

AN UPDATED REVIEW ON *SANJIVANI VATI*

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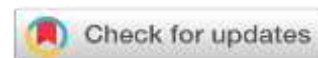
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**ABSTRACT**

Sanjivani Vati is a widely practised potent formulation of Ayurveda having broad-spectrum therapeutic activities. Various *Acharyas* have mentioned this formulation in their respective texts with a slight change in ingredients. It is formulated by processing ten herbs including *Shuddha Bhallatak* and *Shuddha Vatsnabha* with the *Bhavana* (Levigation) of *Gomutra* (Cow urine). *Sanjivani Vati* is prescribed in the treatment of *Jvara* (Fever), *Ajirna* (Indigestion), *Gulma* (Painful abdominal lump), *Visuchika* (entro-gastritis), and *Sarpdansha* (snake bite) in different doses but primarily indicated in *Sannipataj Jvara* (Fever). Several studies have proven that it stimulates digestive fire, lowers the raised body temperature, increases the survival rate of the experimental mice in Viper's venom poisoning, etc. Scattered information on its various studies is available. This review article aims to compile a re-

view of Ayurvedic literature, analytical study, *in-vitro*, experimental, and clinical studies that Ayurvedic scholars have done on *Sanjivani Vati* so far.

Keywords: *Sanjivani Vati*, Fever, *Sanipataj Jvara*, *Gulma*, *Visuchika*, *Sarpa dansha*.

INTRODUCTION

Sanjivani means “one that infuses life” and *Vati* means “tablet”¹. *Sanjivani Vati* is a well-known polyherbal formulation containing ten herbs in equal ratio namely *Vidanga* (*Embelia ribes* Burm.), *Shunthi* (*Zingiber officinale* Rosc.), *Pippali* (*Piper longum* Linn.), *Haritaki* (*Terminalia chebula* Retz.), *Amalaki* (*Emblica officinalis* Gaertn.), *Vibhitaki* (*Terminalia bellirica* Roxb.), *Vacha* (*Acorus calamus* Linn.), *Guduchi* (*Tinospora cordifolia* Miers ex Hook), *Shuddha Bhallataka* (*Semecarpus anacardium* Linn.), *Shuddha Vatsanabha* (*Aconitum ferox* Wall ex) and *Bhavana* (Levigation) of *Gomutra* (Cow urine) is given. It is prescribed to be taken with *Adraka Swarasa* (Juice of *Zingiber officinale* Rosc.)². *Sanjivani Vati* is mentioned in various Ayurvedic texts. Firstly, it was mentioned by *Sharangdhar Samhita* in *Vati prakaran*³. The Ayurvedic Pharmacopoeia of India (API) has stated the same methodology as mentioned in the *Sharangdhar Samhita*⁴. It is generally pre-

scribed in *Jvara* and *Agnimandya*. In addition, it helps to strengthen the immune system and also rejuvenating the body⁵. As per *Sharangdhara Samhita*, its prescribed dose is- In *Ajirna* and *Gulma* - 1 Ratti (125 mg), in *Visuchika* - 2 Ratti (250 mg), in *Sarpa-dansha* - 3 Ratti (375mg) and in *Sannipataj Jwara* - 4 Ratti (500mg), two to three times a day³ whereas Pandit Shri Hari Shastri Dadhichi has suggested the dose of *Sanjivani Vati* based on the age of patients i.e. between 0-2 years - 1 pill, 3-10 years - 2 pills, 11-32 years - 3 pills, and >32 years - 4 pills⁶. As awareness of the use of Ayurvedic formulations is growing worldwide, there is a need for accurate and updated information on the safety, standardization, uses, and quality of formulations⁷. So, in this review, an effort has been made to gather all the available and update information on *Sanjivani Vati* through *Samhitas*, *Nighantus*, classical texts, articles, etc.

