



A REVIEW ON SHATAVARI PUNARNAVADYA GHRITA

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**ABSTRACT**

Introduction -The effects of intoxication caused by both *Visha* (Poison) and *Madya*(alcohol) are alike. *Madya* is *Tamoguna Pradhana*, hence gradually diminishes the functioning of mental faculty, and its excess consumption leads to a condition called *Madatyaya* (Alcoholism). Many formulations have been mentioned in the management of *Madatyaya*, and *Shatavari Punarnavadya Ghrita* is one such formulation mentioned in *Chikitsa Sara Sangraha* of *Vangasena* for the management of *Madatyaya* which is to be administered internally in the form of *Paana* (drink). **Materials and methods** – Review of *Shatavari Punarnavadya Ghrita* is done from *Chikitsa Sara Sangraha* of *Vangasena*, and other classical references and here analyzing the effectiveness of *Shatavari Punarnavadya Ghrita* will be the objective. **Observation and results-** Most of the ingredients of *Shatavari Punarnavadya Ghrita* are *Shothahara* (reduces edema), *Vishahara* (acts against poison), *Balya* (improves strength) and *Rasayana* (rejuvenating) and possess Hepatoprotective, Diuretic and Antioxidant properties. **Conclusion** -Hence,

this Yoga can be helpful in the management of *Madatyaya*. Thus, here is an attempt to analyze the efficacy of *Shatavari Punarnavadya Ghrita*.

Keywords: *Shatavari Punarnavadya Ghrita*, *Madatyaya*, *Chikitsa Sara Sangraha* of *Vangasena*, Hepatoprotective, Diuretic, *Madya*.

INTRODUCTION

The effects of intoxication caused by both *Visha* and *Madya* are alike and hence, we can see that in *Charaka-Chikitsasthana*, *Madatyaya Chikitsa* has been described after *Visha Chikitsa*. *Madya* is the end product of *Sandhana Kalpana* (alcoholic fermentation). It is predominant in *Tamoguna*, hence diminishing the functioning of mental faculty,¹ and its excess consumption leads to a condition called *Madatyaya*. Many formulations have been mentioned in the management of *Madatyaya*, and *Shatavari Punarnavadya Ghrita* is one such formulation mentioned in *Chikitsa Sara Sangraha* of *Vangasena* for the management of *Madatyaya* which is to be administered internally in the form of *Paana*.²⁻³ This *Yoga* contains ingredients like *Shatavari*,⁴ *Punarnava*,⁵ *Yashtimadhu*,⁶ *Goghrita*,⁷⁻⁸ (ghee) *Goksheera*⁹ (milk) most of which are *Shothahara*,⁴⁻⁶ *Vishahara*,^{5-6,9} *Balya*,^{4,6,8} *Rasayana*,^{4,7-8} and also possesses Hepatoprotective,⁴⁻⁶ Diuretic,⁴⁻⁵ Antioxidant properties.⁴⁻⁶ Hence, considering the

properties and efficacy of this *Yoga*, it can be used in the management of *Madatyaya*.

MATERIALS AND METHODS

Review of *Shatavari Punarnavadya Ghrita* has been done from *Chikitsa Sara Sangraha* of *Vangasena* and other classical references with an objective to analyze the efficacy of *Shatavari Punarnavadya Ghrita*.

Review of Literature

The Classical reference of *Shatavari Punarnavadya Ghrita* is available in *Chikitsa Sara Sangraha*, also known as *Vangasena Samhita* or *Vangasena*, written originally by *Vangasena* in the chapter of *Madatyayadhikara* verse 54.²⁻³ This *Yoga* contains five drugs and is indicated in *Madatyaya*. There is a similar *yoga* called *Shatavari Punarnava Sarpi* in *Yogarathnakara* from '*Laghuyoga*' in the context of the treatment of *Panatyaya*.¹⁰

OBSERVATION AND RESULTS

Table 1: Ingredients of *Shatavari Punarnavadya Ghrita*, Botanical name, Family name and Parts used.

