

Review Article

VIRECHANA GANA ACCORDING TO CHANDRA NIGHANTU- A REVIEW

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ABSTRACT

The Virechana Gana was selected from the one of the oldest Nighantu called Chandra Nighantu. The author of this Nighantu was Acharya Chandra Nandana who was the one of the Kashmiri Pandit well versed in Ayurveda Shastra. He wrote a commentary on Asthanga Hridaya called Padartha Chandrika. The Chandra Nighantu to be placed in 12 century AD. Because one of the Kashmiri Vidwan, Kshira Swami in his Amarakosha Tika he mentioned Acharya Chandra. The Virechana Gana comprises 19 drugs among them some are liquids like Ksheera, Dadhi, Takra and Mutra. The group contains; Trivrutta, Triphala, Haritaki, Dhatri, Vibhitaki, Snuhu, Shankhini, Nilika, Lodhra, Aragwadha, Kampillaka, Swarnaksheeri, Ksheera, Mahisha Dugdha, Ushtri Dugdha, Hasthini Dugdha, Dadhi Guna, Takra Guna, Gomutra. These drugs help to induce purgation. Among these group the Trivrutta, Snuhi, Kampillaka, Swarnakshiri acts as drastic purgatives. Rest all are mild to moderate purgatives. The present works is to highlight these drugs with their botanical name, family along with pharmacological activities are mentioned in the Chandra Nighantu. The cross references were added to know the pharmacology of the purgative action.

Keywords: Virechana Gana, Chandra Nighantu, Purgatives, Triphala, Trivrutta, Swarnakshiri, Pharmacological actions, etc.

AIMS AND OBJECTIVES

- The aim of the present work is highlighted the Virechana Gana according to Chandra Nighantu.
- The objective is to elaborate the pharmacological actions of the drugs present in the Virechana Gana.

MATERIAL AND METHODS

The Chandra Nighantu is selected to highlight the drugs present in the Virechana Gana along with the pharmacological actions

INTRODUCTION

The Virechana Gana was selected from the one of the oldest Nighantu called Chandra Nighantu. The author of this Nighantu was Acharya Chandra Nandana who was the one of the Kashmiri Pandit well versed in Ayurveda Shastra. The Chandra Nighantu is also called as Madanadi Nighantu as it starts with drug named Madana Phala. This Nighantu comprises two parts. Purvardha and Uttarardha. The first part Purvardha has 23 chapters. The second part Uttarardha has divided into drugs, Dhatu Varga, Madya Varga, Dhanya Varga, Paka Sanskara Varga, Pashu Varga, Pakshi Varga, Nana Prani Varga and Mishra Varga. The drug part contains total 111 drugs. In this The Virechana Gana drugs were selected to know the pharmacological actions. Viz; Trivrutta, Triphala, Haritaki, Dhatri, Vibhitaki, Snuhi, Shankhini, Neelika, Lodhra, Aragwadha, Kampillaka, Swarnakshiri, Ksheera, Mahisha Dugdha, Ushri Dugdha, Hasthini Dugdha, Dadhi Guna, Takra Guna, Gomutra.

DISCUSSION

The Synonyms, Types Family, Botanical Name, Pharmacological actions of the above mentioned drugs are elaborated systematically with the help of Chandra Nighantu;

TRIVRUTTA^[1] - Botanical Name- Operculina turpethum Linn, **Family-** Convolvulaceae

Synonyms - Trivrutta, Tribhandi, Trivrutaa, Kumbha, Kutaranayani, Sarvanubhuti, Tripura, Shyama, Koshaphala.

Types - Maalavika, Paalandi, Kaalameshi, Kaali, Masuravidala, Tamrapushpa, Ardhandrika.

Pharmacological Actions - Trivrutta is Kashaya(Astringent), Madhura(Sweet), Ruksha(Dry), Katu Vipaka (Pungent at post digestive effect). It subsides Kapha and Pitta Doshas and Vata Vardhaka.

TRIPHALA^[2]- The combination of Haritaki, Vibhitaki and Amalaki known as Triphala.

Synonyms- Uttama, Vara, Shrestha, Phalatraya, Phalatrika.

Pharmacological Actions- Triphala alleviates Kapha, Pitta Doshas, Prameha (Urinary diseases including diabetes), Kustha (Skin diseases). It is one of the best Rasayana (Rejuvenating), also used for eye procedures like Tarpana (Eye drops), Aschotana, Anjana (Collyrium).