DRUG REVIEW

Table No. 1- *Sanjivani Vati* in different texts

S.No.	Name of Text	Ingredients
1	<i>Sharangdhara Samhita</i> ³	<i>Vidanga, Nagara, Pippali, Haritaki, Amalaki, Vibhitaki, Vacha, Guduchi, Shuddha Bhallataka, Shuddha Vatsanabha, Gomutra.</i>
2	<i>Vaidya Rahasaya</i> ⁸	As <i>Sharangadhara Samhita</i>
3	<i>Yoga Chintamani</i> ⁹	As <i>Sharangadhara Samhita</i>
4	<i>Yoga Ratnakar</i> ¹⁰	As <i>Sharangadhara Samhita</i>
5	<i>Nighantu Ratnakar</i> ¹¹	As <i>Sharangadhara Samhita</i>
6	A.F.I. ¹²	As <i>Sharangadhara Samhita</i>
7	<i>Sidha Yoga Sangraha</i> ¹³	As <i>Sharangadhara Samhita</i>
8	<i>Ayurveda Sara Sangraha</i> ¹⁴	As <i>Sharangadhara Samhita</i>
9	<i>Rasa Tantra Sara</i> ¹⁵	As <i>Sharangadhara Samhita</i>
10	<i>Basavrajyam</i> ¹⁶	<i>Chitraka</i> in place of <i>Amalaki</i> , rest of contents are similar
11	<i>Vaidya Chintamani</i> ¹⁷	As per <i>Basavrajyam</i>
12	<i>Vrihat Yoga Tarangini</i> ¹⁸	As per <i>Basavrajyam</i>
13	<i>Yoga Tarangini</i> ¹⁹	As per <i>Basavrajyam</i>
14	<i>Vrihat Nighantu Ratnakar</i> ²⁰	As per <i>Basavrajyam</i>

Table No. 2 - Rasa Panchak (Ayurvedic Pharmacology) of components of Sanjivani Vati ²¹

Latin Name	Rasa	Guna	Virya	Vipaka	Dosha Karma
<i>Embelia ribes</i> Burm. ²²	Katu, Kashaya	Laghu, Rooksha, Teekshna	Ushna	Katu	Vata Kapha hara
<i>Zingiber officinale</i> Rosc. ²³	Katu	Laghu, Snigdha	Ushna	Madhur	Vata Kapha hara
<i>Piper longum</i> Linn. ²⁴	Katu	Laghu, Snigdha, Teekshna	Anushna sheet	Madhur	Pitta shamak, Tridosh hara
<i>Terminalia chebula</i> Retz. ²⁵	Panch rasa, Kashaya Pradhan	Laghu, Ruksh	Ushna	Madhur	Tridosh shamak specially Vat
<i>Embelica officinalis</i> Gaertn. ²⁶	Panch rasa, Amla Pradhan	Guru, Rooksh, Sheet	Sheet	Madhur	Tridosh shamak, especially Pitt
<i>Terminalia bellirica</i> Roxb. ²⁷	Kashaya	Rooksh, Laghu	Ushna	Madhur	Kapha Pitta shamak especially Kapha shamak
<i>Acorus calamus</i> Linn. ²⁸	Katu, Tikta	Laghu, Teekshna	Ushna	Katu	Kapha Vat shamak
<i>Tinospora cordifolia</i> Willd. ²⁹	Tikta, Kashaya	Guru, Snigdha	Ushna	Madhur	Tridosh shamak
<i>Semecarpus anacardium</i> Linn. ³⁰	Katu, Tikta, Kashaya	Laghu, Snigdha, Teekshna	Ushna	Madhur	Kapha Vat shamak
<i>Aconitum ferox</i> Wall ex Syringe ³¹	Madhur	Rooksha, Teekshna, Laghu, Vyavayi, Vikasi	Ushna	Madhur	Vat Kapha shamak
<i>Go mutra</i> ³²	Katu, Lavana, Tikta, Kasaya, Kshara	Tikshna, Laghu	Ushna	Katu	Vat Kapha Shamak, Pitta Karak

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Table No. 3 - The pharmacological activity of constituents of Sanjivani Vati

