

**ROLE OF SHAMANAUSHADHI IN VIRAL INFECTIONS WSR TO SHRINGARABHRA  
RASA- A REVIEW****Dr. Pavitra G.\*<sup>1</sup>, Dr. Bandeppa Sangolge<sup>2</sup> and Dr. Shabeen Ali<sup>3</sup>**<sup>1</sup>P.G. Scholar, Department of Rasashastra and Bhaishajya Kalpana, N.K. Jabshetty Ayurvedic Medical College and PG Centre, Bidar.<sup>2</sup>HOD, Professor, Department of Rasashastra and Bhaishajya Kalpana, N.K. Jabshetty Ayurvedic Medical College and PG Centre, Bidar.<sup>3</sup>P.G. Scholar, Department of Rasashastra and Bhaishajya Kalpana, N.K. Jabshetty Ayurvedic Medical College and PG Centre, Bidar.**\*Corresponding Author: Dr. Pavitra G.**

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**ABSTRACT**

Ayurvedic treatment is based on two modalities i.e, Shodhana and Shamana therapy, Shamanaushadhi's which helps to bring the disturbed doshas to normal without creating imbalance of other doshas in body. Ayurveda acknowledges that germs spread infective diseases, the treatment is based on the system of Tridosha's. Ayurvedic medicines does not kill an infection like antibiotics do but instead it strengthens the body's immune system to fight disease or infection. As there is a emergence of new pathogens and re-emergence of several diseases in the current situation, infectious diseases remain as the major causes of human morbidity and mortality. The country has experienced the outbreaks and epidemic of many infectious diseases. Our Acharyas have mentioned various Shamanaushadhi's which balances doshas and strengthens immune system to fight diseases or infections, Shringarabhra Rasa which comprises an ingredients like Pippali, Twak, Haritaki, Vibhitaki, Amalaki, Abhraka bhasma etc indicated in Jwara, Kasa, Shwasa, Rajayakshma. So an attempt will be made to know the effect of 'Shringarabhra Rasa' in Viral Infections.

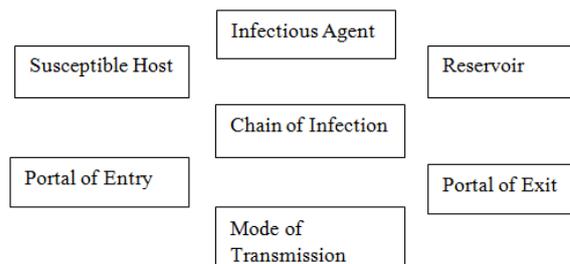
**KEYWORDS:** Infectious diseases, Shamanaushadhi, Shringarabhra Rasa, Tridosha.**INTRODUCTION**

Non cellular genetic elements that use a living cell for their replication and have an extracellular state. Outside host cell, Virus is known as a virion.

With changing of environment, poverty, malnutrition, unauthorized use of antibiotics or prolonged use of immune suppressant drugs or drug resistance microbes, there is emergence of new viral infections or re-emergence of viral diseases. Viral infections occur when a virus enters the body and invades the inside of the body's cell, if the body's immune system is unable to fight off the virus, it multiplies & spread to other cells, repeating the process & leading to a widespread infection.

Now outbreak of infectious diseases occurs more often & spreads faster than ever, in many regions of the world, this demands urgent planning and actions for epidemic prevention and its control are essential. Our Acharyas have mentioned various Shamanaushadhi's which balances doshas and strengthens immune system to fight

diseases or infections, Shringarabhra Rasa which comprises an ingredients like Pippali, Twak, Haritaki, Vibhitaki, Amalaki, Abhraka bhasma etc indicated in Jwara, Kasa, Shwasa, Rajayakshma.

**Chain of Infection****AYURVEDIC APPROACH**

Though we do not find a direct references for new emerging health challenges we understand it through various concepts given by our Acharyas, such as:

1. Janapadodhwamsa rogas
2. Aagantuja rogas

3. Oupasargika rogas
4. Krimi rogas

In Ayurveda the word 'krimi' is used as broad sense for all worms and micro-organisms perspective of modern science.

Different texts of Ayurveda described various types of krimi viz. Raktaja krimi, kaphaja krimi and Purishaja krimi, now a days some microbes resides in intestine, stomach, respiratory system which cannot be visualized through naked eye, are considered as Purishaja krimi and Kaphaja krimi.

