

**SIGRUPUNARNAVADI YOGA IN VISHAJA SOPHA: A REVIEW**Dr. Kavya Prabha U.<sup>1\*</sup>, Dr. T. S. Krishnakumar<sup>2</sup>, Dr. Jayasmitha S. J.<sup>3</sup> and Dr. Jithya A.<sup>4</sup>PG Scholar<sup>1</sup>, Head of the Department and Professor<sup>2</sup>, Associate Professor<sup>3</sup>, Department of Agadatantra, M V R Ayurveda Medical College, Kannur, Kerala.<sup>4</sup>PG Scholar, Department of Rasasastra and Bhaisajyakalpana, M V R Ayurveda Medical College, Kannur, Kerala.**\*Corresponding Author: Dr. Kavya Prabha U.**

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**ABSTRACT**

Agadatantra or Vishachikitsa is a well developed branch of Ayurveda since ages. There is mention of many *Lepana Yogas* in *Visha Chikitsa*. *Sigrupunarnavadi* is a *Lepana Yoga* which is widely used by the *Visha Vaidhyas* which is mentioned by both Prayoga samuchayam by Kochunni Thamburan and Vishajyotsnika by Karattu Namboothiri. The formulation comprises ten ingredients. It is widely used in *Sopha* produced by *Mandalisarpa*. It is also used in all types of *Vishaja Sopha*, like *Keetavisha*.

**KEYWORDS:** *Sigrupunarnavadi Yoga, Mandali Sarpa Chikitsa, Keetavisha, Vishajasopha.***INTRODUCTION**

Agadatantra or Vishachikitsa is a well developed branch of Ayurveda since ages. *Lepa* is one among the twenty four treatment modalities of *Visha Chikitsa* by Acharya Charaka.<sup>[1]</sup> The tradition of *Visha Chikitsa* has been widely practiced among Keraleeya Visha vaidyas & they contributed many literatures which were explained different treatment modalities and formulations. There are many *Lepana Yogas* mentioned in Keraliya Vishachikitsa Granthas. *Sigrupunarnavadi Yoga* is a *Lepana Yoga* mentioned in the context of *Mandali Sarpachikitsa*. It is widely

used not only in *Mandali Visha Sopha* but also in all types of *Vishaja Sopha*.

**AIM AND OBJECTIVE**

This paper is an attempt to make a review on the formulation *Sigrupunarnavadi Yoga*.

**MATERIALS AND METHODS****REVIEW OF LITERATURE**

The references of *Sigrupunarnavadi Yoga* are:

1. Vishajyotsnika, *Mandalivisha Chikitsa*.<sup>[2]</sup>
2. Prayogasamuchaya, *Mandali Samanya Chikitsa*.<sup>[3]</sup>

**Ingredients****Table 1: Ingredients of *Sigrupunarnavadi Yoga*.**

Drug	Botanical name	Family	Part used
<i>Sigru</i> <sup>[4]</sup>	Moringa oleifera	Moringaceae	Bark
<i>Punarnava</i> <sup>[5]</sup>	Boerhavia diffusa	Nictanginaceae	Root
<i>Haridra</i> <sup>[6]</sup>	Curcuma longa	Zingiberaceae	Rhizome
<i>Vacha</i> <sup>[7]</sup>	Acorus calamus Linn	Araceae	Rhizome
<i>Chandana</i> <sup>[8]</sup>	Santalum album	Santalaceae	Heartwood
<i>Pata</i> <sup>[9]</sup>	Cyclea peltata Miers.	Menispermaceae	Rhizome
<i>Eswari</i> <sup>[10]</sup>	Aristolochia indica Linn.	Aristolochiaceae	Root
<i>Yasti</i> <sup>[11]</sup>	Glycyrrhiza glabra Linn.	Fabaceae	Rhizome
<i>Sireesha</i> <sup>[12]</sup>	Albizia lebbek	Mimosaceae	Bark
<i>Gokshura</i> <sup>[13]</sup>	Tribulus terrestris Linn	Fabaceae	Fruit

**Method of preparation**

In *Yoga* there is no mention of special ratio for the ingredients, so all the ten ingredients are taken in equal quantity, powdered well and mixed together forming a homogeneous mixture.

