



"SANJIVANI VATI : DRUG REVIEW OF THE INGREDIENTS, SHODHANA MEDIA FOR VATSANABHA (GODUGDHA & GOMUTRA) AND BHALLATAKA (NARIKELA JALA)"

**Dr.Meenu Bharti
Sharma**

MD, PhD Associate Professor, Post Graduate Dept. Of RSBK, J.S.Ayurved Mahavidyalaya, Nadiad.

ABSTRACT

Context: Vidanga, Shunthi, Pippali, Haritaki, Bibhitaki, Amalaki, Vacha, Guduchi, Bhallataka and Vatsanabha all the ingredients of Sanjivani Vati also Shodhana media for Vatsanabha (Godugdha & Gomutra) and Bhallataka (Narikela Jala) have been done. It consists of all the detailed description about each ingredient according to the different classics mentioned and commonly information which is beneficial to know the drug.

KEYWORDS : Sanjivani Vati, Shodhana, Vatsanabha, Bhallataka

VIDANGA¹

Latin Name- Embelia ribes Burm.f., **Family:** Myrsinaceae
Synonym : Krimighna, Krimihara, Vella, Jantughna
Vernacular names:- Hindi - Vayavidanga, Bhabhiranga, Baberan **English -** False Black Pepper **Classical Categorization:- Charaka -** Krimighna, Kusthaghna, Triptighna **Sushruta -** Sursadi, Pippalyadi **Vagbhata -** Sursadi, Pippalyadi **Properties:- Rasa :** Katu, Tikta **Guna :** Ruksha, Laghu, Tikshna **Virya :** Ushna **Vipaka :** Katu **Prabhava :** Krimighna **Doshagnata :** Kaphavatashamak **Rogagnata :** Agnimandya, Ajirna, Udarashoola, Aadhma, Vibhandha, Arsha, Mutrakricha, Raktavikara, Gandmala, Gandupada, Tantu Krimi, Kushta **Karma:** Kriminashana, Dipana, Anulomana **Parts used :** Fruit **Aushadha Yoga :** Vidangarishta, Vidanga Loha **Major Chemical constituents²:** Embelin, Christembine, Vilangin, quercitol, tannins, volatile oil. **Pharmacological activities³:** antispermatogenic, antifertility, anti-implantation, analgesic, antipyretic, anti-inflammatory, anthelmintic and antibacterial.

Shunthi⁴

Latin name : Zingiber officinale Roxb. **Family:** Zingiberaceae
Synonym : Nagar, Vishva, Vishvabheshaja **Vernacular names:- Hindi -** Sonth **English -** Ginger root, Ginger **Classical Categorization:- Charaka -** Triptighna, Arshoghna, Dipaniya, Shoolaprashmana, Trishna Nigrahana **Sushruta -** Pippalyadi, Trikatu **Vagbhata -** Pippalyadi **Properties:- Rasa :** Katu **Guna :** Laghu, Snigdha **Virya :** Ushna **Vipaka :** Madhura **Doshagnata :** Kaphavatashamaka **Rogagnata :** Agnimandhya, Adhma, Pandu, Shwasa, Udararoga, Amavata **Karma :** Deepana, Pachana, Amadoshahara, Vatakaphahara, Hridya **Parts used :** Kanda (Rhizome) **Aushadha Yoga :** Vaishvanar churna, Panchasama churna **Chemical constituents⁵:** Major-Zingiberol **Pharmacological activities⁶:** anti-inflammatory, antipyretic, analgesic and antihyper-lipidaemic.

Pippali⁷

Latin name: Piper Longum Linn. **Family :** Piperaceae
Synonym : Kana, Vaidehi, Krushna **Vernacular names:- Hindi- Pipar English -** Long pepper **Classical Categorization:- Charaka -** Dipaniya, Kanthya, Asthapanopaga, Shirovirechanopaga, Shitaprashmana, Shoolaprashmana, Kasahara, Triptighna, Vamana, Hikkannighrana **Sushruta -** Pippalyadi, Udhavabaghara, Triushna (Trikatu), Amlyakyadi, Shirovirechana **Vagbhata -** Pippalyadi (A.S.) **Properties:- Rasa :** Katu, Tikta, Madhura **Guna :** Laghu, Snigdha **Virya :** Anushna **Vipaka :** Madhura **Doshagnata :** Vatakapha Nashaka **Rogagnata :** Shvasa, Kasa, Pleeha Roga, Gulma, Jwara, Prameha, Arsha, Kshaya, Udara Roga, Hikka, Trushna, Krimi, Shoola, Amvata, Amadosha **Karma :** Vatahara, Kaphahara, Dipana, Ruchya, Rasayana, Hridya, Vrushya **Parts used :** Fruit **Aushadha Yoga**

: Pippalyasava, Panchakola Churna **Chemical constituents⁸:** Piperine, piperlongumine, piperlonguminine **Pharmacological activities⁹ :** It shows antitubercular, antibacterial, antifungal and anthelmintic.