HARITAKI^[3] - Botanical Name- Terminalia chebula (Gaertn) Retz, **Family-** Combretaceae

Synonyms- Haritaki, Abhaya, Pathya, Pranada, Vijaya, Shiva, Avyatha, Putana, Amogha, Chetaki, Pramatha, Amruta

Pharmacological Actions- Haritaki subside Kapha and Vata Doshas. It is Rechaka (Laxative), Dipana (Appetizer), Laghu (Light). It alleviate Arsha (Haemorrhoids), Gulma(Visceral organ diseases), Udara Roga (Abdominal diseases). In Grishma Rutu it is consumed with Guda (Jaggery), in Varsha Rutu with Saindhava Lavana. In Sharad Rutu with Sharkara, in Hemanta Rutu with Shunthi, in Shishira with Pippali and in Vasanta Rutu it is consume with Madhu

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(Honey). It is said that by adopting this kind of measure will destroy the all types of diseases.

DHATRI^[4]-Botanical Name - Embelica officinalis Gaertn, **Family**- Euphorbiaceae

Synonyms - Dhatriphala, Aamalaka, Jaati, Rasaphala, Shiva, Kaamla, Kakamrutaphala, Shriphala, Amrutodbhava

Pharmacological Actions - The Amalaki subside Kapha, Pitta Doshas. It is Vrishya(Aphrodisiac), Amla Rasa (Sour in taste), Bhedana (Laxative), Madhura Vipaka (Sweet at post digestive effect), Ruchikara (Taste promoter), Sheeta Virya (Cold in potency).

VIBHITAKI^[5] - Botanical Name- Terminalia bellirica (Gaertn) Roxb, **Family** - Combretaceae

Synonyms - Vibhitaka, Karshaphala, Kalivriksha, Kalidruma, Vaasantaka, Bhutavasa, Haryaksha, Yavanapriya.

Pharmacological Actions - The Vibhitaki is Chakshushya (Good for eye diseases), Keshavardhaka (Hair growth), Ushna Virya (Hot in potency), Swarya(Good for voice), subsides Kapha Dosh. It alleviate Shwasa (Dyspnoea), Kasa(Cough), Hikka(Hiccough).

SNUHI^[6]-Botanical Name- Euphorbia neriifolia Linn, **Family**- Euphorbiaceae

Synonyms- Sudha, Guda, Mahavriksha, Gandira, Vajrakantaka, Snuhi, Samantadugdha, Vajri, Nistrinshapatraka.

Pharmacological Actions- The Snuhi alleviate all types of abdominal diseases, Gara Visha (Kritrima Visha- Poisoning), subsides poisonous effects, It is Katu Rasa (Pungent in taste), Ushna Virya (Hot in potency), Kapha Vatahara, Teekshna (Penetrating action).

SHANKHINI^[7]- Botanical Name - Ctenolepis cerasiformis (Stocks) C.B Clarke,

Family - Cucurbitaceae. **Synonyms**- Shankhini, Tiktaphala, Vishwa, Yavatikta, Akshapeedaka, Bahuphena, Bahurasa, Dridhapada, Visarpini

Pharmacological Actions- The Shankhini is Katu Rasa(Pungent in taste), Katu Vipaka(Pungent at post digestive effect). It subside Udara Roga (Abdominal diseases), Anaha(Distention of abdomen), Vata Kapha Doshas, Visha(Poisonous effects).

NILIKA^[8]-Botanical Name- Indigofera tinctoria Linn, **Family**- Fabaceae

Synonyms - Neelini, Neelika, Kaala, Neela, Neelashodhani, Gramya, Tuthya, Neelapusphi, Chaarati, Bharavahini.

Pharmacological Actions - The Neelika alleviate Kapha Vata Doshas, Visha Dosha(Poisonous effects), Pleeha Roga(Spleen diseases), Udavarta(Upward movement of Vata Dosha). It is Bhedana(Laxative), Bhrama, Sammoha Karaka(Induces confusion, and causes drowsiness).

LODHRA^[9]-Botanical Name - Symplocos racemosa Roxb, **Family** - Symplocaceae

Bihad Lodhra Synonyms - Lodhra, Tirita, Shikhari, Tilwaka, Shaabara, Shuka, Ghantwakka, Brihallodhra, Pattishambarapadapa.

Shweta Lodhra Synonyms - Rodhra, Shaabaraka, Shetalodhra, Akshibheshaja, Jeerbabudhna, Brihatpatra, Kramuka, Shulavalkala.

Pharmacological Actions - Both types of Lodhra alleviate diseases of eyes, Kapha Dosh, Rakta Vikara (Diseases of blood), Jwara(Fever), Atisara (Diarrhea). It is Rochana (Appetizer and taste promoter).

