



ORIGINAL RESEARCH PAPER

Ayurveda

A LITERATURE REVIEW OF THE VISHAGHNA DRUG CHILHINT (COCCULUS HIRSUTUS LINN) IN AYURVEDIC AND CONTEMPORARY SCIENCE.

KEY WORDS: Chilhint. (Patal garudi)

Dr. Swagat Patil *

M.D. Agad Tantra Asso. Professor, dept. of Agad Tantra Dr. G. D. Pol medical foundation's Y.M.T. Ayurvedic Medical College, Kharghar.
*Corresponding Author

Dr Ashwini A. Patil

M.D. Agad Tantra Asso. Professor, LRP Ayurvedic Medical College, Islampur.

ABSTRACT

Cocculus hirsutus is a tropical, invasive creeper with the common name broom creeper or *Patalgarudi* (Sanskrit). It is native to India, Pakistan, and tropical Africa. It is a vine climbing up to 3 metres (9.8 ft), with white to yellowish flowers and dark purple fruits 4 to 8 mm in diameter. *Cocculus hirsutus* is used medicinally throughout its range, but it is most popular in Asia, especially in Pakistan and India. The plant is a rich source of alkaloids, but little research into their medicinal properties has been carried out. An aqueous extract of the leaves has shown diuretic and laxative properties. *Cocculus hirsutus*, (L). Diels. (Menispermaceae) Dagadi balli. The fresh root is pounded and mixed with goat milk, the crude extract is given orally for 3-4 times/day to neutralize snake venom and relief. This article focus on vishagna activity of Patal garudi. i.e. Chilhint.

INTRODUCTION:

Cocculus hirsutus (L.) W.Theob. (Menispermaceae) is a perennial climber distributed mostly in tropical and subtropical areas. It is known by various names in local languages such as: Broom creeper (English); Huyer (Bengali); Farid buti, Jamti ki bel (Hindi); Kaage Mari (Kannada); Farid buti (Urdu); Paathaalagarudakkoti (Malayalam), Kaanse laharo (Nepali); Garudi, Patalagarudi (Sanskrit), Chipuru-tiga (Telegu); Kattu-k-koti (Tamil) among others. Distribution of *C. hirsutus* in Asia and Africa. (Source: GBIF, [https:// www.gbif.org/species/7930800](https://www.gbif.org/species/7930800)). Various plant parts of *C. hirsutus* are widely used in South Asia for the treatment of fever, rheumatism, skin disorders and visceral diseases and also as a detoxifier. In Africa, stems are used to make baskets and the purple berries are eaten or used to dye basket materials. Leaves are used by Tsonga people as an important herb in their diet¹.

Botanical Name: *Cocculus hirsutus* (L.) W.Theob.

- **Synonyms:** *Cocculus villosus* DC.
- **Sanskrit Names:** Garudi, Chilahinta, Vatsadani, Somavalli, Vikranta, Mechaka, Tarkshi, Sauparni, Vasani, Maha bala, MahaMoola - having long roots Deerghakanda, Drudhalata, Deerghavalli - A tall climber, creeper.
- **Common Name :** Vevdi, Vasan vel, Broom Creeper, Ink Berry
- **Plant Family:** Menispermaceae
- **Plant Form :** Climbers
- **Occurrence (Special Areas) :** Gujarat Forestry Research Foundation, Indroda Park, Ayurvedic Udyan, Van Chetana Kendra, Infocity, Basan
- About *Cocculus hirsutus* Plant:
- **Habit :** A straggling scandent twiner, young parts full of long weak hairs (villous) branches marked with grooves or ridges.
- **Leaves :** Ovate-oblong, hastate, obtuse or subacute with a sharp short point, subcordate at a base, with soft hairs on both sides, petioles densely hairy.
- **Inflorescence :** Small axillary cymose panicles.²

Chemical constituent:

Three **flavonoids rutin, liquiritin and quercetin** were also reported from the leaves. A triterpene derivative, hirsudiol is also reported from the ethanol extract of whole plant.

