

A REVIEW ON UPAVISHA - SNUHI (EUPHORBIA NERIFOLIA LINN)

Dr. Aruna Naga¹, Dr. Amala Jyothi¹, Dr. Rajalakshmi R¹¹PG Scholar, Dept. of Agada Tantra, SDM College of Ayurveda Hassan,
Karnataka, India

ABSTRACT

In Ayurveda, Upavisa are the group of drugs which were less toxic in nature and not so lethal but produces certain toxic symptoms on consumptions or administration. Snuhi is one among the upavisa and a well-known plant in Indian system of medicine. According to Acharya Charaka even an acute poison become an excellent drug if it is administered properly and similarly even a drug if not administered properly becomes an acute poison. The drug snuhi is employed as an important ingredient of various classical preparations. This review article includes overall information about the plant Snuhi, it's toxicological aspect, management, medico-legal aspect and therapeutic uses.

Key words: Snuhi, Upavisha, Therapeutic uses, Toxicological aspect

INTRODUCTION

Snuhi (*Euphorbia nerifolia linn*), is a well known medicinal plant in the Indian system of medicine. It has been stated categorically that strong poisons could be the best medicine, if it is used after proper Shodhana (Detoxification), in a proper therapeutic dose and formulation. On the contrary a good medicine may affect adversely unless it is used for proper person with proper dose¹. *Rasratnasamucchaya* described eleven number of *Upavisha*². In Ayurvedic

literature *Upavisha* are the group of drugs which were less toxic in nature and not so lethal but produce certain toxic symptoms on consumption or administration. They are having less toxic potency³. Snuhi is also identified as *Snuhi ksira*, *Sudha ksira*, *Sehunda ksira*, *Snuhi dugda*, *Sudha dugdha* and *Sehunda dugdha*; all these are the synonymous words used in the classics for the milky exudate of 'Euphorbia nerifolia'⁴.

Scientific classification⁵:

Kingdom	Plantae
(unranked)	Angiosperms
(unranked)	Eudicots
(unranked)	Rosids
Order	Malpighiales
Family	Euphorbiaceae
Subfamily	Euyphorbioideae
Tribe	Euphorbieae
Genus	Euphorbia

Botanical name : *Euphorbia nerifolia linn*

Family : Euphorbiaceae

Vernacular name ^{6,7} :

Sanskrit Name : Snuhi

Hindi Name : Thuhara

English Name : Common milk hage

Telugu : Akujemudu

Tamil : Ilaikalli

Bengali : Manasa sija

Arabic : Jakum

Classification :

Ayurveda : Sthavara visha varga, Upavisha⁸

Modern : Irritant organic vegetative poison

Special categorisation ⁹ :

Caraka : Virecana, sat sodhana vrksa, ksirtraya

Susruta : Adhobhagahara, Shyamadi

Vagbhata : Nikumbhadi (Virechana)

Species¹⁰ :

- *E. nerifolia linn* – Patra Snuhi
- *E. nivulia Buch* - Ham
- *E. antiquorum Linn* – Tridhara Sehunda
- *E. trigona Haw* - Tridhara Sehunda bheda
- *E. royleana Boiss* - Thuhara
- *E. Tirucalli* – Kanda snuhi

Distribution¹¹ : Plant occurs commonly in rocky ground throughout the Deccan, Peninsula and is often cultivated for hedges in villages throughout India.

Plant description: Large succulent shrub or a small tree or which grows upto 6-20 ft high, with jointed, cylindrical or obscurely 5-angled branches bearing short stippular thorns, more or less confluent in vertical or slightly spiral lines. Flowers – yellowish green or greenish yellow in color. Leaves – fleshy, deciduous, 6-12 in. long. Fruits – tricolcus, consisting appearing three radiating follicles. Seeds – minute like rape seeds.

Flowering and fruiting time – plant becomes leafless during winter. Flowers begin to appear in springs and subsequently plant bears fruits.

Major chemical constituent¹² :

Latex – Euphol, neri foliol, neriifolene.

Part used ¹³ : Latex, stem, leaf, and root

Ayurvedic properties¹⁴ :

Rasa – katu, **Guna** – Laghu, Tikshna, Snigdha, **Virya** – Ushna, **Vipaka** – Katu

Karma – Kapha-vatahara, Dipana, Recana



Indications: *Vatavyadhi, Gulma, Udara, Sula, Sotha, Arsas, Kushta, Medoroga.*

Snuhi- uses:

Arsha – turmeric powder mixed with latex of snuhi is applied externally

Krmidanta – root of snuhi is chewed

Vrana – wounds are cured by applying the steamed leaves of snuhi for 5-6 days.

E. antiquorum Linn – *Visha, Dooshivisha and Sarpa visha*¹⁵

Snuhimula churna mixed with black pepper – Scorpion sting, Snake bite and used internally and externally¹⁶.

Toxic part - Latex

Dosage¹⁷ : Latex – a possible fatal dose is 25-30ml and fatal period is about 3 days.(modi)

Snuhi ksira Shodhana (Purification method)¹⁸ :

2 pala (96ml) of Snuhi ksira is taken along with 2 tola (24ml) of filtered cinca patra swarasa in a clean wide mouthed container. The vessel is placed under sun and dried. When the liquid part dries up, the dry powder obtained is stored in a suitable airtight container as Suddha suska snuhi ksira for further therapeutic use.