ARAGWADHA^[10]- Botanical Name- Cassia fistula Linn, **Family**- Caesalpiniaceae

Synonyms-Aaragwadha, Rajavriksha, Shampaaka, Chaturangula, Karnikara, Vyadhighata, Kritamaala, Rechana.

Pharmacological Actions - The Aragwadha is used in child and old age people for mild laxative. It is Madhura(Sweet), Sheetala(Cold in potency), Mridu(Soft), Sransi(Laxative), alleviates Rakta Pittahara(Blood diseases).

KAMPILLAKA^[11]-Botanical Name - Mallotus philippensis(Lam) Muell-Arg, **Family** - Euphorbiaceae **Synonyms** - Kampillaka, Rechanaka, Rechana, Raktachurnaka, Raktanga, Raktashamana, Ranjaka, Vrinashodhana

Pharmacological Actions - The Kampillaka alleviate Krimi(Worms), Kapha Pitta Doshas, Vrina Shodhaka(Heal wounds and ulcers), Gulma(Visceral organ diseases), Gara Visha(Poisoning), Visha Vikara(Poisonous effects), Prameha(Urinary diseases including diabetes).

SWARNAKSHIRI^[12]-Botanical Name- Euphorbia thomsonina Boiss, **Family**- Euphorbiaceae

Synonyms- Swarnakshiri, Hemadugdha, Hemakshiri, Kanchani, Hemaavati, Hemavati, Hemahva, Hemadugdika.

Pharmacological Actions- The Swarnakshiri is Uttejanaka (Stimulant), Madakari(Causes intoxication), Bhedana(Purgative). It alleviate Anaha (Distention of the abdomen), Kamala(Jaundice), Pandu (Anemia).

KSHEERA^[13]- Synonyms- Ksheera, Dugdha, Paya, the breast milk is called as Stanya. **Pharmacological Actions** - The Ksheera is Swadu Rasa(Sweet in taste), Madhura Vipaka(Sweet at post digestive effect), Snigdha(Demulcent), Vrishya(Aphrodisiac), Shleshmala(Increases Kapha Dosh), Guru(Heavy), Sheetala(Cold in potency), Ojovardhaka, Dhatupushtikara(Nourishes all the Sapatadhatu viz; Rasa, Rakta, Mamsa, Meda, Asthi, Majja, Shukra).

GODUGDHA Actions - The Godugdha is Jivaniya (Life saving), Rasayana(Rejuvenating), Kshataksheenahara (Nourishing emaciated person), Medhya (Brain tonic), Balya (Strength promoter), Stanyakara(Increases breast milk). It alleviate Shrama (Fatigue), Bhrama(Confusion), Mada(Intoxication), Alakshmi(Improves complexion), Shwasa(Dyspnoea), Kasa(Cough), Trishna(Excess thirst), Kshudha(Excess hunger), Jeerna Jwara(Chronic fever), Mutrakrichra(Dysuria), Raktapitta(Bleeding diseases).

MAHISHA DUGDHA^[14]- Actions- The Mahisha Dugdha is best in excess appetite, Anidrahara(Causes sleep), Sheetala(Cold in potency)

AJA DUGDHA^[14]- Actions- It is Laghu(Light), as it consume Katu (Pungent), Tikta(Bitter leafy vegetables). It alleviate Shotha(Edema), Shwasa(Dyspnoea), Kasa(Cough), Raktapitta(Bleeding diseases), Atisara(Diarrhea).

AVI DUGDHA^[15]- Actions- The Avi Dugdha is Ahridya(Causes cardiac ailments), Ushna(Hot in potency). It subside Vatavyadhi(Diseases originating from Vata Dosha), Hikka(Hiccough), Shwasa(Dyspnoea), aggravate Pitta and Kapha Doshas.

USHTRI DUGDHA^[16]- Actions- It is Ruksha(Dry), Ushna(Hot in potency), Lavana(Bit Salty), Agnidipana(Appetizer), Laghu(Light), subside Vata, Kapha Doshas, Anaha(Distention of abdomen), Krimi(Worms), Shotha(Edema), Udararoga(Diseases of abdomen), Arsha(Haemorrhoids).

MANUSHA DUGDHA-STANYA^[17]- Actions- The Matrustanya (Breast milk) is good for Vata, Pitta, and Abhighata (Injury). It is Tarpana(Used as eye drops), Aschotana, Nasya(Nasal administration).

HASTINI DUGDHA^[18]- Actions- The Hastini Dugdha is Stharyakaraka(Strength promoter).