**Method of application**

*Sigrupunarnavadi Yoga* is used for external applications. The liquid media for making *Lepa* is not mentioned in *Yoga*, and so we can use *Jala*. It is usually advised to use water or rice washed water by

Vishavaidhyas of Kerala. Make a paste of *Churna* with water or rice washed water. Then heat slightly and apply over the affected area. *Lepa* should be removed instantly after drying by washing with lukewarm water.<sup>[14]</sup> As *Visha* is an emergency condition, the *Lepa* is applied frequently.

**Indication**

In *Yoga*, it is mentioned as “*Vishaveekkamadangum*”, which means it cures the swelling produced by *Visha*. Even though it is a *Yoga* mentioned in *Mandali Sarpa Chikitsa*, it is widely used in all the types of *Keetavishajanya Sopha* and also the *Sopha* originated due to other *Visha*. Following are the properties of the ingredients of *Yoga*.

**Table 2: Properties of ingredients of *Sigrupunarnavadi Yoga*.**

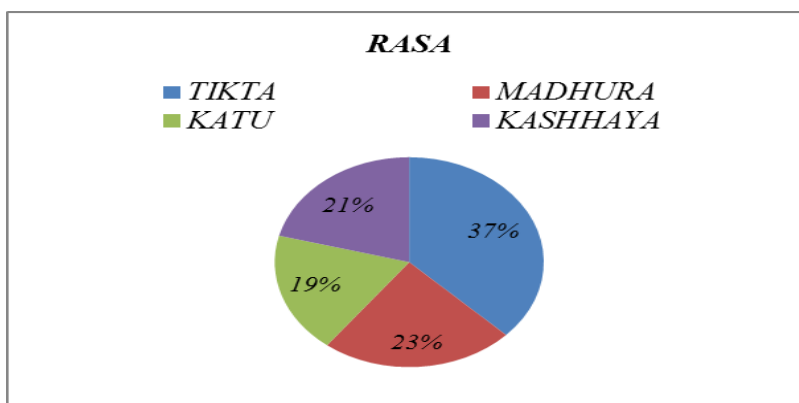
Drug	Rasa	Guna	Virya	Vipaka
<i>Sigru</i>	<i>Tikta Katu</i>	<i>Ushna Ruksha Teekshna</i>	<i>Ushna</i>	<i>Katu</i>
<i>Punarnava</i>	<i>Madhura Tikta Kashaya</i>	<i>Laghu Ruksha</i>	<i>Ushna</i>	<i>Madhura</i>
<i>Haridra</i>	<i>Tikta Katu</i>	<i>Laghu Ruksha</i>	<i>Ushna</i>	<i>Katu</i>
<i>Vacha</i>	<i>Tikta Katu</i>	<i>Laghu Teekshna</i>	<i>Ushna</i>	<i>Katu</i>
<i>Chandana</i>	<i>Tikta Madhura</i>	<i>Laghu Ruksha</i>	<i>Seeta</i>	<i>Katu</i>
<i>Pata</i>	<i>Tikta</i>	<i>Laghu Teekshna</i>	<i>Ushna</i>	<i>Katu</i>
<i>Eswari</i>	<i>Tikta Katu</i>	<i>Laghu Teekshna</i>	<i>Ushna</i>	<i>Katu</i>
<i>Yasti</i>	<i>Madhura</i>	<i>Guru Snigda</i>	<i>Seeta</i>	<i>Madhura</i>
<i>Sireesha</i>	<i>Kashaya Tikta Madhura</i>	<i>Laghu Ruksha Teekshna</i>	<i>Esath ushna</i>	<i>Katu</i>
<i>Gokshura</i>	<i>Madhura</i>	<i>Guru Snigda</i>	<i>Seetha</i>	<i>Madhura</i>

