



## SHIGRU (*Moringa oleifera* Lam.) AS VISHAGNA DRAVYA- AN OVERVIEW

Ananya B<sup>1</sup>, Ravikrishna S<sup>2</sup>., Sreejith K<sup>3</sup>., Chaithra Hebbar<sup>4</sup>.

<sup>1</sup>Post graduate scholar, <sup>2</sup>Associate Professor, <sup>3</sup>Assistant Professor, <sup>4</sup>Professor and Head of the Department. Department of PG studies in Agada tantra, Sri DharmasthalaManjunatheshwara College of Ayurveda and Hospital, Kuthpady, Udupi 574118, Karnataka, India

Corresponding Author: [alakaananya94@gmail.com](mailto:alakaananya94@gmail.com)

<https://doi.org/10.46607/iamj2109022021>

(Published online: February 2021)

### Open Access

© International Ayurvedic Medical Journal, India 2021

Article Received:30/01/2021 - Peer Reviewed:28/01/2021 - Accepted for Publication:08/02/2021



## ABSTRACT

*Shigru* is very common and well-known herbal medicine. The plant is botanically identified as *Moringa oleifera* Lam. which is distributed in many countries of the tropics and subtropics. It is fast-growing and the most widely cultivated species. It belongs to *Moringaceae* family and *Moringa* genus. Different parts of *Shigru* like leaves, seed, bark, root bark etc. are used as *Aushadi* (medicine) and *Ahara* (food). The plant has an impressive range of medicinal uses with high nutritional value., It is traditionally used in the treatment of various ailments i.e. *Visha* (poison), *Krimi* (wormicidal), *Kustha* (skin disorders), *Kandu* (itching) *Vatavyadhi*, *Ashmari* (calculi), *Sopha* (Inflammation). This review focuses on the detailed literature review and the medicinal use of *shigru* in *visha* (poison)

**Keywords:** *Shigru*, *visha*, *Moringa oleifera* Lam.

## INTRODUCTION

*Moringa* (Botanical name "*Moringa oleifera*") also called Drumstick tree or Horse radish tree is a versatile tree where its various parts have been utilized

throughout history as food and medicine. Among number of plants described in Ayurveda, *Shigru* is one which holds greater medical importance. Majority of

population across the globe depends on traditional remedies for cure from different diseases. Majority of the traditional medicines used in healthcare are obtained from plants. Locally *Shigru* is an important medicinal plant and is used for treatment of a wide spectrum of health disorders in traditional and folk medicine; it grows in all types of soil except stiff clays and thrives best under the tropical insular climate of south India. The tree can be propagated by seeds and from cutting.<sup>1</sup> As per Ayurveda *Shigru* also has a synonym *Mochaka* (can use in many diseases)<sup>2</sup>. In Ayurveda it is extensively used in the treatment of various ailments i.e. *visha* (poison), *Krimi* (wormicidal), *Kustha* (skin disorders), *Kandu* (itching), *Vatavyadhi*, *Ashmari* (calculi), *Sopha* (Inflammation). This review focuses on the detailed literature review and the medicinal use of *shigru* in *visha* (poison).

**Methodology:** Literature review is conducted on *Shigru* and its references on *vishachikitsa* from various *Nighantu* and classical textbooks of Ayurveda, and various textbooks for *vishachikitsa*.

## RESULTS AND DISCUSSION

### Etymology<sup>3</sup>

“*Shinothi theekshnatham vidhadathi*” *Shigru* is having very potent qualities. Description of *Shigru* is available from *Vedic kala*, In *Rigveda*, the term *Shigru* is used to indicate *janapada* area or human settlement, its dry branches are used for *ucchatana karma* (A.p.26/6/1-5). *Kausika sutra* indicated its external usage along with butter in the management of *Krimi-roga* (Koushika Sutra 29/26 and 37/5). *Dharmasutras* had forbidden it for *dantadhavana* and *sraddha karma*<sup>4</sup>. In *Harsha charita* it is said that *Shigru* was planted in house garden.<sup>5</sup>