Drugs	Pharmacological activity
<i>Embelia ribes</i> Burm. ³³	Antipyretic, Anti-inflammatory, Anthelmintic, Antibiotic, Immunostimulant, Anti-implantation, Anti ovulatory, Anti-infertility
<i>Zingiber officinale</i> Rosc. ³⁴	Anti-inflammatory, Antioxidant, Antibacterial, Antipyretic, Analgesic, Anti-depressant, Inhibition of Prostaglandin release
<i>Piper longum</i> Linn. ³⁵	Anti-inflammatory, Antibacterial, CNS stimulant, Hypoglycemic, Cough suppressor, Immunostimulatory, and Anthelmintic
<i>Terminalia chebula</i> Retz. ³⁶	Antimicrobial, Antifungal, Antibacterial, Antispasmodic, Hypolipidaemic, Anthelmintic, and Purgative
<i>Embelica officinalis</i> Gaertn. ³⁷	Anti-inflammatory, Spasmolytic, Antimicrobial, Antioxidant, Immunomodulatory, Antibacterial, Antitumour, Hypolipidaemic
<i>Terminalia bellirica</i> Roxb. ³⁸	Anti-fungal, Antihistaminic, Anti asthmatic, Brocho dilatory, Antibacterial, Anti-stress, Antispasmodic
<i>Acorus calamus</i> Linn	Anti-pyretic, Analgesic, Anti-inflammatory, Antibacterial ³⁹ , Immunomodulatory, Anticonvulsant, Antioxidant ⁴⁰ , Anti-anxiety ⁴¹ , Antimicrobial ⁴²

<i>Tinospora cordifolia</i> Willd ⁴³	Antipyretic, Anti-inflammatory, Analgesic, Antioxidant, Antibacterial, Immunostimulant, Immunosuppressive, Antistress, Antitumour, Hypotensive
<i>Semecarpus anacardium</i> Linn. ⁴⁴	Analgesic, Anti-inflammatory, Antioxidant, Anthelmintic activity, Antibacterial, Antiarthritic, Hypocholesterolemic, Immunomodulatory, Antispasmodic, Cytoprotective
<i>Aconitum ferox</i> Wall ex Syringe ⁴⁵	Analgesic, Sedative, Diaphoretic, Antidiarrhoeal, Psychostimulant, Febrifuge, Cardiac stimulant
<i>Go mutra</i> ⁵	Antioxidant, Anti-diabetic, Immuno-modulator effect, Antibacterial activity, Antifungal, Anti-cancer, Wound healing property, Anti-clastogenic, Hepato-protective, and Bio-enhancing activity

ANALYTICAL STUDY

Table No. 4 - Physico-chemical characterization of Sanjivani Vati⁴⁶

Physico-chemical parameters	Values
pH (10% w/v)	4.0-5.5
Total Ash	<4%
Acid-insoluble Ash	<1%
Alcohol-soluble extractive	>18%
Water-soluble extractive	>17%
Loss on drying	<10%
pH (10% aqueous solution)	4.0-5.5

Table No. 5 - Physico-chemical Characterization of contents of Sanjivani Vati

Name of ingredient	Total ash	Acid insoluble ash	Water-soluble Ash
<i>Embelia ribes</i> Burm ⁴⁷	4.738±0.702	0.194±0.052	10.418±0.700
<i>Zingiber officinale</i> Rosc ⁴⁷	5.689±0.072	0.643±0.025	24.47±0.331
<i>Piper longum</i> Linn. ⁴⁷	4.842±0.396	0.473±0.075	14.931±0.433
<i>Terminalia chebula</i> Retz. ⁴⁷	2.778±0.414	0.115±0.028	98.230±0.340
<i>Embelica officinalis</i> Gaertn ⁴⁷	4.178±0.637	0.381±0.3290	77.256±0.329
<i>Terminalia bellirica</i> Roxb. ⁴⁷	4.218±0.452	0.294±0.093	39.604±0.304
<i>Acorus calamus</i> Linn ⁴⁸	6.015	0.515	3.5
<i>Tinospora cordifolia</i> Willd ⁴⁹	<16%	<3%	<11%
<i>Semecarpus anacardium</i> Linn. ⁵⁰	7.60	1.27	0.60
<i>Aconitum ferox</i> Wall ex Syringe ⁴⁵	< 5.5%	<2%	-

Organoleptic analysis⁵¹:

Appearance - Solid tablet

Colour - Black

Odour - Pleasant,

Taste - Acrid

Kumar V et al conducted a study on the quality control of *Sanjivani Vati* using three contemporary parameters, which are Disintegration time, Friability test, and Uniformity of weight. Disintegration means breaking the tablet into smaller fragments in the GIT soon after ingestion. Disintegration time indicates the drug absorption rate. Time up to 60 mins is accepted

as normal⁵². In the study, the Disintegration time of *Sanjivani Vati* was found less than 19.52 ± 1.51 min. Friability means the tendency of a tablet to loosen its contents due to mechanical shock, friction, etc. The Friability test showed $0.055 \pm 0.014\%$ (The normal range is not more than 5%). Uniformity of weight means that the individual tablets in a batch are uniform in weight and the weight variation, if any, remains within permissible limits. The Weight uniformity test of *Sanjivani Vati* showed -6.21 to 0.23. Hence, in the study, all the above three properties were within the normal range.

