

## MESHASHRINGI –A CONTROVERSIAL DRUG

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**ABSTRACT**

**Controversial drug**-controversial drug are those plants which are mentioned in Ayurvedic classic but their botanical identity is not clear, about 1300 medicinal plants are used in india. 0.80% population in developing country are totally dependent on herbal drugs, for their primary health care, due to an increase demand plant species of indian medicinal plant under treat due to such a high demand and availability of natural sources and unavailability of crude drug .due to adulteration faith in herbal drugs declined and leads to one of the greatest drawback in promoters of Ayurveda and herbal drug.

**KEYWORDS:** *Gymnema sylvestre*, *Pistacea intrgrinna*, *Pergularia extensa*, *Dolichadrone falcata*, Ayurveda, controversy.

- **INTRODUCTION**-In recent year there has been resurgence in herbal system, but due to the depletion of forest with valuable herbs and their supply has reduced drastically as compared to their demand.
- As a result of increase in demand there arise ample chances for adulteration with crude drug, which is altogether different from the genuine drug .as per the WHO guidelines the standardization of the plant drug for their quality, identity, devoids of toxic compounds etc are essential. Consequently there are large number of plants species whose botanical identities remained unresolved and such are referred as controversial drugs.
- Eg-Vradhadaru, Rasna, Pasanheda, Meshashringi etc.
- Among these controversial drug, one of the drug is Meshshringi.

**Causes of controversy**

- Mistake done during copying manuscript.
- Single synonyms given for multiple plant. Eg-The synonyms of guduchi and haritki is amrita.
- Geographical variation.
- Polynominal nomenclature –multiple name of single plants are given in Ayurvedic context.

Eg- **brahmi** (*Bacopa monneri*)(*Centella asiatica*).*Rasna* (*Pluchea lanceolata*)(*Inula racemosa*)(*Aristolochia indica*).**FOLLOWING DRUG SHOWS CONTROVERSY WITH MESHSHRINGI**

- Ajashringi-*Gymnema Sylvestre* R.Br
- Vishanika-*Pergularia extensa* N.E.Br(uttamarni)
- Karkatshringi-*Pistacea intregerrima* Stew ex Brandis.
- Meshshringa-*Dolichandrone falcata* Seem.

**MESHASHRINGI****Botanical name** –*Gymnema Sylvestre* R.Br**Family** -Asclepidaceae**Vernacular name** –Hindi-Gudmar Telgue-Podapatri**English name** –Periploca of the woods.**Synonyms**-Aja shringika, Madhunashni, Visani**Morphology**-*Gymnema sylvestre* is a perennial woody climbing plant that grow in the tropical forest of the central and southern india.

it is a large climber, rooting at nodes, leaves are elliptic, acuminate, the base is acute to acuminate, glabrous above sparsely or densely tomentose.

- Flower –small in axillary and lateral umbel like cymes, pedicle are long.
- calyx –lobes are long, ovate, obtuse, pubescent.
- Corolla- pale yellow campanulate, valvate, corolla single with 5 fleshy scale.
- anther - connected produced into a membranous tip, pollinia 2, erect carpal 2, unilocular, locules many ovuled, follicle long, fusiform.
- seed -3-5 inch long, ovate, rectangular, flat, thin, broad, light brown colour with feather.

- **Description of meshshringi in samhita and Nighantu**
- **Varga:** – Sushurat samhita –Varunadi, Salsaradi
- **Nighantu :-**
- **Shodal nighantu**-in the anekarthha and guduchiadi varga meshshringi is mentioned.
- **Kaiyadeva nighantu**-in the aushadhi varga, Meshshringi is mentioned.

शृंगिका तुबरा तिक्ता दाहपित्तकफाश्रहा|

निहंती तिमिरश्वासकासरणविषक्रिमिनि||

- **Bhaopakash nighantu:-** Guduchiadi varga.

मेषशृंगी रसे तिक्ता वातला श्वासकासहृत् | रूक्ष पाकेकटु

पित्तव्रणशलेष्मअक्षिशूलनुत्||

मेषशृंगी तिक्तं कुष्ठमेहकफप्रणुत् | दीपनं संस्रनं

कासकृमिब्रणविषापहम्||

- **Nighantu adarsh :-** arka adi varga.

- **Raj nighantu:-**

अजशृंगी मेषशृंगी वर्तिका सर्पदृष्टिका I

चक्षुष्या तिक्तादग्धा च पुत्रश्रेणी विषाणिकाII

#### KARKATA SHRINGI

**Botanical name** –*Pistacia integrerrima* stew ex Brandis karkati.webp

**Family** –Anacardiaceae

**Vernacular name**-kakadasingi, Telgu-karkatasringi

**Synonyms**-Ajasrangi, Kulira visanika, Vakra srngi

**Classical categorization** –Charaka samhita-kasahar, Hikkanigran

Madhur skandha

Sushrut samhita –Kakolyadi, Padmakadi.

