

ABSORBENT, ANTITUSSIVE & ANTIPYRETIC EFFECT OF ATIVISHA (*ACONITUM HETEROPHYLLUM WALL*): A REVIEW ARTICLEDr. Rohit Maan*¹ and Dr. Jagdish Mohan Onkar²¹PG Scholar Deptt. of Dravyaguna.²Associate Professor Deptt. of Dravyaguna.

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ABSTRACT

Ativisha has antipyretic, antibacterial, anthelmintic, antitussive and anti-inflammatory actions. It helps in the treatment of bronchitis, persistent cough, upper respiratory tract infections, common cold, flu and malaria. In ayurvedic pediatric medicine. it is used to treat fever, cough, vomiting and diarrhea. It is an important ingredient of Balchaturbadra churna, which is used for fever, loose motions, bronchitis and infections of upper respiratory tract, asthma, vomiting and several other pediatric complaints.

KEYWORDS: *Sishubhaishjaya, ATEES, Pediatric medicine, Balchaturbadra churana.***INTRODUCTION**

Ativisha is called “*Sishubhaishjaya*” means it is best remedy for Childs. Ativisha or botanically *Aconitum heterophyllum* is an important ayurvedic herb used in ayurvedic pediatric medicine. Its roots are commonly used for fever management in infants and children. It is also known as ATEES in Hindi.

Botanical name – *Aconitum heterophyllum* Wall.**Family** - Renunculaceae**Genus** – *Aconitum***Distribution** – Himalayan region**Common name** – Ativisha, Ativish, Atees herb, Atees plant**Name In Another Languages****Sanskrit** – Ativisha, Shukalkanda, Bhangura, Ghunvallahba, Kashmira, Sishubhaishjaya**Gujarati** – Ativish**Telugu** – Atibasha**Marathi** – Ativish**Ayurvedic Properties****Rasa** – Tikta, Katu**Guna** – Laghu, Ruksha**Virya** – Ushna**Vipaka** – Katu**Dosha karma** – Pacifies Vata, Pitta and Kapha dosha**Medicinal Parts**

1. Roots
2. Tubers

Ativisha roots contain active constituents that are responsible for its medicinal properties.

Benefits and Uses

Purified Ativisha reduces fever and fights against several infections. It has the beneficial effects on respiratory and digestive food properly and metabolism. It reduces inflammation, fat accumulation and Aam toxins in the body.

Ativisha roots or tubers are beneficial in the treatment of diseases related to lungs and airways, blood, skin, stomach, intestines and liver.

Shudha Ativisha is used to manage the fever. It has antipyretic action, which helps to alleviate and prevent the fever. It is commonly used for managing the fever in infants and children in ayurvedic pediatric medicine. It acts as diaphoretic and induces perspiration, which helps to lower the fever.

In children, it is used in combination of Godanti Bhasma and given with honey.

In malaria, it acts as antiperiodic and help to stop the rise of temperature of the body.

Ativisha has antidiarrheal action. It acts as an absorbent, which reduces the liquid content of the stool and binds the stool. Further, it reduces the frequency of the loose stools. For this, it is commonly used along with Nagarmotha and Sonth powders.

Ativisha powder should be mixed in Basil leaf juice and honey. It can be given to children for treating common cold and infectious of upper respiratory tract. This ativisha mixture gives relief from nasal blockage, running nose, fever, sneezing and nasal irritation. It also prevents secondary infections.

Ativisha powder along with Karkatshringhi and honey helps to treat bronchitis and cough. It helps to clear the lunes, reduces inflammation.

Pharmacological Actions

Ativisha has following medicinal properties

- Antipyretic
- Antiperiodic
- Digestive
- Stomatic
- Antiemetic
- Anthelmintic
- Amapachak- detoxifier
- Antidiarrheal
- Antimalarial

Therapeutic Indications

Ativisha is helpful in following health conditions:

1. Fever and infection
2. Intermittent fever
3. Malaria
4. Bronchitis & cough
5. Breathing difficulties
6. Common cold and Rhinitis
7. Loss of appetite
8. Nausea and vomiting
9. Indigestion

Chemical Constituents

1. Atidine
2. Atisenol
3. Atsine
4. Atidine
5. Atisenol
6. Banzolheteratisine
7. F-Dihydroatisine
8. Heteratisine

Ayurvedic Formulations

1. Balchaturbhadra churana
2. Ativishadi churana
3. Ativishadi vati
4. Chandraprabhi vati
5. Khadiradi vati
6. Kutajghan vati
7. Rasnairangadi Kashayam

Ativisha Purification

Ativisha purification is done using and ayurvedic technique called SWEDANA and base material used in this technique is GOMAYA RASA (cow dung juice). This process helps to make it consumable for humans and removes its impurities and detoxifies it.

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