**Table 3: Karma of ingredients of *Sigrupunarnavadi Yoga*.**

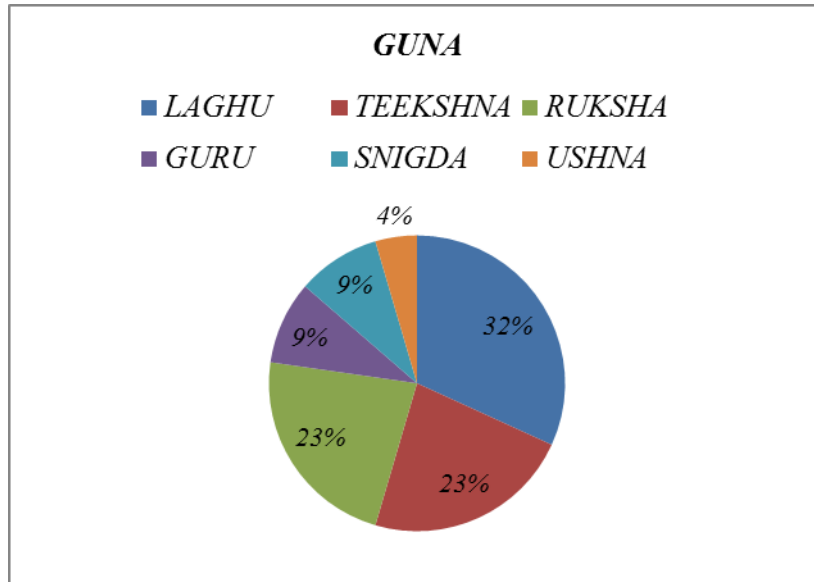
Drug	Dosha Karma	Karma
<i>Sigru</i>	<i>Kaphavatahara</i>	<i>Vishahara Krimihara Kustahara</i>
<i>Punarnava</i>	<i>Kaphavatahara</i>	<i>Sothahara Soolahara</i>
<i>Haridra</i>	<i>Kaphavatahara</i>	<i>Varnya Twakdosahara Kustahara Vranahara Vishahara</i>
<i>Vacha</i>	<i>Kaphavatahara</i>	<i>Krimihara Soolahara</i>
<i>Chandana</i>	<i>Kaphapittahara</i>	<i>Vishahara Dahahara</i>
<i>Pata</i>	<i>Kaphavatahara</i>	<i>Vishahara Soolahara Dahahara Krimihara Vranahara</i>
<i>Eswari</i>	<i>Kaphavatahara</i>	<i>Krimihara Vishahara</i>
<i>Yasti</i>	<i>Vatapittahara</i>	<i>Vranasophahara Vishahara</i>
<i>Sireesha</i>	<i>Vatapittahara</i>	<i>Vishahara Vranahara Varnya</i>
<i>Gokshura</i>	<i>Vatapittahara</i>	<i>Sophahara Krimihara</i>

**DISCUSSION AND RESULT**

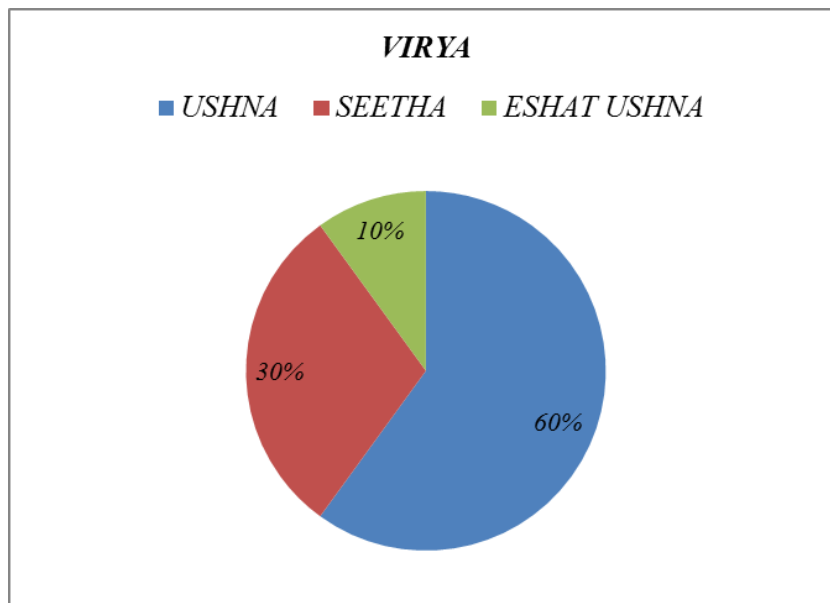
The properties of the ingredients of *Sigrupunarnavadi Yoga* can be summarized as below.