P. Sandhya et al, performed a study on the **Standardisation of Sanjivani Vati**⁵³ by evaluating Tannins, Embelin, and Piperine content. In the study, the researcher compared a self-prepared sample of *Sanjivani Vati* with the two marketed available samples (Sample 1 and Sample 2) of *Sanjivani Vati*. It was noticed that the self-prepared sample had more levels of Tannin, Embelin, and Piperine as compared to the two Marketed samples. Marketed Sample 2 was found near the values of the self-prepared sample. But Marketed Sample 1 had a very low concentration. This variation might be because of the amount or the quality of raw material used.

IN-VIVO STUDIES

Nirmal et al demonstrated **Anthelmintic activity of five Ayurvedic formulations**⁵⁴ on Indian earthworms, *Pheritima posthuman*. As Indian earthworms resemble intestinal roundworms of human beings in anatomical and physiological aspects. In the study, ten groups were made (N=6). The assessment was done on the basis of the time at which paralysis and the death of individual worms occur. The Results showed that the *Krimikuthar Rasa* demonstrated the best anthelmintic activity, followed by *Sanjivani Vati*. Also, the combination of *Krimikuthar Rasa* and *Sanjivani Vati* displayed the best result. This could be because the ingredients of *Krimikuthar Rasa* produce synergistic action with the ingredients of *Sanjivani Vati*.

Mohurle P. et al displayed the effect of *Sanjivani Vati* experimentally on Snake Venom Poisoning⁵⁵. In the study, the effectiveness of *Sanjivani Vati* as an Anti-venom was checked against Common Cobra venom and Russell's viper venom in experimental mice. Along with this, the interaction of *Sanjivani Vati* with PVASVS (Polyvalent Anti-snake venom Serum) was also checked. The study revealed that the *Sanjivani Vati* enhanced the survival period of mice in Russell's viper venom poisoning. However, in Common Cobra venom, *Sanjivani Vati* was found ineffective. In addition, no adverse interactions between *Sanjivani Vati* and PVASVS were observed.

Hence, it is concluded that *Sanjivani Vati* is safe to use along with PVASVS.

CLINICAL STUDIES

Effect of Sanjivani Vati in the management of diarrhoea-predominant IBS⁵⁶. Kapoor et al clinically demonstrated the effect of *Sanjivani Vati* and *Lashunadi Vati* in the management of diarrhoea predominant IBS. After complete treatment, an improvement in symptoms was seen. Symptoms like Abnormal stool form, frequent bowel movements, stomach discomfort, bloating, mucous in the stool, and a sense of incomplete evacuation were all cured. The haematological and biochemical parameters were found within the normal range. Also, in the follow-up period, no reoccurrence of symptoms was reported.

Anti-anaphylactic effect of Sanjivani Vati⁵⁷. In A case study of an allergic patient, *Sanjivani Gutika* 250 mg Bd and *Haridra Khand* 5 mg Bd were prescribed. The patient was having symptoms of pruritis, flushing, urticaria, oedema, the feeling of faintness, headache, etc. In addition, the patient had a history of repeated anaphylactic episodes. Within an hour of the prescribed treatment, the patient got relief from symptoms.

