

CONCEPTUAL STUDY ON THE ACTION OF *SHIGRUPUNARNAVADI LEPA YOGA* IN *VISHAJA SHOPHA*

Vijitha Vijayan¹, Pravin Ramdas Firke²

¹Assistant Professor, Department of Agadatantra, Krishna Ayurveda College, Vadodara

²Associate Professor & HOD, Department of Agadatantra, Krishna Ayurveda College, Vadodara

Corresponding Author: vijithav29@gmail.com

<https://doi.org/10.46607/iamj1513042025>

(Published Online: April 2025)

Open Access

© International Ayurvedic Medical Journal, India 2025

Article Received: 08/02/2025 - Peer Reviewed: 29/03/2025 - Accepted for Publication: 11/04/2025.



ABSTRACT

Agadatantra deals with the study of all types of poisons, their action, clinical manifestation, diagnosis of acute, chronic and cumulative toxicity and their treatment. Acharya Charaka has mentioned *lepa* as one among the *Chaturvimshati Upakramas* (24 treatment modalities). *Shigrupunarnavadi Yoga* is a formulation mentioned in *Prayoga Samuchaya* under *Mandali Chikitsa* and in *Visha Jyotsnika* under *Mandali Chikitsa*. It is indicated in all types of *Vishaja Shophha* (swelling due to pison) and is practically used by various *Visha Vaidyas* (traditional toxicologists).

Keywords: *Agadatantra, Shigrupunarnavadi, Vishaja Shophha*

INTRODUCTION

Kerala has a rich traditional background in toxicology. Several toxicological tests are written in Malayalam, like *Prayoga Samuchaya*, *Vishajyotsnika*, *Kriya Koumudi*, *Kodesserimargam*, etc. Several highly potent *Vishahara Yogas* (antipoisonous formulations) are exclusively mentioned in these texts. *Shigrupunarnavadi Yoga* is one of them mentioned in *Prayoga Samuchaya*¹ under *Mandali Chikitsa* and in *Visha Jyotsnika*² under *Mandali Chikitsa*. It is indicated as a *Lepa Yoga* (topical application) and is practically used by various *Visha Vaidyas* in all types of *Vishaja Shophha*.

AIM AND OBJECTIVE

This paper attempts to review the action of *Shigrupunarnavadi Lepa Choorna* in *Vishaja Shopha*.

MATERIALS AND METHODS

REVIEW OF LITERATURE

This *Yoga* has been mentioned in *Prayoga samuchaya* under *Mandali Samanya Chikitsa* and *Visha Jyotsnika* under *Mandali Chikitsa*

INGREDIENTS OF SHIGRUPUNARNAVADI CHURNA³

1. SHIGRU

Botanical name: *Moringa olifera* Linn.

Family: *Moringaceae*

English name: Drumstick tree

Synonyms: *Shobhanjana, Teekshna gandham, Mochaka.*

Classical Categorization :

Charaka : Krimighna, Swedopaga, Shirovirechanopaga, Katukaskandha.

Part used: Bark

Chemical constituents: Root bark contains an alkaloid Moringine and an antibiotic Pterygospermin

Rasapanchaka:

Guna: Laghu, Rooksha, Teekshna

Rasa : Katu, Tiktha rasa

Vipaka: Katu

Veerya: Ushna

Karma: Kapha, Vatahara, Deepana, Rochana, Vishahara

2.PUNARNAVA

Botanical name : *Boerhavia diffusa* Linn.

Family: *Nyctaginaceae*

English name: Hogweed

Classical Categorization :

Charaka :Vayasthapana, Kasahara, Swedopaga, Anuvasanopaga

Part used: Whole plant

Chemical constituents: It contains the alkaloid 'Punarnavine' and Potassium

Nitrate

Rasapanchaka:

Rasa : Madhura, Tiktha, Kashaya rasa

Guna : Laghu, Rooksha

Veerya : Ushna

Vipaka : Madhura

Karma :Kapha, Vatahara, Deepana, Soolahara

3.HARIDRA

Botanical name : *Curcuma longa* Linn.