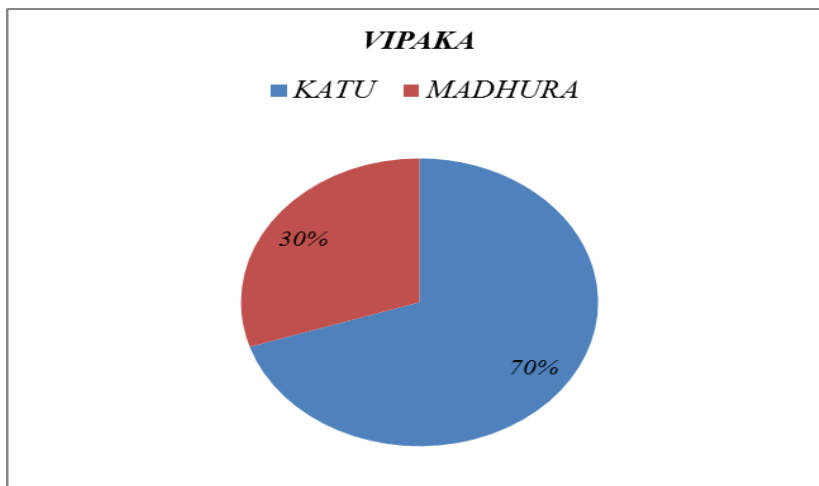
**Graph 1: Probable mode of action of *Sigrupunarnavadi Yoga* based on *Rasa*.**



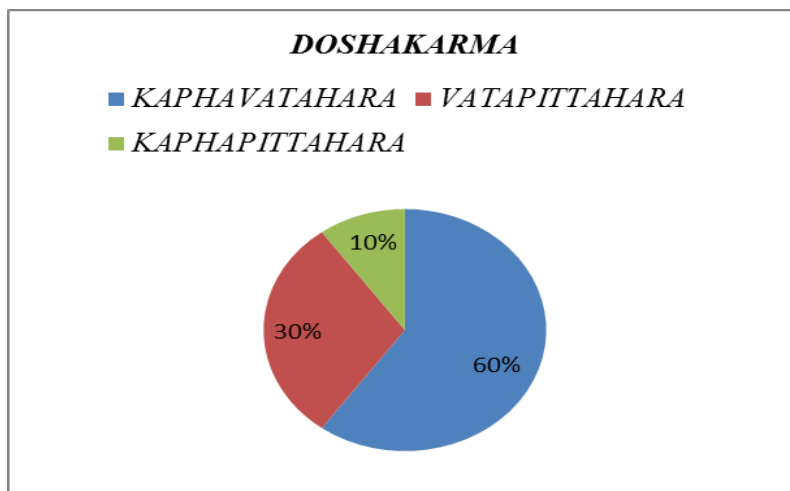
Graph 2: Probable mode of action of *Sigrupunarnavadi Yoga* based on *Guna*.



Graph 3: Probable mode of action of *Sigrupunarnavadi Yoga* based on *Virya*.



Graph 4: Probable mode of action of *Sigrupunarnavadi Yoga* based on *Vipaka*.



Graph 5: Doshaharatva of ingredients of Sigrupunarnavadi Yoga.

*Sigrupunarnavadi Yoga* has ten ingredients.

- Among them *Sigru*, *Haridra*, *Chandana*, *Pata*, *Eswaramooli*, *Yashti* and *Sireesha* are having *Vishaghna* property.
- *Punarnava* has *Kapha*, *Vatahara* property may give relief in Pain as well as in oedema.
- *Yashtimadhu* is having *Vata*, *Pittahara* property may give relief in Pain as well as in Erythema.
- *Chandana* has *Pitta*, *Kaphahara* property may give relief in Erythema and in oedema.
- *Sigru* and *Gokshura* are *Sophahara*.

While analyzing the properties, the *Yoga* predominantly has *Tikta Madhura Kashaya Rasa*, *Laghu Tikshna Ruksha Guna*, *Ushna Virya*, *Katu Vipaka* and *Vatakaphagna* in property.

## CONCLUSION

By its overall *Guna* the easy spreading of medicine occurs.

- The general *Doshahara* properties of drugs like *Kaphavatahara* and *Vatapittahara* are beneficial in the relief of *Vedana*, *Raga* and *Sopha*.
- *Ushna Virya* helps in the relief of *Vedana* and *Sopha*.

All the ten ingredients of *Sigrupunarnavdi Yoga* are easily available and easy to prepare and administer. A synergistic action against *Visha* which is due to the *Prabhava* of *Yoga* might be the reason for its effectiveness in *Mandalisarpavisha* and also in all *Vishajasopha* conditions.

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