Haritaki¹⁰

Latin Name : Terminalia chebula Retz. **Family:** Combretaceae **Synonym :** Abhya, Shiva, Pathya, Vijya, Kayastha **Vernacular names: Hindi -** Harre, Harad **English -** Myrobalan **Classical Categorization:- Charaka -** Javraghna, Arshoghna, Kasaghna, Kusthaghna, Prajasthapana **Sushruta -** Amlyakyadi, Paruskadi, Triphala **Vagbhata -** Paruskadi **Properties:- Rasa :** Kashaya, Katu, Tikta, Amla, Madhura **Guna :** Laghu, Ruksha **Virya :** Ushna **Vipaka :** Madhura **Prabhava :** Tridosha Shamaka **Doshagnata :** Tridosha **Rogagnata :** Vibandha, Aruchi, Udavarta, Gulma, Udararoga, Arsha, Pandu, Shotha, Jirnajvara, Vishama jvara, Prameha, Shiroroga, Kasa, Tamaka shwasa, Hridroga **Karma :** Sarvadoshprashmana, Rasayana, Chakshushya, Dipana, Anulomana **Parts used :** Fruit **Aushadha Yoga :** Abhayarishhta, Chitrakarharitakiavaleha **Major Chemical constituents¹¹:** Tannins (20 to 40%), which on hydrolysis gives chebulic acid and D-galloyl glucose, chebulagic acid, chebulinic acid, ellagic acid, atannin terchebin. **Pharmacological activities¹²:** cytoprotective, cardio tonic, antimutagenic and anti-fungal.

Amalaki¹³

Latin name : Emblica officinalis Gaertn. **Family:** Euphorbiaceae **Synonym:** Amrutaphala, Amalaka, Dhatriphala **Vernacular names:- Hindi -** Amla **English -** Emblic Myrobalan **Classical Categorization:- Charaka -** Javraghna, Kasaghna, Virechnopaga, Kusthaghna, Vayasthapana **Sushruta -** Amlyakyadi, Paruskadi, Triphala **Vagbhata -** Paruskadi **Properties:- Rasa :** Amla, Kashaya, Madhura, Tikta, Katu **Guna :** Ruksha, Laghu **Virya :** Sheeta **Vipaka :** Madhura **Doshagnata :** Tridosha **Rogagnata :** Raktapitta, Amlapitta, Prameha, Daha **Karma :** Tridoshajit, Vrushya, Rasayana, Chakshushya **Parts used :** Fruit **Aushadha Yoga :** Brahma Rasayana, Dhatrilauha Rasayana **Major Chemical constituents¹⁴:** ascorbic acid, gallic acid, chebulinic acid, ellagic acid, 3-ethylgallic acid, corilagin, emblicanin A and B, quercetin **Pharmacological activities¹⁵:** immunomodulating property, analgesic, anti-tumor.

Bibhitaki¹⁶

Latin name: Terminalia bellirica Roxb. **Family :** Combretaceae **Synonym:** Aksha, Akshaka **Vernacular names: Hindi -** Bahera **English- Beleric Myrobalan Classical Categorization:- Charaka -** Jvarahara, Kasahara, Virechnopaga **Sushruta -** Mustadi, Triphala **Vagbhata -** Mustadi **Properties:- Rasa :** Katu **Guna :** Ruksha, Laghu **Virya :** Ushna **Vipaka :** Madhura **Doshagnata :** Tridosha **Rogagnata :** Svarabhedha,

Netraroga, Kasa, Chhardi, Krumiroga, Vibandha **Karma**: Kaphapittajitt, Bhedaka, Kruminashana, Chakshushya, Keshya, Kasahara **Parts used** : Fruit **AushadhaYoga** : Triphala churna, Lavangadi vati **Major Chemical constituents**¹⁷: Fruit contains (20 to 30%) tannin, gallic acid, ellagic acid, ethyl gallate, chebulagic acid, tannilignan, thaninilignan. **Pharmacological activities**¹⁸: anti-HIV, anti-malarial, anti-fungal.