EKASHAPHA ASHWADI DUGDHA^[19]-Actions- The milk of these animals is Ushna (Hot in potency), Laghu(Light), Vatahara (Subsides Vata Dosha), Amla and Lavana Rasa (Some sour and salty in taste). These animal milk causes Jadata (Heaviness in the body).

UNBOILED MILK^[20]- The unboiled milk is Abhishyandi (Causes obstruction in the channels), Guru(Heavy to digest).

BOILED MILK^[21]- The boiled milk is Anabhishyandi (Does not cause obstruction in the channels), Supachya (Easy to digest).

DADHI GUNA^[22]- The curd is Amla(Sour) in taste, Amla Vipaka(Sour at the post digestive effect). It is Grahi (Absorbent), Guru(Heavy), Ushna

(Hot in potency), subsides Vata Dosha. It increases Meda(Fat), Shukra(Semen), Bala(Strength), Pitta Dosha, Raktapitta (Blood disorders). It causes Agnidipana (Appetizer) and Shophavardhak (Causes edema). It alleviate Visham Jwara (Intermittent fever), Peenasa(Running nose), Mutrakrcha (Dysuria), Grahani Roga(Sprue syndrome, dysentery). One should not consume the curd at night s it causes Abhishyandi(Obstructsthe channels). In Vasanta, Grishma and Sharad Rutu one should avoid consuming the curd as it causes Pitta Vriddhi. One should consume the curd mixed with Mudga, Honey, Ghrita, Sugar, and Amalaki. If consumed in Vidhi Viruddha it produces Jwara (Fever), Raktaroga (Blood diseases), Visarpa (Herpes), Kustha (Skin diseases), Pandu (Anemia), Bhrama (Confusion), Kamala(Jaundice), Shophya (Edema), Rajayakshma (Tuberculosis), Atisara(Diarrhea), Pratishyaya(Rhinitis), Shoola(Pain).

TAKRA GUNA^[23]- The buttermilk is Laghu(Light), Kashaya(Astringent), Deepana(Appetizer). It alleviate Kapha Vata Doshas, Shophya(Edema), Udararoga (Diseases of abdomen), Arsha (Haemorrhoids), Grahani Dosha (Sprue syndrome), Mutragraha(Dysuria), Aruchi(Loss of appetite), Pleeha(Spleen disorders), Gulma(Visceral organ diseases), Ghrita Vyapat (Diseases due to excess intake of ghee during Panchakarma therapies), Visha(Poison), Pandu(Anemia). The Dadhi Mastu (Supertant liquid of curd is Strotoshodhaka (Cleanses internal channels), Vishtambahara(Laxative), Laghu (Light).

GOMUTRA^[24]- (Cow's urine) **Synonyms-** Gomutra, Gojala, Goambu, Bramhambu, Mutra. The cow etc animal's waste product called as Purisha. The Aja Mala is called as Visha. The urine of these animals like Mahisha, Go, Aja, Avi, Usthra, Hasthi etc are Pittakara (Aggravates Pitta Dosha), Ruksha(Dry), Teekshna (Penetrating), Ushna (Hot in potency). All types of urine alleviate Krimi (Worms), Shophya (Edema), Udararoga(Diseases of abdomen), Anaha (Distention of the abdomen), Shoola (Pain), Pandu(Anemia), Gulma (Visceral organ diseases), Aruchi (Loss of taste), Visha(Poison effects), Shwitra(Leucoderma), Kustha(Skin diseases), Arsha (Haemorrhoids). These types of urine is used in the various Panchakarma therapies like Virechana (Purgation), Asthapan (Medicated enema), Aalepana (Coating or application), Swedana (Fomentation).

CONCLUSION

Most of the drugs mentioned in this group are Katu Rasa(Pungent taste), Katu Vipaka(Pungent at post digestive effect), Ushna Virya (Hot in potency), Laghu Ruksha(Light) Teekshna Guna (Penetrating). Some are Madura Rasa(Sweet in taste). These drugs are mainly used in the Kaphaja Rogas and Pittaja Rogas(Diseases of Kapha and Pitta Doshas). Therefore indicated in Virechana Karma (Purgation therapy) one of the Panchakarma therapy in Ayurveda. The Virechana Karma is used to treat Pittaja and Kaphaja disorders. Here an attempt is made to highlight these drugs with their botanical name, family along with pharmacological activities are mentioned strictly on

bases of the Chandra Nighantu. Further scope of study is to evaluate these drugs having Krimighna(Anti helminthic actions), Jwaraghna (Anti pyretic actions), Shoolahara(Analgesic and anti spasmodic actions) with modern parameters.

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