Family: *Zingiberaceae*

English name: Turmeric

Classical Categorization :

Charaka: Vishaghna, Kandughna, Lekhaniya, Kushtaghna, Shirovirechana, and Tiktha skanda

Part used: Rhizome

Chemical constituents: It contains Curcumin and Vitamin A.

Rasapanchaka:

Rasa: Tiktha, Katu

Guna: Laghu, Rooksha

Veerya: Ushna

Vipaka: Katu

Karma : Kapha, Vatahara, Varnya, Tvak Doshahara

4. VACHA

Botanical name: *Acorus calamus* Linn.

Family: *Araceae*

English name: Sweet flag

Synonyms : *Ugra gandha, Golomi, Satha parvika, Kshudra patri, Mangalya, Lomasha*

Classical Categorization :

Charaka: Virechana, Lekhaniya, Arsoghna, Trip-tighna, Sheethaprashamana, Sanjnasthapana, Asthanopaga, Tiktaskandha.

Part used: Rhizome

Chemical constituents: Root bark contains Asaryil aldehydes, Acorin, Eugenol, Caffeine

Rasapanchaka:

Rasa : Tikta, Katu

Guna : Laghu, Teekshna

Veerya : Ushna

Vipaka : Katu

Karma :Kapha, Vatahara, Kantya, Medhya, Soolahara

5.RAKTACHANDANA

Botanical name : *Pterocarpus santalinus* Linn.

Family: *Fabaceae*

English name: Red sandal tree

Synonyms : *Raktasara, Asukla chandana, Raktavriksha*

Part used: Heartwood

Chemical constituents: It contains Santalin A, Santalin B, Pterocarpol

Rasapanchaka:

Rasa : Tikta, Madhura

Guna: Guru

Veerya: Seetha

Vipaka: Madhura

Karma : Kapha-Pittahara, Vishahara

6. PATA

Botanical name : *Cyclea peltata*.

Family: Menispermaceae

Synonyms : *Ambashta, Ambashtika, Padika, Kucheli*.

Classical Categorization :

Charaka : Stanya shodhana, Jwarahara, Sandhaneeya

Part used: Root

Chemical constituents: Root contains Pelosine or Berberine and Cyclein.

Rasapanchaka:

Rasa : Tiktha, Guna : Laghu, Teekshna

Veerya: Ushna

Vipaka: Katu

Karma : Kapha-Vatahara, Vishahara

7. ESHWARA MOOLI

Botanical name : *Aristolochia Indica* Linn.

Family : Aristolochiaceae

English name: Indian birthwort

Synonyms : *Garalika, Eesvari, Sarpini, Garudi, Nakula priya*.

Part used: Root

Chemical constituents: Root contains alkaloid Aristalochin, Iso-aristolochic acid and Allantonin

Rasapanchaka:

Rasa: Tikta, Katu

Guna: Laghu, Teekshna

Veerya: Ushna

Vipaka: Katu

Karma : Kapha-Vatahara, Vishahara

8. YASHTI MADHU

Botanical name: *Glycyrrhiza glabra* Linn.

Family: Fabaceae

English name: Liquorice

Synonyms : *Kleethaka, Kleethanaka, Madhulika*

Classical Categorization :

Charaka: Jivaniya, Sandhaneeya, Varnya, Kantya, Kandughna, Chardinigrahana, Shonitasthapana, Mutravirajaniya, Snehopaga, Vamanopaga, Asthapanopaga.

Part used: Roots

Chemical constituents: It contains Glycyrrhizin, Isoliquiritin, Liquiritin, Asparagine

Rasapanchaka:

Rasa : Madhura

Guna : Guru, Snigdha

Veerya : Sheetha

Vipaka : Madhura

Karma :Vata, Pittahara, Vishahara, Vrana shophahara

9. SHIREESHA

Botanical name : *Albizzia lebeck* Benth.