Ayurvedic treatment is based on two modalities i.e, Shodhana and Shamana Therapy. As Shodhana therapies have many long procedures and consume long time, due to current life style lack of time, patience, madhyama - avara atura bala and nonpalatability of snehapana patients opt for Shamana Therapies.

Several Ayurvedic herbs & herbominerals from the indian subcontinent have been used for preventing & curing human disease as a treatment & preventive strategy for several diseases, including viral infections.

Shringarabhra Rasa is one such rasaushadhi which is indicated in jwara, kasa, shwasa, pleeharoga etc.

## MATERIAL AND METHODS

**Table No 01: Ingredients of Shringarabhra Rasa.<sup>[1]</sup>**

SI.NO	INGREDIENTS	QUANTITY
1	Shuddha Parada	½ Tola
2	Shuddha Gandhaka	1 Tola
3	Krishnabhra Bhasma	2 Pala
4	Karpura	1 Shana
5	Jatipatra	1 Shana
6	Sugandhabala	1 Shana
7	Gajapippali	1 Shana
8	Tejapatra	1 Shana
9	Lavanga	1 Shana
10	Jatamamsi	1 Shana
11	Talisapatra	1 Shana
12	Twak	1 Shana
13	Nagakeshara	1 Shana
14	Kushta	1 Shana
15	Dhatakipushpa	1 Shana
16	Haritaki	½ Shana
17	Vibhitaki	½ Shana
18	Amalaki	½ Shana
19	Pippali	½ Shana
20	Maricha	½ Shana
21	Shunti	½ Shana
22	Ela	2 Shana
23	Jatiphala	2 Shana

### Method of Preparation

- Shuddha Parada and Shuddha Gandhaka Should be taken in Khalva Yantra and Kajjali is Prepared till the Siddhi Lakshanas observed.
- To the prepared Kajjali add Krishnabhra Bhasma and Mardana done to form homogeneous mixture.
- To the above mixture add Sukshma Churna of all other ingredients and mardana done.

- Later mardana is done with water for 3 hours and vati are prepared and stored in a air tight container.

**Anupana:** Tambula Patra and Ardraka Khanda.

**Dose:** 2 Ratti (250mg).

**Therapeutic Use:** Kasa, Yakshma, Prameha, Udaravikara, Balya, Vrushya, Medhya, Rasayana And Vajikarana.

**Table No 02: Rasapanchaka & Action on Dosha's of Ingredients.**

SI. NO	INGREDIENTS	RASA	GUNA	VIRYA	VIPAKA	DOSHAGHNA
1	Shuddha Parada <sup>[2]</sup>	Shadrasa	Snigdha, Sara, Guru	Ushna	Madhura	Tridoshaghna
2	Shuddha Gandhaka <sup>[3]</sup>	Tikta, Katu, Kashaya	Laghu, Snigdha	Ushna	Katu/Madhura	Vata-kaphahara
3	Krishnabhra Bhasma <sup>[4]</sup>	---	Snigdha, Sheeta	----	----	Tridoshaghna