### Taxonomical Classification<sup>6</sup>

Kingdom: Plantae, Subkingdom: Tracheobionta, Superdivision: Spermatophyta, Division: Magnoliophyta, Class: Magnoliopsida, Subclass: Dilleniidae, Order: Capparales, Family: Moringaceae, Genus: *Moringa*., Species: *Moringa oleifera* Lam., Synonyms: *Moringa pterygosperma* Gaertn

**Table 1:** Synonyms<sup>7, 8, 9</sup>

SL NO	SYNONYMS	RN	MN	BN	KN	CA	SU	AH
1	<i>Sakapatra</i>	+	-	-	-	-	-	-
2	<i>Upadamsha</i>	+	-	-	-	-	-	-
3	<i>Komalapatraka</i>	+	-	-	-	-	-	-
4	<i>Damshamula</i>	+	-	-	-	-	-	-
5	<i>Haritha shaka</i>	+	-	-	-	-	-	-
6	<i>Supatraka</i>	+	-	-	-	-	-	-
7	<i>Kshamadamsha</i>	+	-	-	-	-	-	-
8	<i>Bahumula</i>	+	-	-	-	-	-	-
9	<i>Teekshnamula</i>	+	-	-	-	-	-	-
10	<i>Shobhanjana</i>	-	+	+	+	+	+	+
11	<i>Krishna ganda</i>	-	+	-	+	-	-	-
12	<i>Bahulachada</i>	-	+	-	-	-	-	-
13	<i>Haritachada</i>	-	+	-	+	-	-	-
14	<i>Teekshnagandha</i>	-	-	+	+	-	-	-
15	<i>Akshiva</i>	-	-	+	+	+	-	-
16	<i>Mochaka</i>	-	-	+	+	-	-	-
17	<i>svethamaricha</i>	-	-	+	+	-	-	-
18	<i>Murangi</i>	-	-	-	+	-	+	-
19	<i>Saalanakshama</i>	-	-	-	+	-	-	-
20	<i>Ghanachada</i>	--	-	-	+	-	-	-
21	<i>Bahalachada</i>	-	-	-	+	-	-	-

22	Avadamsha	-	-	-	+	-	-	-
23	Mulaparni	-	-	-	+	-	-	-
24	mukhabhanga	-	-	-	+	-	-	-
25	Subhanjana	-	-	-	+	-	-	-
26	Vidradigna	-	-	-	+	-	-	-
27	mulakachada	-	-	-	+	-	-	-
28	Madhugandhi	-	-	-	+	-	-	-
29	Gunjanaka	-	-	-	+	-	-	-
30	Sheegraka	-	-	-	+	-	-	-
31	Simhakesari	-	-	-	+	-	-	-
32	Sitamaricha	-	-	-	-	+	+	+
33	Sobhanjanaka	-	-	-	-	+	+	+
34	Svethamaricha	-	-	-	-	-	+	-
35	shuklamaricha	-	-	-	-	-	+	-
36	Bahalapallava	-	-	-	-	-	-	+
37	Hrasvasigruka	-	-	-	-	-	+	-
38	Krishnagandha	-	-	-	-	+	+	+
39	Mulakaparni	-	-	-	-	+	-	-