Effect of Sanjivani Vati on Mandagni patients: A clinical study was done to manage different types of obesity using multimodal approaches like *Aahar*, *Vihar*, *Panch karma*, and medicaments. In the initial stage of treatment, *Sanjivani Vati* was used with *Ushnodak* (Lukewarm water) as a carrier for the *pachan* of *Aam*. The study concluded that *Sanjivani vati* was found effective in the *pachan* of *Aam* in obesity caused by drug therapy, obesity having more prone features of *Ashta Dosha*, central obesity (*Rasa Nimittaj*), Peripheral obesity (*Medo Nimitaja Sthaulya*) and Obesity with *Santarpanotha Vikara*⁵⁸. A case study of *Indralupta* (Baldness) on a 43-year-old female patient was reported. The patient was given *Sanjivani Vati* for *Deepan*. *Sanjivani Vati* alleviate *Agnimandya*, elevated appetite and relieved *Saamta* in the initial treatment⁵⁹. Another case study was done on a 42-year-old diabetic patient having diabetic foot ulcer. The patient was prescribed *Sanjivani Vati*

to digest *Aam*. Patient had shown a marked improvement in the symptoms of *Aam*. It might be because *Sanjivani Vati* had cleared the blockage of distal arterioles (microvascular channels) which ultimately results in better tissue perfusion. So, improved the tissue viability and regeneration in diabetic foot ulcers⁶⁰. **Kulkarni S. et al**⁶¹ have done a case study on a 11 yr patient of *Shwitra*. *Sanjivani Vati* was prescribed for 15 days with lukewarm water to digest *Aam* along with *Shwitrahara* medications. After completing 3 months of treatment, 99% condition of the patient was improved. **Bharati P. et al.**⁶² conducted a case study on a patient with gangrene. *Sanjivani Vati* was given for digesting *Aam*. The study showed a significant improvement in the symptoms. It might be because the diaphoretic and *Aam doshhar* action of *Sanjivani Vati* has cleared the blockage of arteries of the gangrenous part. As a result, the blood circulation in the affected gangrenous area was improved. **Pantawane P. et al.**⁶³ used *Sanjivani Vati* as an *Aampachak* on a patient of *Dadru Kushtha*. After completing the treatment, the patient showed a marked reduction in symptoms.

DISCUSSION

Sanjivani Vati is a polyherbal formulation including two poisonous herbs *Bhallataka* and *Vatsanabha*, which are used after *shodhana* (purification). It is a black-coloured tablet of 125 mg weight having the smell of *gomutra* and is acrid in taste. Many *Acharyas* have mentioned *Sanjivani Vati* in their respective texts with differences in the constituents. Firstly, it is mentioned in *Sharangdhar Samhita* and the same reference is mentioned in *API*. As per *Sharangdhar Samhita*, ten herbs namely *Vidang*, *Shunthi*, *Pippali*, *Haritaki*, *Amalaki*, *Vibhitaki*, *Vacha*, *Guduchi*, *Shuddha Bhallatak* and *Shuddha Vatsanabha* are levigated with *Gomutra*. *Vasavrajya* has replaced *Amalaki* with *Chitraka* and the rest of all constituents are the same as *Sharangdhar*. *Sanjivani Vati* has many therapeutic uses. Most of the contents of *Sanjivani Vati* possess *Katu* (pungent), *Tikta* (bitter), and *Kashaya* (astringent) *Rasa* (taste). *Laghu* (lightness), *Rooksha* (dryness), *Teekshna* (sharpness), and *Snigdha* in *guna*