Bhaopakash-Haritkiadi, Dhanvantri –guduchiadi varga

#### Uttamarni

**Botanical name**-*Pegularia extensa* N.E.Br

**Family** - Asclepiadaceae

**Synonyms** - karambha, karkasha, droni, indraveera, yugmaphala etc.

#### NIGHANTU

**Shodal nighantu** – guduchiadi varg.

**Kaiyadev nighantu**-uttamarni mentioned in aushadhi varga.

अशकुष्ठक्रिमिहर कफवातविनाशनम्|

कटुउष्ण तिक्तविशदम कफहगन पित्तकोपनम्||

**Bhaopakash nighantu**-uttamarni mentioned in parishista.

- Moola twak with milk used in aamvata for virechana.
- Patra swaras has kaphanisaarak and vama property.

#### MESHSHRINGA

**Botanical name** –*Dolichandrone falcata*

**family** –Bignoniaceae

**Plant description-**

A deciduous tree 6.15 m, high the young parts pubescent or shortly villous. Leaves pinnate 7.5- 15 cm long,

leaflets opposite 1.1-3.8 cm suborbicular or obovate, sometimes very shortly acuminate, pubescent or glabrous base rounded usually unequal sided, main nerves about 4 pairs, conspicuous beneath, petioles of lateral leaflet 2-5 cm long, calyx 1.3-2 cm long, pubescent with a short stout micro at the apex.

#### DISCUSSION

- Charak has not mentioned meshshringa. Even meshshringi has been mentioned only twice. We can see the difference between charak and sushruta very clearly. Vagbhata is the follower of charak and so he mentioned meshshringi thrice and there is no mentioned meshshringa.
- Really the horns of sheep are not of one size and shape. They are of various type some small and some twisted, some curved, straight, some wavy, some zigzag, so marodphali (*Helictres ixora*) is also considered as meshshringi by some as the twisted fruits of this small tree resemble like mesha horn.
- In the salsaradi gana of acharya sushruta the word meshshringa has been given. all the plants given in this gana is big tree. eg-ajakarna, khadir, tinish etc without exception all are big tree.
- Meshshringa has been identified by shri chakarpani in his bhanumati commentary as a tree very much like putrajiva.
- In varunadi gana the word meshshringi has given. This gana contains tree, herbs, shrubs, creepers. Here meshshringi has been mentioned.
- So meshshringi and meshshringa both these names have been used by sushrut. so it seems meshshringa is different drug from meshshringi.
- Meshshringi is *Gymnema sylvestre* (creepers) and Meshshringa is *Dolichandrone falcata* (big tree)
- Meshshringi mentioned in salasaradi and varunadi gana of sushurat and in the ushnaveerya dravya of charak. But karakatashringi is mentioned in the madhur skanda by Acharya charak.
- Meshshringi is used specially for sthamban, vranroopan, vishaghna, shirovirechan, etc. but karakatashringi is mainly used as kasahar and swashara.
- Twak, extract, flowers of meshshringi are used but shungakaar substance of karakatashringi are used for various disease.
- It is clear that the name of tree is karkat and its shringi is used. No such used is found in the context of meshshringi because meshshringi refers to the shungakar fruits there where as in the karkatashringi it refers to the shungakar (horned) component
- Thus the meshshringi is a different plant from the karkatashringi than the meshshringa of Dalhana whose latin name *Dolichandrone falcata* Seem.
- Karakatashringi is *Pistacia integerrima* stew ex Brandis.
- Bhaomishra has given meshshringi as meshshringi.
- In charak samhita, ajashringi and vishanika are described separately together. so both are different substance. Similarly in sushruta samhita varunadi

- gana ajashringhi and meshshringi both are mentioned separately.
- So both of them are proved to be different.
  - Meshshringi and vrishchikaali are also mentioned separately. So both are different.
  - In charak samhita ajashringi mentioned in virechan dravya.
  - In sushrut samhita ajashringi mostly mentioned with ajagandha.
  - It is also known that ajashringi is a growing creeper mentioned in vallipanchmoola.
  - The summary is Ajashringi, meshshringi and vishanika are three different plant.
  - अजश्रृंगी कर्कटश्रृंगी,अन्ये छगलविषाणिका उत्तमारणी मेढिका इति लोके। सु.सू.३८।१०
  - Ajashringi is a creeper whose fruits are shungakaar.
  - Chakrapani has written ajashringi as vishanika.
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### CONCLUSION

- According to Acharya P.V.Sharma, the following drugs can be taken regarding meshshringi etc
- Ajshringi - *Gymnema sylvestre*
- Vishanika - *Pergularia extensa*
- Karkatshringi - *Pistacia integririma*
- Meshshringa - *Dolichandrone falcata*
- Ayurvedic Pharmacopeia of India mentioned *Gymnema sylvestre R.Br* as the official source of Meshshringi.
- So after looking at all different aspect, we can conclude that the official source for Meshshirngi is *Gymnema sylvestre*.
- *Gymnema sylvestre R.Br* commonly known as Gurmar belonging to the family Asclepiadaceae and genus *Gymnema*, native to the tropical forest of southern and central india. It is a perennial, woody climbing plant. The main class of chemical constituent isolated from *G.sylvestre* is Gymnemic acid which are responsible for its anti diabetic action. This herb is being widely used for the treatment of diabetes. Recent studies shown that this plant is also has anti obesity, hyperlipidemia, antibacterial and anti-inflammatory potentials.

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