

**BENEFITS AND USES OF VATSANABH (*ACONTIUM FEROX* WALL EX SERINGE): A  
REVIEW ARTICLE**

Dr. Vijay Bhushan Sharma<sup>1</sup> Dr. Manish Kumar Soni<sup>2</sup>, Dr. Jagdish Mohan Onkar<sup>3</sup> and  
Dr. Omprakash Sharma<sup>4</sup>

<sup>1</sup>PG Scholar Deptt. of Dravyaguna.

<sup>2</sup>PG Scholar Deptt. of Dravyaguna.

<sup>3</sup>Associate Professor Deptt. of Dravyaguna.

<sup>4</sup>HOD & Professor Deptt. of Dravyaguna.

Sriganganagar College of Ayurvedic Science & Hospital, Tantia University, Sriganganagar – 335001, India.

\*Corresponding Author: Dr. Manish Kumar Soni

PG Scholar Deptt of Dravyaguna.

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**ABSTRACT**

*Vatsanabha* is hindi name of *Aconitum ferox*, which is also known as Indian Aconite. In traditional medicine, its medicinal uses and benefits include its use as an antipyretic and diaphoretic agent. Due to these properties, it helps in lowering fever by inducing perspiration. Most of the Ayurvedic medicines used for alleviating fever contain *Vatsanabha* as a primary ingredient. *Vatsanabha* is a variety of monkshood commonly known as Indian Aconite. It belongs to the Ranunculaceae family and *Aconitum* genus. The roots of *Vatsanabha* are used in ayurveda for medicinal purposes.

**KEYWORDS:** *Vatsnabha*, *Aconitum*, *Aconite*.

**Synonyms & Vernacular Names**

**Latin:** *Acontium ferox* Wall ex Seringe

**Botanical Synonym:** *Aconitum ferox*

**English:** Indian aconite

**Hindi Name:** Meetha Telia, Bachnag, Meetha visha

**Sanskrit names:** *Vatsnabh*, *Amrit*, *Vish*

**Punjabi name:** Meetha Telia

**Botanical Classification**

**Kingdom -** Plantae

**Sub-Kingdom -** Viridiplantae

**Infra Kingdom -** Streptophyta (Land Plants)

**Super Division -** Embryophyta

**Division -** Tracheophyta (Tracheophytes or Vascular Plants)

**Sub Division -** Spermatophyta (Spermatophytes or Seed Plants)

**Class -** Magnoliopsida

**Super order -** Ranunculanae

**Family -** Ranunculaceae

**Genus -** *Aconitum*

**Species -** *Acontium ferox* Wall ex Seringe

**Medicinal Parts**

*Vatsanabha* roots are used after purification as prescribed in ayurveda, Ayurveda never recommends its use without purification (*Shodhana*) process. Unpurified *Vatsanabha* roots can have hazardous effects on health;

even it can lead to death.

- Roots

**Chemical Composition**

*Vatsnabha* is good source of following photochemical

- Aconite
- Pseudo-aconitine
- Bikhacoinitine
- Chasmaconitine
- Indaconitine
- Catecholamine
- Isoquinolines

**Dosha Karma**

**Balances –** Tridosha (Vata, Pitta and Kapha)

**Reduces –** Kapha Dosha (in particular)

**Detoxifies –** Pitta Dosha if Sama and increase pitta dosha if Nirama

**Pacifies –** Vata Dosha

**Most suitable –** Mainly Vata and Kapha disorders

**Unsuitable –** Pitta Body Type, Undernourished or weaker people.

**Contraindicated –** heart diseases, especially bradycardia

**Ama Dosha –** Suitable for *Sama Dosha*; unsuitable for *Nirama Pitta*

**Medicinal Properties**

- Antipyretic

- Diaphoretic
- Anodyne
- Anti-inflammatory
- Aam Pachak
- Mucolytic
- Diuretic

Purified Vatsanabha possesses all above properties in very low dose (less than 30 mg per day or 15 mg twice a day). If dosage exceeds 30 mg per day, even purified Vatsanabha can cause severe side effects.

#### Charectrisitic Characters In Ayurveda

**Rasa** – Madhur

**Guna** –Ruksha, Tikshna, Laghu, Vyavayi, Vikasi

**Virya** – Ushna

**Vipaka** – Madhura

**Prabhava** –Diaphoretic

**Dhatu effects**– Rasa, Rakta, Mamsa, Meda

**Organs Effect**- Stomach, Liver, Skin, Hea

**Excretion** – Urine, Saliva, Gastric juice, Sweat, Bile

#### Therapeutic Indications

Purified *Vatsanabha* is therapeutically indicated in the following health conditions:

- Fever
- Chronic fever
- Inflammation induced fever- like rheumatic fever
- Loss of appetite (rarely used unless fever, but beneficial during fever or illness for improving appetite).
- Splenomegaly
- Diabetes
- Respiratory infections
- Indigestion
- Poor digestion
- Asthma
- Cough
- Common cold

#### Dosage and Administration

- The classical Ayurvedic dosage of purified *Vatsanabha* is as follows:
- Children – 0.2 per kg of body weight
- Adults – 15 mg
- Maximum possible dose – 30 mg per day

#### Vatsanabha Formulations

- Amrit Rasayan
- Anand bhairav ras
- Hinguleshwar ras
- Jaya vati
- Jwarmurari ras
- kaphketu ras
- Mahalaxmi vilas ra
- Mrityunjaya Ras

#### Vatsanabha Benefits & Medicinal Uses

Vatsanabha is not used independently as a single herb. When used in combination with other herbs or any Ayurvedic formulation containing it, it acts as a catalyst. Due to this action, it improves the effectiveness of other natural ingredients.

#### Vatsanabha Side Effects

If dosage exceeds from the maximum possible dose then vatsanabha can cause following side effects:

- Vertigo
- Headache
- Dryness in the mouth
- Restlessness

#### Contraindications

Unpurified *Vatsanabha* is contraindicated in all cases. You must not use unpurified *Vatsanabha* in any disease or any forumulation. It acts as a poison and can lead to death even in a low dose.

Purified Vatsanabha also has some contraindications as follows:

- Children (under 5) – strictly contraindicated
- Anger
- People with Pitta Body type
- Impotence
- Undernourished person
- Exhausted people (due to work or after walking, running and physical exercise)
- After travelling
- Pregnant woman
- Infants and children
- Old aged weak people

#### Antidote

**COW'S ghee** along with *Tankan Bhasma* is an antidote for *Vatsanabha* toxicity, However, before giving such antidote, the patient also requires stomach wash and therapeutic emesis or purgation.

In addition to the above antidotes. Arjuna Bark powder along with *cow's ghee* or honey should also be given. Kasturi can also help to prevent respiratory and heart failure.

Almost all Ayurvedic formulations that contain purified Vatsanabha and contains *borax* or *Tankan Bhasma*. It helps to prevent Vatsanabha toxicity.

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