<b>Gana/Varga</b>	<b>C.S<sup>10</sup></b>	<b>S.S<sup>11</sup></b>	<b>A.S<sup>12</sup></b>	<b>A.H<sup>13</sup></b>	<b>Sha.S<sup>14</sup></b>	<b>B.P<sup>15</sup></b>	<b>R.N<sup>16</sup></b>	<b>D.N<sup>17</sup></b>	<b>Sha.N<sup>18</sup></b>	<b>Mp.N<sup>19</sup></b>	<b>Kai.N<sup>20</sup></b>	<b>P.N<sup>21</sup></b>	<b>Ni.A<sup>22</sup></b>
Swedopaga	+	-	+	-	-	-	-	-	-	-	-	-	-
Krimighnagana	+	-	+	-	-	-	-	-	-	-	-	-	-
Shirovirechanopaga/ Shirovirechanopayogi dravyas	+	-	-	-	-	-	-	-	-	-	-	-	-
Shirovirechanadravyas		+	+	+	-	-	-	-	-	-	-	-	-
Katukaskandhadravys	+	-	-	-	-	-	-	-	-	-	-	-	-
Sthavarasnehana yoni	+	-	-	-	-	-	-	-	-	-	-	-	-
Vranapachanadravyas	-	+	-	-	-	-	-	-	-	-	-	-	-
Varunadigana	-	+	+	+	+	-	-	-	-	-	-	-	-
Katu rasa varga/Katuka skandha	-	+	+	-	-	-	-	-	-	-	-	-	-
Shirororogahara dravyas	-	+	-	-	-	-	-	-	-	-	-	-	-
Shaakasamskaara and ahaaropayogidravyas	-	+	-	-	-	-	-	-	-	-	-	-	-
Haritakavarga/ harita varga (kuteradigana)	-	-	+	+	-	-	-	-	-	-	-	-	-
Vamanopayogidra- vyas/Vamana dravyakalpasangraha	-	-	+	-	-	-	-	-	-	-	-	-	-
Guduchyadivarga	-	-	-	-	-	+	-	-	+	-	-	-	-
Karaveeradivarga	-	-	-	-	-	-	-	+	-	-	-	-	-
Oushadhivarga	-	-	-	-	-	-	-	-	-	-	+	-	-
Shaakavarga	-	-	-	-	-	-	-	-	-	+	-	-	-

Moolakadivarga	-	-	-	-	-	-	-	+	-	-	-	-	-	-
Shigruaadivarga	-	-	-	-	-	-	-	-	-	-	-	-	-	+
Haritakyadivarga	-	-	-	-	-	-	-	-	-	-	-	-	+	-

**Table 3: Rasa Panchaka**

Rasa	Guna	Virya	Vipaka	Doshagnatha	Gana	Reference
Katu	Tikshna, Ushna, Laghu	Ushna	Katu	Kaphavatahara	Guduchyadi varga	Bhavaprakasha nighantu <sup>15</sup>
Katu	Tikshna, Ushna, Laghu	Ushna	Katu	Kaphavatahara	Shigruadi gana	Adarsha nighantu <sup>22</sup>
--	Tikshna, laghu	Ushna	--	Kaphavatahara	Shaka varga	Madanapala nighantu <sup>19</sup>
Katu	Ushna, tikshna	Ushna	--	Kaphavatahara	Mulakadi gana	Raja nighantu <sup>16</sup>
Katu	Ushna	Ushna	--	Kaphavatahara	Karaveeradi varga	Dhanvantari nighantu <sup>17</sup>

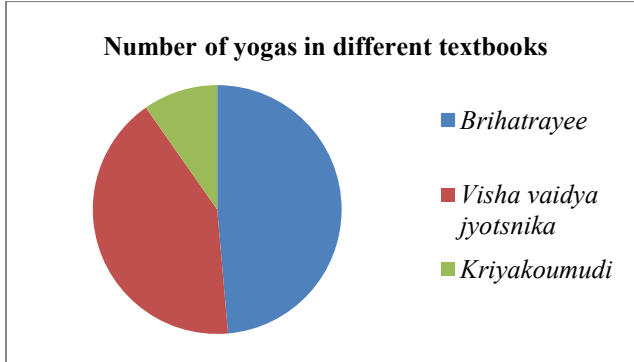
**Table 4: Shigru In VishaChikitsa According To Brihatrayee**

Pippalyadi anjana	Visha chikitsa	Ca.Chi 23/182
Shirishadi kashaya	Sarpa Visha	Ca.Chi. 23/193
Rishabha Agada	Sarpa Visha	Su.Ka. 5/68
Sanjivana Agada	Visha chikitsa	Su .Ka. 5/73
As a pathya	Visha chikitsa	Su. Ka. 6/30
Pippalyadi anjana	Visha chikitsa	A.S.U. 42/30
Sindhuvaradi kashaya	Mushika Visha	A.H.U. 38/27