Roots- D-Trilobine & DL- Coclaurine

Stem & Root- Triobine, isotrilobine, Coclaurine, mangnoflorine

hirsudol, Cohirsine, Cohirsinine, Hirsutine, Shaheenine, Cohirstinine, Jamatinine, Haiderine etc, Alkaloids.³

Medicinal Properties:⁴

Patala Garudi – Cocculus hirsutus Medicinal Properties:

- Rasa (taste) – Tikta (bitter)
- Veerya – Ushna Hot potencuy
- Guna (qualities) – Laghu (Lightness), Picchila (Stickiness)
- Vipaka – Katu Undergoes pungent taste conversion after digestion

Prabhava – Vishaghna – anti-poisonous, anti-toxic Effect on Tridosha; It balances all the three Doshas.

Part used: - Root, Leaves.

Dose – Juice extract – 10-20 ml.⁵

Uses:⁶

In poisonous bites, it is applied externally to relieve burning sensation and toxicity.

- Vrushya – aphrodisiac, improves vigour
- Santarpani – Nourishing
- Ruchya – improves taste, relieves anorexia.

Indicated in

- Daha – burning sensation, as in gastritis, neuropathy, burning sensation in eyes etc
- Asradosha – Blood impurity, blood vitiation disorders such as skin diseases, bleeding disorders etc
- Vishadosha – Poisoning, toxic conditions
- It is a good diuretic and soothes urinary tract.
- It is used in treating premature ejaculation.

Used in treating urinary tract infections, skin disorders and fever.

It is used in treating sun stroke, excess body heat. For this, its root juice extract – 20 ml is administered along with half a teaspoon of sugar.

Its root decoction (Moola Kashaya) is administered along with Pippali (long pepper) in treating Amavata – rheumatoid arthritis.

When put to water, it absorbs water and swells to form gel like semi-solid.

It is used in treating high blood pressure, gout, headache, neuralgia.

It heals fractures quickly.

Research:

Cocculus hirsutus, (L). Diels. (Menispermaceae) Dagadi balli. The fresh root is pounded and mixed with goat milk, the crude extract is given orally for 3-4 times/day to neutralize snake venom and relief.⁷

Pharmacological activity: Regarding the pharmacological activity evaluations, extracts obtained from the plant parts of C. hirsutus have shown potent diuretic, laxative Distribution of C. hirsutus in Asia and Africa.⁸

Anti-microbial activity of the root – Ethanolic and crude alkaloidal fraction extracts showed concentration dependent antimicrobial activity against Staphylococcus aureus, E coli, Pseudomonas aeruginosa and Salmonella typhi.⁹

DISCUSSION:

Patal garudi is “Visha Dosha vinashani” according to Raj nighantu. The prabhav of Patal garudi i.e. Cocculus hirsutus is Vishaghna.

Leaf powder mixed with bark of Azadiracta indica is taken in snake bite.¹⁰

It was recorded sapers (snake charmer) community uses “amarbel” CRA as antidote for snake venom and its paste as an antiseptic and wound healing agent.¹¹

CONCLUSION:

As per above discussion we can conclude that

1. Chilhint (Patal Garudi) is a vishagna (Anti – toxic) drug.
2. It is useful in different type of toxic disease due to its vishaghna prabhav.
3. Fresh root extract is used in snake venom poisoning.

REFERENCES:

1. https://mdpi-res.com/d_attachment/medicines/medicines-07-00069/article_deploy/medicines-07-00069.pdf
2. <https://www.htpi.com>
3. Illustrated Dravyaguna Vijnana, Vol. II, by Dr JLN Shastry
4. <https://www.easyayurveda.com/2015/03/10/patala-garudi-cocculus-hirsutus-uses-dose-research/amp/>
5. P.V.Sharma, “Drvaya guna Vidnyan”, Vol2. Page no.
6. <https://www.easyayurveda.com/2015/03/10/patala-garudi-cocculus-hirsutus-uses-dose-research/amp/>
7. (Laxman – global journal of biology. Vol 3, issue 4, 2014.)
8. (Source: GBIF, <https://www.gbif.org/species/7930800> [7]).
9. www.easyayurveda.com
10. [http://nopr.niscair.res.in/bitstream/123456789/11501/1/IJTK%2010\(2\)%20258-268.pdf](http://nopr.niscair.res.in/bitstream/123456789/11501/1/IJTK%2010(2)%20258-268.pdf)
11. [file:///C:/Users/LRP%20Balrog/ Downloads/editorajpcr,+AJPCR_4173520210709V2.pdf](file:///C:/Users/LRP%20Balrog/Downloads/editorajpcr,+AJPCR_4173520210709V2.pdf)