Vacha¹⁹

Latin Name : Acorus calamus Linn. **Family** : Araceae **Synonym** : Uragandha, Ugra, Sadgrantha **Vernacular names**:- Hindi - Bach, Gora-bach **English** - Sweet Flag **Classical Categorization**:- Charaka - Lekhniya, Arshoghna, Shirovirechana, Shitaprasamana, Triptighna, **Sushruta** - Pippalyadi, Mustadi, Vachadi **Vagbhata** - Mustadi, Vachadi, Vatsakadi, Haridradi, Chardana, Niruhana **Properties**:- **Rasa** : Katu, Tikta, **Guna** : Laghu, Tikshna **Virya** : Ushna **Vipaka** : Katu **Prabhava** : Medhya **Doshaghnata** : Kaphavata shamak **Rogaghnata** : Unmada, Apasmara, Vibandha, Aruchi, Arsha, Krimi, Ashmari, Sandhivata, Aamvata, Pakshaghata, Kasa, Karnashoola **Karma** : Vatahara, Kaphahara, Mala Mutravishodhani, Dipana, Kanthya, Krimihara, **Parts used** : Rhizome **AushadhaYoga** : Vachadi churna, Vachadi Ghrita, Bala Chaturbhadra churna, Vachavaleha **Major Chemical constituents**²⁰: Acolamone, Acorenone, Acoramone, telekin, acoric acid, eugenol, calamen diol, coumarine, saponin, iso-acorone. **Pharmacological activities**²¹: It possesses antioxidant, anticonvulsant, neuroprotective and hypolipidemic properties.

Guduchi²²

Latin name: Tinospora cordifolia Miers. **Family** : Menispermaceae **Synonym** : Madhuparni, Amrita, Chinna, Jivanti **Vernacular names**: Hindi - Giloye **English** - Heart-leaved moonseed **Classical Categorization**:- Charaka - Javraghna, Kasaghna, Virechnopaga, Kusthaghna, Vayasthapana **Sushruta** - Guduchyadi, Patoladi, Valli Panchamoola, Kakolyadi, Argavadhadi **Vagbhata** - Guduchyadi, Patoladi, Argavadhadi (A.S.) **Properties**:- **Rasa** : Katu, Tikta, Kashaya **Guna** : Laghu **Virya** : Ushna **Vipaka** : Madhura **Doshaghnata** : Tridoshashamaka **Rogaghnata** : Prameha, Shvasa, Kasa, Arsha, Mutrakruha, Hridroga **Karma** : Rasayana, Sangrahi, Agnidipak, Balkarak, Jvarahara **Parts used** : Stem **AushadhaYoga** : Triphala churna, Lavangadi vati **Major Chemical constituents**²³: Sesquiterpene tinocordifolin, tinocordifolioside, tinosponone, tinocordioside, cordioside, turanoid diterpenes, tiosporaside, arabinogalactan, Jatromhizine, palmatine, berberine, tembetarine, tonospora acid, tinosporal **Pharmacological activities**²⁴: anti-inflammatory, analgesic and antipyretic. In clinical studies it also showed immunosuppressive.

Bhallataka²⁵

Latin Name : Semecarpus Anacardium **Family** : Anacardiaceae **Synonym** : Arushkara, Agnikara, Shofkrit **Vernacular names**:- Hindi - Bhilawa **English** - Marking Nut **Classical Categorization**:- Charaka - Dipaniya, Bhedaniya, Kusthaghna, Mutrasangraha **Sushruta** - Nyogradhadi, Mustadi **Vagbhata** - Nyogradhadi, Mustadi **Properties**:- **Rasa** : Katu, Tikta, Kashaya **Guna** : Laghu, Snigdha, Tikshna **Virya** : Ushna **Vipaka** : Madhura **Doshaghnata** : Kaphavata shamaka **Rogaghnata** : Agnimandhya, Grahani, Ghridasi Shwasa, Udararoga, Amavata, Vibandha, Arsha, Krimi, Pakshaghata, Shotha **Karma** : Sphotjanak, Vishaghna, Chedhana, Bhedhana, Dipana, Pachana, Shotha, Krimighna, Vrishya, Shukrstravridhikara **Parts used** : Fruit **AushadhaYoga** : Bhallataka Rasayana, Bhallatakadi Modaka, Amrita Bhallataka Leha **Major Chemical constituents**²⁶: Tarry oil containing anacardic acid, Non-Volatile Alcohol Cardol. **Pharmacological activities**²⁷: It

shows Analgesic, Anthelmintic, Anti-Cancer and Anti-inflammatory. It also shows Hepatoprotective, Neuroprotective, Hypoglycemic effect.