Sl.No.	Drugs	Botanical name	Family name	Used part
1.	<i>Shatavari</i> ⁴	<i>Asparagus racemosus</i> Willd.	Liliaceae	Root
2.	<i>Punarnava</i> ⁵	<i>Boerhavia diffusa</i> Linn.	Nyctaginaceae	Root / whole plant
3.	<i>Yastimadhu</i> ⁶	<i>Glycyrrhiza glabra</i> Linn.	Papilionaceae	Root
4.	<i>Godugdha</i> ⁷⁻⁸	-	-	-
5.	<i>Goghrita</i> ⁹	-	-	-

Table 2: *Shatavari Punarnavadya Ghrita* ingredients and properties

Sl.No.	Drug	Rasa	Guna	Virya	Vipaka	Karma
1.	<i>Shatavari</i> ⁴	<i>Madhura Tikta</i>	<i>Guru, Snigdha</i>	<i>Sheetha</i>	<i>Madhura</i>	<i>Rasayana</i> <i>Medhya</i> (enhances intellect) <i>Pusti vardhaka</i> (nourishing) <i>Balya</i> <i>Shothahara</i> <i>Gulmanashaka</i> (destroys tumours)

						<p><i>Vrishya</i>(aphrodisiac) <i>Stanyavardhaka</i> (enhances breast milk production)</p>
2.	<i>Punarnava</i> ⁵	<i>Katu Kashaya</i>	<i>Laghu, Ruksha</i>	<i>Ushna</i>	<i>Katu</i>	<p><i>Deepana</i> (enhances digestion) <i>Shophahara</i> <i>Pandughna</i> (relieves anemia) <i>Vishahara</i> <i>Shulahara</i>(analgesic) <i>Udararogahara</i> (relieves ascites) <i>Kasahara</i> (reduces cough) <i>Hridrogashamaka</i> (pacifies Heart diseases)</p>
3.	<i>Yastimadhu</i> ⁶	<i>Madhura</i>	<i>Guru, Snigdha</i>	<i>Sheetha</i>	<i>Madhura</i>	<p><i>Balya</i> <i>Medhya Rasayana</i>¹¹ <i>Shothahara</i> <i>Vishaghna</i> <i>Varnya</i> (enhances complexion) <i>Kantya</i> (enhances voice) <i>Shukrala</i> (enhances semen production) <i>Ruchya</i> (enhances Taste perception) <i>Swasahara</i> (relieves dyspnea) <i>Kasahara</i> <i>Vranahara</i> (wound healing)</p>
4.	<i>Godugdha</i> ⁷⁻⁸	<i>Madhura</i>	<i>Guru, Snigdha</i>	<i>Sheetha</i>	<i>Madhura</i>	<p><i>Ojo Abhivardhana</i>⁸(enhances Ojas) <i>Jivaniya</i>⁸⁻⁹(improves quality of life) <i>Rasayana</i>⁸⁻⁹ <i>Medhya</i>⁹ <i>Balya</i>⁹</p>
5.	<i>Goghrita</i> ⁹	<i>Madhura</i>	<i>Guru, Snigdha</i>	<i>Sheetha</i>	<i>Madhura</i>	<p><i>Smritivivardhana</i>(enhances memory) <i>Buddhivivardhana</i> <i>Agnivivardhana</i> <i>Shukravivardhana</i> <i>Ojovivardhana</i> <i>Kaphavivardhana</i> <i>Medovivardhana</i> <i>Vatapittapaha</i> (alleviates Vata&Pitta) <i>Vishapaha</i></p>

						<p><i>Unmadapaha</i> (alleviates insanity) <i>Shoshapaha</i> (alleviates emaciation) <i>Alakshmyapaha</i> (removes inauspiciousness) <i>Jwarapaha</i> (effective in treatment of fever)</p>
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Diagram 1- Analysis of Rasa of Ingredients of Shatavari Punarnavadya Ghrita