Family: Mimosaceae

English name: Siris tree

Synonyms : *Bhandila, Bhandi, Bhandira, Kapeetana, Sooka pushpa*

Classical Categorization :

Charaka: Vishaghna, Vedanasthapana, Shirovirechana, Kashaya skandha

Part used: Bark

Chemical constituents: It contains tannin, saponin

Rasapanchaka:

Rasa : Kashaya, Tikta, Madhura.

Guna: Laghu, Rooksha, Teekshna

Veerya: Eeshat ushna

Vipaka: Katu

Karma :Pitta-Vatahara, Vishahara, Varnya

10. GOKSHURA

Botanical name : *Tribulus terrestris* Linn.

Family: Zygophyllaceae

English name: Land caltrops

Synonyms: *Gokandaka, Swadamshttra, Gokshuraka, Saranya*

Classical Categorization :

Charaka: Shothahara, Mootravirechaneeya, Krmighna

Part used: Fruit

Chemical constituents: The Fruit contains Glycoside, Sterol, Tannin, and Harmine

Rasapanchaka:

Rasa : Madhura.

Guna : Guru, Snigdha

Veerya : Seetha

Vipaka : Madhura

Karma :Vatha-Pittahara, Deepana

METHOD OF PREPARATION—The formulation does not mention a particular ratio to the ingredients. So, all ten ingredients are taken in equal quantity, dried, and powdered well.

METHOD OF APPLICATION- *Shigrupunarnavadi yoga* is indicated for lepa in all types of *Vishaja Shopha*. The reference does not mention the liquid medium for making lepa so that water can be used. *Visha Chikitsa Vaidyas* of Kerala advises “washed rice water” as the medium.

DISCUSSION

Shigrupunarnavadi Choorna is an effective formulation for the treatment of *Vishaja Shopha*. It is widely practiced by many practitioners and proven effective in all types of *Vishaja Shopha*. *Shigru*, *Haridra*, *Chandana*, *Pata*, *Eshwar mooli*, *Yashti* and *Shireesha* have *Vishaghna* property. So, these combinations may be acting as *Vishaghna*. The general *Doshahara* properties of drugs may be acting in pain, erythema and oedema. *Punarnava* has *Kapha*, *Vatahara* property may give relief in Pain as well as in oedema, *Yashtimadhu* is having *Vata*, *Pittahara* property may provide relief in Pain as well as in Erythema and

Chandana has *Pitta-Kaphahara* property may give relief in Erythema and oedema. *Shigru*, *Punarnava* and *Gokshura* are *Shophahara*. *Punarnava* and *Shireesha* are having *Madhura Kashaya Rasa*. Most of the drugs in *Shigrupunarnavadi* are of *Ushna Veerya*, and its action is mainly due to the *Vishahara* property exhibited by all ingredients except *Punarnava*.

CONCLUSION

Shigrupunarnavadi Choorna is an effective formulation in *Prayoga samuchaya* and *Visha Jyotsnika* for treating *vishaja shopha*. Out of ten ingredients, seven have *Vishahara*(antipoisonous) property. Also, they have *Ushna Veerya & Teekshna Guna*, which are responsible for their action in *Vishaja Shopha*. Many practitioners widely practice it, and it is very effective in all swelling produced by bites or stings.

REFERENCES

1. Kochunnithamburan, *Prayoga samuchaya*, Puthezhath Ramamenon, First edition, Thrissur, Sulabha books,1999, p:82
2. Vishajyotsnika, Dr. Rajani Nair, Thiruvananthapuram, The state institute of language, Manali visha chikitsa, 2017, p.75.
3. Dr.Shirosha M, A comparative study on the efficacy of Kottamtagaradi yoga with Shigrupunarnavadi yoga in *Trimeresms gramineus* bite, VPSV Ayurveda college, Kottakkal,2006

Source of Support: Nil

Conflict of Interest: None Declared

How to cite this URL: Vijitha Vijayan & Pravin Ramdas Firke: Conceptual study on the action of shigrupunarnavadi lepa yoga in vishaja shopha. International Ayurvedic Medical Journal {online} 2025 {cited April 2025}