(properties). *Madhura* in *Vipaka*, *Ushna* in *Virya* (hot) and having *Kapha-Vatahara* action. Due to all these qualities, *Sanjivani vati* elevates *Jatharagni* and causes the *pachan* of *Ama*. Hence, expels waste metabolites and detoxifies the body. Further, Due to the *Aampachak* property, it was prescribed for *deepan* and *pachan* in the initial stage of many diseases like Gangrene, Diabetic foot ulcers, *Shwitra*, *Dadru kushtha*, and *Indralupt*. Besides the *pachan* of *Ama*, it also helps in lowering the increased temperature of the body in Fever. As *Vatsnabha* has *vikasi* and *ushna guna* so it clears the obstruction of *Swedwah srotas* that occurs in *Jvara*. Moreover, *Acharyas* have also mentioned *vatsnabha* as a *swedopag* drug. Therefore, in this way, *Sanjivani Vati* is found effective in treating *Jvara* because *Aam utpatti* and *swedwah srotas avarodh* are the root causes of *Jvara*. In the above-mentioned case studies, patients with diabetic foot ulcer and Gangrene have shown marked improvement in the affected area of the body after taking *Sanjivani vati*. Gangrene can be correlated with *Kotha*. *Samprapti* of *Kotha* states that *Margavarana* and *Dhatu kshaya* are the root causes. On treatment with *Sanjivani vati*, the patient showed marked improvement. This might be due to the antioxidant property of *Pippali*. So, might have helped in tissue rejuvenation as well as promoting the physiological repair of cellular injury. Alongwith this, the *Deepan*, *Pachan*, and *Anuloman* properties of *Sanjivani Vati* might have helped. *Sanjivani Vati* is found effective in an aforesaid case study of *Visuchika*. The *samprapti* (aetio-pathology) of *Visuchika* shows that first the *Ama* is produced and causes *dushti* of *Rasa dhatu*. Also, *Visuchika* has an *Atipravritti* type of *srotas dushti*. Hence, the *Aampachak* and *Grahi* properties of *Sanjivani Vati* help in curing *Visuchika*. *Grahi* property of *Sanjivani Vati* is mainly due to its contents *Shunthi* and *Vibhitaki*. *Acharya Sharangdhar* has prescribed *Sanjivani Vati* in *Gulma*. As in *Gulma*, *sang* (obstruction) of *srotas* occurs which leads to *pratiloma Gati* of *Vata*. *Sanjivani Vati* relieves *Gulma* by its *deepan*, *pachan*, *Ushna virya*, and *Anuloman* properties. Additionally, *Bhav Prakash Nighantu* has also mentioned the *Gulmahara*

property of *Pippali*, *haritaki*, *shunthi*, and *Bhallatak*. In the context of *Visha*, *Sanjivani Vati* has shown a remarkable effect on an experimental study of viper venom poisoning. It has increased the survival of experimental mice. Since *Acharya Charaka* has recommended *Prativisha chikitsa* in the 23rd chapter of *Chikitsa Sthan* of *Charak Samhita*. It means the poisoning of *Sthavar Visha* (plant poison) is treated by using *Jangam Visha* (animal poison) and vice-versa. The principle behind this is that the *jangam visha* moves downwards whereas the *sthavar visha* moves upwards in the body. Due to their opposite directional movement, inhibit the rate of spreading of *visha* in the body. Hence, by this principle, *Sanjivani Vati*, which contains *sthavar visha vatsnabha* and *bhallataka* helps in managing viper venom poisoning (*Jangam visha*). With reference to IBS, it is a psychosomatic disorder in which food does not digest properly. *Sanjivani Vati* was found to be effective in curing IBS because of the *Aampachak* property. Furthermore, the database's stated the anti-depressant activity of *Vacha* which might help in relieving the psychological stress associated with IBS. *Sanjivani vati* is also found effective as Anthelmintic. It might be because the majority of its contents like *vidang*, *vacha*, *bhallatak*, and *vatsnabha* are of *ushna virya* and *Katu rasa* which results in *Krimighna* (wormicidal) action. Also, *vidang* is a famed *Krimighna* drug because of its *ushna virya* and *rooksha guna*. Hence due to the abovementioned properties, *Sanjivani vati* is anthelmintic. So, from all the mentioned experimental works, case studies, and different properties of constituents, it can be stated that *Sanjivani Vati* possesses Anti-pyretic, Anti-inflammatory, Analgesic, Antihelminthic, and Digestive properties.

CONCLUSION

This review has shown up a collective knowledge of the Literature, pharmacological properties, therapeutic efficacy, and probable mode of action of *Sanjivani Vati*. Various clinical studies as mentioned above have demonstrated its *Aam pachak* activity. Further, the majority of contents of *Sanjivani Vati* like *Vidanga*, *Shunthi*, *Haritaki*, *Vibhitaki*, *Vacha*,

Guduchi, etc. are *Ushna Virya*. So, they help in elevating *Agni* and eliminating *Ama*. Hence, *Sanjivani Vati* is effective in *Jvara* as *Agnimadya* is the root cause of *Jvara*. Also, many articles and plant databases have mentioned the Anti-pyretic, Anti-inflammatory, and Analgesic properties of its contents. Therefore, as a whole, *Sanjivani Vati* acts as an effective Anti-pyretic formulation. As it is found that the abovementioned clinical studies of *Sanjivani Vati* in various diseases were conducted on small sample size. So Further, Large sample-size clinical studies should be conducted on this potent formulation to validate its therapeutic efficacy.

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