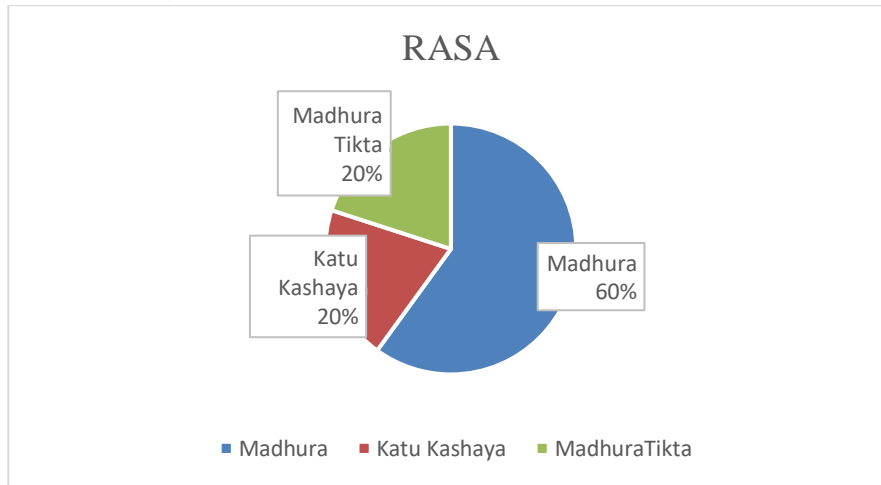


Diagram 2- Analysis of Guna of ingredients of Shatavari Punarnavadya Ghrita

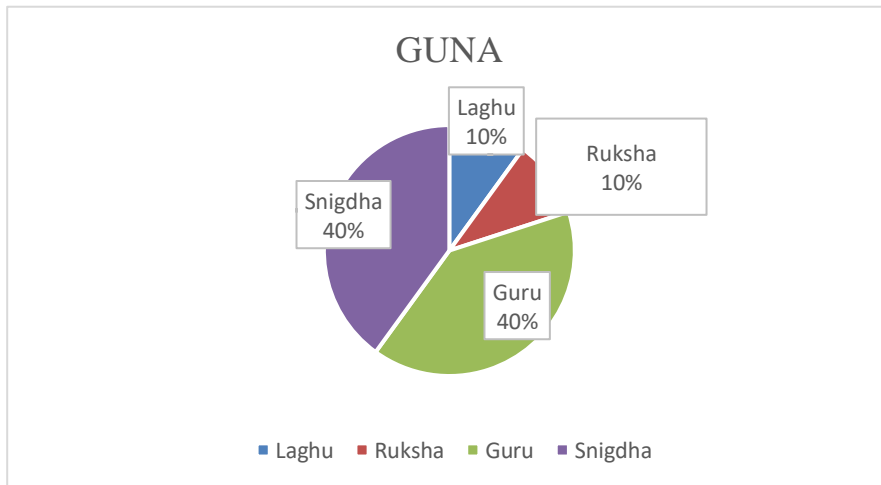


Diagram 3 -Analysis of Virya of ingredients of Shatavari Punarnavadya Ghrita