4	Karpura <sup>[5]</sup>	Tikta, Katu, Madhura	Laghu, Ruksha	Sheeta	Katu	Tridoshaghna
5	Jatipatra <sup>[6]</sup>	Tikta, Kashaya	Laghu, Snigdha	Ushna	Katu	Vata-Kaphahara
6	Sugandhabala	Tikta	Ruksha, Laghu	Sheeta	Katu	Kapha-Pittahara
7	Gajapipali <sup>[7]</sup>	Katu	Laghu, Ruksha, Tikshna	Ushna	Katu	Kapha Shamaka
8	Tejapatra <sup>[8]</sup>	Katu, Tikta, Madhura	Laghu, Ruksha, Tikshna	Ushna	Katu	Kaphavata Shamaka
9	Lavanga <sup>[9]</sup>	Tikta, Katu	Laghu, Snigdha	Sheeta	Katu	Kaphapittahara
10	Jatamamsi <sup>[10]</sup>	Tikta, Kashaya, Madhura	Laghu, Snigdha	Sheeta	Katu	Kaphapittahara
11	Talisapatra <sup>[11]</sup>	Tikta, Madhura	Laghu, Tikshna	Ushna	Katu	Kaphavatahara
12	Twak	Katu, Tikta, Madhura	Laghu, Ruksha, Tikshna	Ushna	Katu	Kaphavatahara, Pittakara
13	Nagakeshara <sup>[12]</sup>	Kashaya, Tikta	Ruksha, Tikshna, Laghu	Ushna	Katu	Kaphapittahara
14	Kushta <sup>[13]</sup>	Tikta, Katu, Madhura	Laghu, Ruksha, Tikshna	Ushna	Katu	Kaphavatahara
15	Dhatakpushpa <sup>[14]</sup>	Kashaya	Laghu, Ruksha	Sheeta	Katu	Kaphapittahara
16	Haritaki <sup>[15]</sup>	Pancharasa Except lavana	Laghu, Ruksha	Ushna	Madhura	Tridoshaghna
17	Vibhitaki <sup>[16]</sup>	Kashaya	Ruksha, Laghu	Ushna	Madhura	Kaphapittahara
18	Amalaki <sup>[17]</sup>	Amlayukta Pancharasa except lavana	Guru, Sheet	Sheeta	Madhura	Tridoshaghna
19	Pippali <sup>[18]</sup>	Katu	Tikshna, Laghu, Snigdha	Anushna	Madhura	Kaphavatahara
20	Maricha <sup>[19]</sup>	Katu	Tikshna, Ruksha	Ushna	Katu	Kaphavatahara
21	Shunti <sup>[20]</sup>	Katu	Laghu, Snigdha	Ushna	Madhura	Kaphavatahara
22	Ela <sup>[21]</sup>	Katu, Madhura	Laghu, Ruksha	Sheeta	Katu	Kaphavatahara
23	Jatiphala	Tikta, Katu	Laghu, Tikshna	Ushna	Katu	Kaphavatahara

### TREATMENT ASPECT<sup>[22]</sup>

- Acharya Charaka described three basic methods for the treatment of koshtagata krimi such as-
  1. Apakarshana
  2. Prakritivighata
  3. Nidana Parivarjana
- By doing Apakarshana doshas and krimis are no doubt eliminated out of the body but if their prakruti is not altered, the anubandha of disease will occurs.
- Prakruti vighata are inhibiting factors which responsible for the inhibition of growth and mechanism.
- As Shringarabhra rasa contains katu, tikta rasatmaka and ushna virya dravyas it does not allow or produce favourable condition to manifest micro-organisms.
- Also it acts as immuno modulator which is very important now a days in this pandemic situation to maintain immune system of ones.

### DISCUSSION

As there is a emergence of new pathogens and re-emergence of several diseases in the current situation, infectious diseases remain as the major causes of human

morbidity and mortality. The country has experienced the outbreaks and epidemic of many infectious diseases.

There are innumerable formulations those containing herbals, animal products, metals or minerals which act as anti-microbial. The mode of action of these drugs or formulation are understood based on five inherent principles such as Rasa, guna, virya, vipaka and Prabhava. This is identical with modern pharmacology that any activity of a drug is due to the presence of specific chemical constituents or secondary metabolites possessing the pharmacological effect.

Amalaki and Haritaki fruit enhances the immune-defence, acts as antiviral by inhibiting reverse transcriptase in the replication of retroviruses and inhibits influenza A virus replication by prevention of virus adsorption and suppression of virus release.<sup>[23]</sup>

Piperine in Pippali and Maricha enhances the bioavailability and bioefficacy of structurally and therapeutically diverse drugs including anti-microbial and nutritional substances, possibly by altered membrane

lipid dynamics and conformational change of enzymes in the intestine and also have immune stimulatory activity.

Shunti inhibits the virus induced plaque formation on respiratory mucosa by blocking viral attachment and internalization.<sup>[24]</sup> All the drugs contains katu, tikta rasatmak, ushna virya and laghu, ruksha, tikshna guna, it does not allow or produce favourable condition to manifest micro-organisms.

Drugs like Parada, Abhraka, Amalaki, Haritaki and Pippali etc are having Snigdha guna, Madhura vipaka, Rasayana, Balya property acts as immunomodulator.

## CONCLUSION

Ayurveda acknowledges that germs spread infective diseases, the treatment is based on the system of Tridosha's. Shamanaushadhi's balances doshas and strengthens immune system to fight diseases or infections, Shringarabhra Rasa which comprises an ingredients like Pippali, Twak, Haritaki, Vibhitaki, Amalaki, Abhraka bhasma etc indicated in Jwara, Kasa, Shwasa, Rajayakshma. These drugs contains katu, tikta rasatmak, ushna virya and laghu, ruksha, tikshna guna, it does not allow or produce favourable condition to manifest micro-organisms.

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