadiLepa*

| SL.NO | DRUG | BOTANICAL NAME | FAMILY |
|-------|--------------------|---|------------------|
| 1. | <i>Shigru</i> | <i>Moringa pterygosperma</i> ⁸ | Moringaceae |
| 2. | <i>Punarnava</i> | <i>Boerhavia diffusa</i> ⁹ | Nyctaginaceae |
| 3. | <i>Haridra</i> | <i>Curcuma longa</i> ¹⁰ | Zingibearaceae |
| 4. | <i>Vacha</i> | <i>Acorus calamus</i> ¹¹ | Araceae |
| 5. | <i>Chandana</i> | <i>Santalum album</i> ¹² | Santalaceae |
| 6. | <i>Patha</i> | <i>Cissampelos periera</i> ¹³ | Menispermaceae |
| 7. | <i>Eshwari</i> | <i>Aristolochia indica</i> ¹⁴ | Aristolochiaceae |
| 8. | <i>Yashtimadhu</i> | <i>Glycyerrhiza glabra</i> ¹⁵ | Fabaceae |
| 9. | <i>Sirisha</i> | <i>Albizzia lebbeck</i> ¹⁶ | Mimosioidae |
| 10. | <i>Gokshura</i> | <i>Tribulus terrestris</i> ¹⁷ | Zygophyllaceae |

Table 2: Properties of Ingredients of

| Si.No | DRAVYA | RASA | GUNA | VIRYA | <i>SheegrupunarnavadiLepa</i> | KARMA |
|-------|-------------------------------|--------------------|--------------------------------|--------------|-------------------------------|--|
| 1 | <i>Shigru</i> ⁸ | <i>Katu, Tikta</i> | <i>Laghu, Ruksha, Teekshna</i> | <i>Ushna</i> | | <i>Kapha-Vatahara, Sukrala, Graahi, Deepana, Hridaya, Krimigna, Cakshushya</i> |
| 2 | <i>Punarnava</i> ⁹ | <i>Madhura,</i> | <i>Laghu,</i> | <i>Ushna</i> | | <i>Kapha-Vatahara, Shothahara,</i> |

| | | | | | |
|----|---------------------------|-------------------------|-------------------------|-----------------|---|
| | | Tikta, Kashaya | Ruksha | | Vaya:Sthapana, Deepana |
| 3 | Haridra ¹⁰ | Tikta, Katu | Ruksha, Laghu | Ushna | Kapha- Vatahara, Leghana, Vishagna, Varnya |
| 4 | Vaca ¹¹ | Katu, Tikta | Laghu, Teekshna | Ushna | Kapha-Vatahara, Leghaneeya, Medhya |
| 5 | Chandana ¹² | Tikta, Madhura | Laghu, Ruksha | Seeta | Kapha-Pittahara, Varnya, DahanPrasamana |
| 6 | Patha ¹³ | Tikta | Laghu, Teekshna | Ushna | Vata-Kaphahara, Vishagna, Grahi, Balya |
| 7 | Eshwari ¹⁴ | Tikta, Katu, Kashaya | Laghu, Ruksha | Ushna | Kapha-Vatahara, Vishagna |
| 8 | Yashtimadhu ¹⁵ | Madhura | Guru, Snigdha | Seeta | Tridosahara, Rasayana, Vriushya, Cakshyushya |
| 9 | Sirisha ¹⁶ | Kashaya, Tikta, Madhura | Laghu, Ruksha, Teekshna | Ushna (Anushna) | Tridosahara, Varnya, Vishagna, Sothahara, VedanaSthapana, Vranaropana |
| 10 | Gokshura ¹⁷ | Madhura | Guru, Snigdha | Seeta | Kapha-Pittahara, Vrushya, Mootrala, Rasayana |

MODE OF ADMINISTRATION

External application – the *churna* is mixed with lukewarm water, made into paste and applied externally over the swelling without applying much pressure. It can be applied till the swelling subsides.

INDICATION

All types of swelling caused due to visha⁵

DOSAGE

Normal dosage for external application lepana¹⁹

Diagram 1: Probable Mode of Action of *SheegrupunarnavadiLepa* on the Basis of Rasa

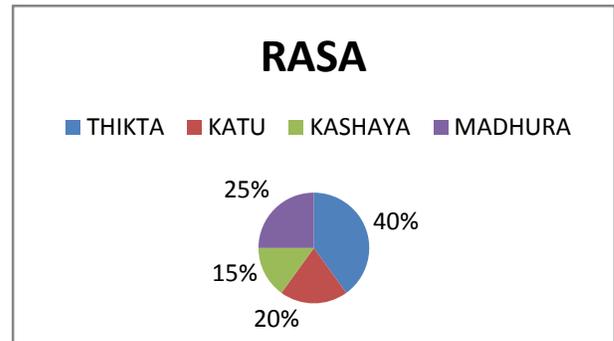


Diagram 2: Probable Mode of Action of *SheegrupunarnavadiLepa* on the Basis of Guna