Vatsanabha²⁸

Latin name : Aconitum ferox Wall. ex. ser. **Family** : Ranunculaceae **Synonym** : Visha, Amruta **Vernacular names**:- Hindi - Bachhanaga **English** - Monk's hood **Classical Categorization**:- Charaka - Sthavara **Visha Sushruta** - Kanda **Visha Properties**:- **Rasa** : Madhura **Guna** : Laghu, Ruksha, Tikshna, Vyavyai, Vikasi **Virya** : Ushna **Vipaka** : Madhura **Prabhava**: Rasayana **Doshaghnata** : Vata kaphashamaka **Rogaghnata** : Agnimandhya, Udararoga, Shotha, Shoola, Jwara **Karma**: Vata kaphahara, Jwarahara, Jangama, Vishahara, Madakari, Kushthahara **Parts used** : Root **AushadhaYoga** : Tribhuvanakirti rasa, Anandabhairava rasa, Mahavishagarbha Taila **Major Chemical constituents**²⁹: Aconitin, indaconitine **Pharmacological activities**³⁰: The tuberous roots exhibited depressant action and irregular contractions on mammalian heart.

Gomutra³¹

English Name - Cow Urine **Properties**:- **Rasa** : Katu, Tikta, Kashaya **Guna** : Laghu **Virya** : Ushna **Vipaka** : Katu **Prabhava**: Rasayana **Doshaghnata** : Kapha, Vata **Karma**: Kapha-vata hara, Deepan, Pachana, Vatanuloman, Krimighna, Shool-Anaha-hara **Medhya**, Purgative, Vishagna, Bhedana **Major Chemical composition**³²: Cow urine is rich in organic matter and nitrogen. Water-95%, Urea-2.5%, Enzymes-2.5, Minerals, Salts and Hormones. **Pharmacological activities**³³: Antimicrobial, Germicidal properties, Antioxidant Property Bio-enhancing Property, Anti free radicals and Immuno-modulating.

Godugdha³⁴

English Name - Cow Milk **Synonyms**: Kshira, Payah, Stanya, Valajivana **Properties**:- **Rasa** : Madhura **Guna** : Swadu, Sheeta, Mridu, Snigdha, Bahala, Shlakshna, Picchila, Guru, Manda, Prasanna. **Virya** : Sheeta **Vipaka** : Madhura **Prabhava**: Rasayana **Doshaghnata** : Pitta- Vattashamaka **Karma**: Jirna Jvara, Manaroga, Shosha, Murccha, Bhrama, Grahani, Panduroga, Daha, Trishna, Hridroga, Shoola, Udavarta, Gulma, Vastiroga, Raktapitta, Atisara **Major Chemical constituents** : Cow's milk contents 80-90 % of water, 8-9 % of solids (non-fat) 3-4 % of fat, 3-4 % of protein and 4-5 % carbohydrates. **Pharmacological activities**: It is antioxidant, anticonvulsant, neuroprotective, hypo lipidemic and immunomodulatory.

Narikela Jala³⁵

English Name - Coconut water **Properties**:- **Rasa** : Madhura **Guna** : Laghu, Drava, Sara, Snigdha **Virya** : Sheeta **Vipaka** : Madhura **Prabhava**: Rasayana **Doshaghnata** : Pitta- Vattashamaka **Karma**: Mutrajanan, Trishnanigraha, Jvaraghna **Major Chemical constituents**: Sodium-105, Potassium- 312, Calcium- 29, Magnesium- 30, Iron- 0.10, Copper- 0.04, Phosphorus- 37, Sulphur- 24, Chlorine- 183, Vit C- 2.2 to 3.7, **Pharmacological activities**: It shows Analgesic, Anthelmintic, Anti-Cancer and Anti-inflammatory. It also shows Hepatoprotective, Neuroprotective, Hypoglycemic effect.

CONCLUSION-

Sanjivani Vati is a Polyherbal formulation consists of 10 drugs in which 2 drugs are the poisonous drugs (Vatsanabha & Bhallataka) which needs purification before processing into pharmaceutical with the media for making it useful for therapeutic purpose. Here, all the detailed description about each drug and media used for the Shodhana are explained.

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