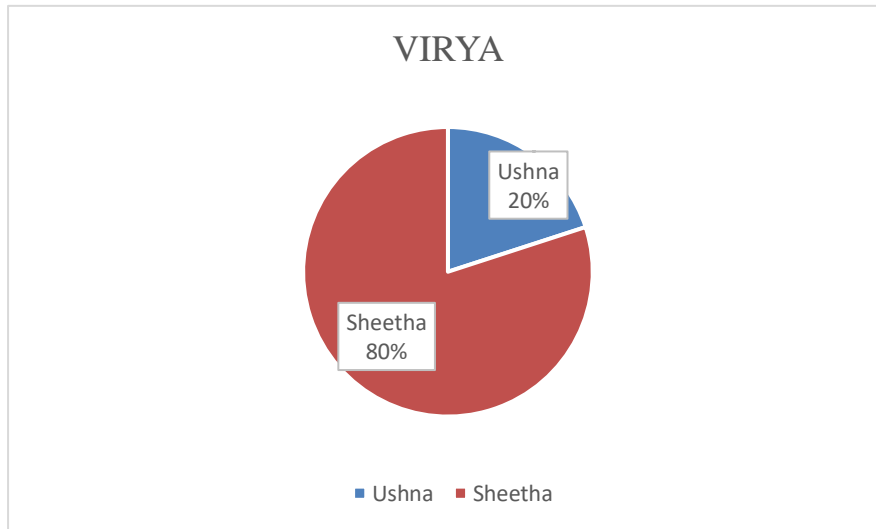


Diagram 4 -Analysis of Vipaka of ingredients of Shatavari Punarnavadya Ghrita

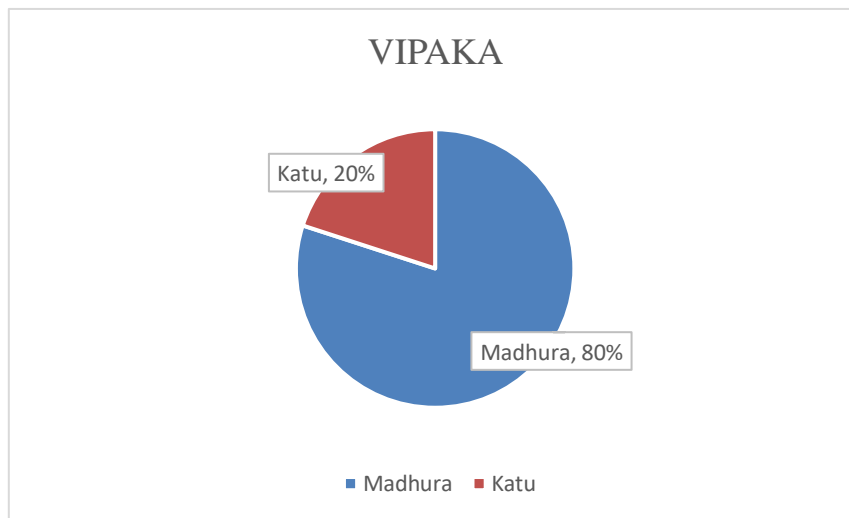
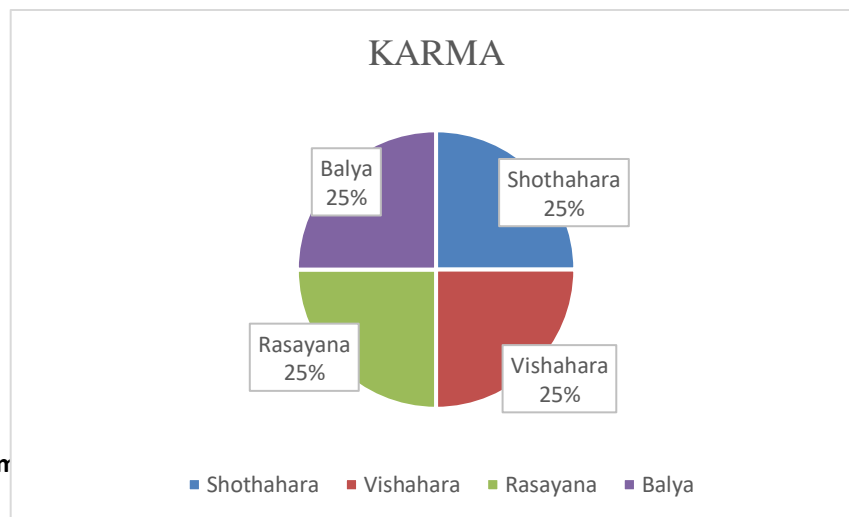