Snuhi ksira properties: Suddha snuhi ksira mitigates vata dosa and is useful in Gulma roga, Udara roga, Adhmana and in curing the chronic pile mass. It is also useful in combating influences of Visa over body.

Ayurvedic formulations of Snuhi¹⁹: Jatyadi varti, Snuhidugdhadhi varti, Snuhi Ghruta, Jalodarari rasa.

Toxic symptoms²⁰: Ingestion of latex – Irritant, Vomiting, Diarrhoea, Burning sensation in the abdomen, Convulsions and Coma.

On contact -

Skin - Burning of skin and vesication

Eye - Inflammation of eye and temporally blindness

Treatment:

Wash contact part with running water

Symptomatic treatment -

On ingestion: Gastric lavage with normal saline, Activated charcoal

On contact:

Skin - Topical corticosteroids

Eye- Antibiotic eye drops, Tears substitute, IOP (Intra ocular pressure) lowering medications

Post Mortem Appearance- Signs of inflammation of contact part, gangrenous patches in the stomach and rotten spleen.

Medico legal importance- Commonly accidental poisoning, Homicidal and suicidal purposes are very rare and used for procuring criminal abortions.

CONCLUSION

Poisonous plants which are included in visha and upavisha category can give quick relief in various diseases with their internal use. If they are used without purification they may cause harmful effects. Hence poisonous plants should always use after purification with specific purification process. According to Acharya Charaka even an acute poison become an excellent drug if it is administered properly and similarly even a drug if not administered properly becomes an acute poison.

REFERENCES:

1. Agnivesh, Charak Samhita, edited by Vaidya Yadavji Trikamji Acharya,

Chaukhambha surabharti Prakashan, Varanasi 2008.

2. Shastri Ambikadatta (Suratnojivala Hindi Commentry), Rasaratnasammucchaya, Chukhambha Amarbharti Prakashan, Varanasi, Ed. 8th, 1988, Peg no.170.
3. Dr.Namburi Shekhar U.R, A Textbook Of Agadtantra, Chukhambha Sanskrit Sansthan, Varanasi, Reprint 2013, peg no. 16.
4. Dr.Angadi Ravindra, A textbook of Rasasatra, chaukhambha Surbharati Prakashan, Varanasi, 1st Ed, 2014, Peg no.576.
5. <https://en.m.wikipedia.org>
6. Dr.Shastry J.L.N., Dravyaguna vijnana, Vol 2, Chukhambha Orientaliya, varanasi, Ed.2nd, 2005, peg no.924.
7. Dr.Pandey Gynanendra, Dravyaguna vijnana, Part-3, Krishnadas Academy, Varanasi, 1st Ed, 2001, peg no.499.
8. Acharya Y T. Sushruta Samhita of Sushruta with Nibhandhasangraha commentary of Dalhanacharya and Nyayachandrika Panjika of Sri Gayadasacharya on kalpastana. Reprinted ed. 20013, Varanasi (India): Chaukambha Sankrit Sansthan; 2012.p. 564.
9. Dr.Shastry J.L.N., Dravyaguna vijnana, Vol 2, Chukhambha Orientaliya, varanasi, Ed.2nd, 2005, peg no.925.
10. Dr.Shastry J.L.N., Dravyaguna vijnana, Vol 2, Chukhambha Orientaliya, varanasi, Ed.2nd, 2005, peg no.924.
11. Dr.Pandey Gynanendra, Dravyaguna vijnana, Part-3, Krishnadas Academy, Varanasi, 1st Ed, 2001, peg no.500
12. Dr.Shastry J.L.N., Dravyaguna vijnana, Vol 2, Chukhambha Orientaliya, varanasi, Ed.2nd, 2005, peg no.924.
13. Sharma P.V, Dravyaguna-Vigyana, Vol 2, Chukhambha Bharti Academy, Varanasi, Ed.14th, 1993, peg.No.432.
14. Dr.Shastry J.L.N., Dravyaguna vijnana, Vol 2, Chukhambha Orientaliya, varanasi, Ed.2nd, 2005, peg no.925.
15. Mishara B and Vaishya R., Bhavaprakasha, Purwardhwam,

- Chukhambha Sanskrit sansthana, Varanasi, Ed.11,2004, peg no.307-309.
16. Nadakarni K A, Indian Materia Medica, Vol 1, Popular Prakashana Private LTD, Ed.3rd, Reprint 1995, peg no.526
17. Modi's Medical Jurisprudence and Toxicology, 24th edition, Lexis Nexis Butterworths; 2013 page no. 148
18. Pandit Kashinath Shastry, Rasatarangini, Motilala Banarasidas, Delhi, Ed,11,1979, peg no 744
19. Dr.Shastry J.L.N., Dravyaguna vijnana, Vol 2, Chukhambha Orientaliya, varanasi, Ed.2nd,2005, peg no.925.
20. Modi's Medical Jurisprudence and Toxicology, 24th edition, Lexis Nexis Butterworths; 2013 page no. 148

CORRESPONDING AUTHOR

Dr. Aruna Naga

PG Scholar, Dept. of Agada Tantra,
SDM College of Ayurveda Hassan,
Karnataka, India.

Email: drarunanaga@yahoo.in

Source of Support: Nil

Conflict of Interest: None Declared