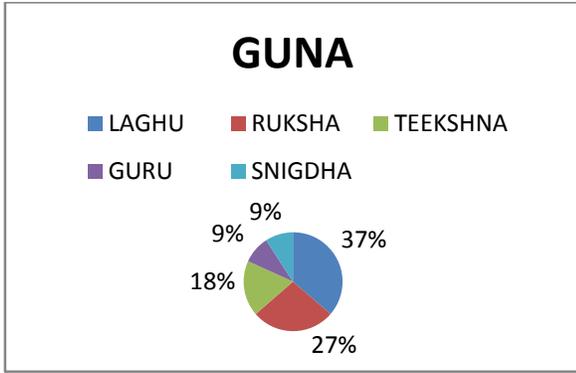


Diagram 3: Probable Mode of Action of *SheegrupunarnavadiLepa* on the Basis of *Veerya*

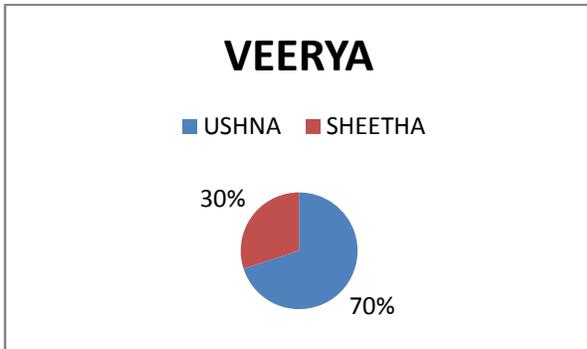
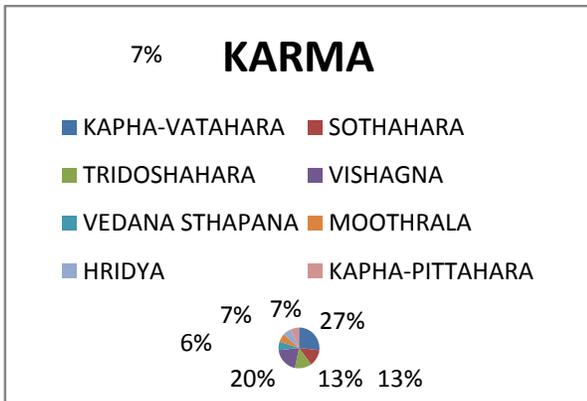


Diagram 4: Probable Mode of Action of *SheegrupunarnavadiLepa* on the Basis of *Karma*



DISCUSSION

ShigrupunarnavadiLepa is mentioned as one among the *siddha yogas* for *sopha* caused due

to *mandala damsavisha* in *VishaJyotsnika*. In *mandalivishadamsa* local symptoms are more compared to systemic symptoms, within 1-2hrs after bite. Systemic symptoms are seen in progressed stage. Local symptoms like *shotha* (swelling), *daha* (burning sensation) etc. are seen. With the application of *lepa* we can reduce the local symptoms.

Practically, *ShigrupunarnavadiLepa* is administered either mixing the *churna* with lukewarm water or rice washed water. Unlike the general rules for *lepana*, *ShigrupunarnavadiLepa* can be applied one layer over the other after drying up of the first and also can be applied at night time till the symptoms reduces.

ShigrupunarnavadiLepa is also seen effective in the *sopha* caused due to other *jangamavisha* symptoms e.g.:- scorpion, centipede, wasp etc. Considering *rasa*, 40% of the drugs constitute *thiktarasa* that contributes to pacification of *kaphaja* conditions. 25% constitutes *madhura rasa* which in turn acts upon *vata* and also *pitta*. *Katu rasa* constitutes 20% of the drugs which results in pacifying *kaphadosha*. 15% of the drugs constitute *kashaya rasa* which is acting upon *kaphadosha* as well as *pitta dosha*.

Acknowledging the *gunas*, *laghuguna* compliment 37% of the drugs and *rukshaguna* of 27% both may act upon the easy penetration of the drug into the skin tissues. *Teekshnaguna* constitute 18% of the drug n *guru* and *snigdha* *guna* comprise of 9% each.

Dealing with the *veerya* of the drug 70% of the comprised of *ushnaveerya* and 30% of *seethaveerya*. It can be suggested that in order to counteract the deteriorating action of *visha*

the drug must possess qualities that atop its nature. *Ushnaveerya* help in such condition and see the *veerya* may play the pacifying part.

Scrutinizing the karma of *Shigrupunarnavadilepa*, the drugs constitute mostly of *kaphavatahara* in nature and also *kaphapitahara*. Drugs also contribute in *sothahara*, *vishagna*, *vedanasthapana*, *moothrala* and *hridya*.

Shigrupunarnavadilepa is also found effective in *paittikashopha* of unknown origin which can be assumed to be caused due to *visha*.

CONCLUSION

Sarpavishadamsa is a condition which needs emergency management. *Shoppha* caused due to *visha* needs to be treated immediately so as to prevent the further sufferings of the patient. Eventhough there is infinite number of medications quoted in our classics we depend on ambivalent remedies. And there is a need for thorough literary works and researches on that regard. *Shigrupunarnavadilepa* is one among such *agadayogas* that crave for studies and scientific explanation although it is proved efficient practically. Those studies will further help to explore the exact action of the drug and in the management of emergency situations thereby enhancing our science.

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