Diagram 5 -Analysis of Karma of ingredients of Shatavari Punarnavadya Ghrita



METHOD OF PREPARATION:¹²⁻¹⁴

Shatavari, *Punarnava* and *Yashtimadhu* are adequately ground and made into *Kalka*. Then, *Punarnava Kwatha* is prepared by boiling 1 part of *Punarnava Kalka* with four parts of water, reducing it to a quarter, and filtering it. Now 1 part of the *Kalkas* of *Shatavari*, *Punarnava* and *Yashtimadhu* are taken and added with eight parts of *Punarnava Kwatha*, four parts of *Goghrita*, eight parts of *Goksheera* and then cooked till *Ghritasiddhi Lakshanas* (signs of proper ghrita preparation) appear. This *Ghrita* is considered to be *Pustikaraka* (nourishing) and helpful in treating *Madatyaya*.²⁻³

DISCUSSION

Madya possesses almost all qualities similar to *Visha*, and its indiscriminate use causes *Madatyaya*. When *Madhyapana* is done in excess, it destroys *Ojas* and causes *Vikriti* in *Hridaya*, *Manas*, *Buddhi*, *Indriya*, *Dhatu*, etc.¹⁵ Many *Yogas* have been mentioned in the management of *Madatyaya* and *Shatavari Punarnavadya Ghrita* is one such *Yoga* mentioned in *Chikitsa Sara Sangraha* of *Vangasena*. While considering the *rasa*, 60% of drugs are *Madhura rasa*, 20% are *Madhura Tikta*, and 20% are *Katu Kashaya rasa* (Diagram 1). According to *Astanga Hridaya Madhura Rasa* is *Vishapaha*, *Ojovardhaka*, *Brimhana*, *Balya* and *Pittanilapaha*.¹⁶ According to *Charaka Samhita* and *Madanapala Nighantu*, *Tikta Rasa* and *Katu Rasa* are *Vishahara* respectively.¹⁷⁻¹⁸ 40% of drugs have *Guru Snigdha Guna* (Diagram 2) and 80% have *Madhura Vipaka* (Diagram 4) which makes the *Yoga Balya* and *Brimhana* thereby helps in providing nourishment to the body. 80% of the drugs are *Sheetha Virya* (Diagram 3) which is opposite to the quality of *Madya* and *Visha*. While considering *karma*, 25% are *Balya*, 25% *Rasayana*, 25% are *Shothahara*, and 25% are *Vishahara* (Diagram 5). As it is *Balya* and *Rasayana*, it is helpful in nourishing the *Karshya* that is caused by *Madatyaya*. *Vishahara* and *Shothahara* properties help counteract the toxic effects of *Madya*.

CONCLUSION

Shatavari Punarnavadya Ghrita is one of the *Yogas* mentioned in the *Madatyayadhikara* of *Chikitsa Sara Sangraha* of *Vangasena*. Most of the drugs in this *Yoga* have *Madhura Rasa*, which makes this *yoga Vishapaha*, *Ojovardhaka*, *Brimhana*, *Balya* and *Pittanilapaha*.¹⁶ The *Guru Snigdha Guna* and *Madhura Vipaka* of the drugs make this *Yoga* nourishing and thereby help treat the emaciation that *Madatyaya* causes. Since most of the drugs are *Sheetha Virya*, they can act against the effect of *Madya*, which is a *Ushna Virya Dravya*, and the main *karma* of the drugs in this *Yoga* are *Balya*, *Rasayana*, *Vishahara* and *Shothahara*. Owing to the overall *Rasapanchaka* and its properties, this *Yoga* can counteract the harmful effects of *Madya*. Hence, it could be a promising *yoga* in treating *Madatyaya* and its complications, and it needs further research and validation.

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