**Table 5: Shigru In VishaChikitsa In Textbooks Of Visha Chikitsa<sup>22,23</sup>**

For nasya	Darveekara sarpavisha	Vishavaidyajyotsnika 5/22
For nasya	Mandali sarpavisha	Vishavaidyajyotsnika 6/18
Shigrumuladi lepa	Mandali sarpavisha	Vishavaidyajyotsnika 6/32
Punarnavadi lepa	Mandali sarpavisha	Vishavaidyajyotsnika 6/47
Shigrupunarnavadi lepa	Mandali sarpavisha	Vishavaidyajyotsnika 6/70
Karanjadi lepa	Mandali sarpavisha	Vishavaidyajyotsnika 6/69
Shigrumulatwak pana	Darveekara sarpavisha	Kriya kumudi 4/221
Mayuranda gutika	Darveekara sarpavisha	Kriya kumudi 4/264
Garalagna gutika	Darveekara sarpavisha	Kriya kumudi 4/284
For nasya	Darveekara sarpavisha	Kriya kumudi 4/322
For nasya	Darveekara sarpavisha	Kriya kumudi 4/327
For nasya and anjana	Darveekara sarpavisha	Kriya kumudi 4/379
For nasya	Darveekara sarpavisha	Kriya kumudi 4/395
Lodradi agada	Darveekara sarpavisha	Kriya kumudi 4/395
For lepa	Mandali sarpavisha	Kriya kumudi 5/116
Patoladi lepa	Mandali sarpavisha	Kriya kumudi 5/296
Manjishtadi lepa	Mandali sarpavisha	Kriya kumudi 5/314
Arkadi lepa	Mandali sarpavisha	Kriya kumudi 5/319
Shigruadi lepa	Mandali sarpavisha	Kriya kumudi 5/323
Marichadi kashaya	Mandali sarpavisha	Kriya kumudi 5/344-346
Paribhadradilepa	Mandali sarpavisha	Kriya kumudi 5/353-359
For nasya	Mandali sarpavisha	Kriya kumudi 5/436
Shigruadi agada	Mandali sarpavisha	Kriya kumudi 5/463-467

*Shigru* has been used as food since ancient times. There are so many references for *Shigru* in *visha-chikitsa* in the form of *nasya*, *anjana*, *pana* and *lepa*. In *Brihatrayee 2 kashaya yoga*, *2 anjana yoga* and *2 agada yoga* were explained in various contexts of *visha chikitsa*. According to other *visha chikitsa* textbooks, in *sarpavisha chikitsa* 6 preparations were mentioned by *visha vaidya jyotsnika* and 17 preparations were explained in *kriya koutudi*.



## CONCLUSION

The plant *Shigru* has an impressive range of medicinal uses with high nutritional value. Traditional & ethno-botanical uses of plants receive much attention as they are believed that it is safer for human use. *Shigru* is one of the most used herbs in Ayurveda. Thorough screening of the literatures depicted that *Shigru* is having *vishahara* property and is indicated in the treatment of *Samanya visha chikitsa*, *Sarpa visha chikitsa*, *Mushika visha chikitsa* etc. Further detailed research can be carried out for the better understating of its efficacy on individual *Visha* conditions.

## REFERENCES

- Sharma P.C., Yelne M.B., Dennis T.J., Database on medicinal plants used in Ayurveda, Vol- 1, Documentation and publication division, Central council for Research in Ayurveda and Siddha, New Delhi 2005, P.535, 433
- Bhavamishra' Bhavap Rakasha Nighantu" Commetary by K. C Chunekar, Edited by Dr. G. S Pandey, Chaukambhabharathi academy. Varnasi,10th edition 1995, ,P.984, 17
- Hegde Prakash L, A Harini, A textbook of Dravyaguna Vijnana volume 2, New Delhi: Chaukamba publications, P. 780
- DravyaGuna Vijnana by Dr. J.I. N. Shastry, Vol-V, Chaukambhaorientalia, Varanasi, First edition 2008, P. 362, 81
- P. V. Sharma 'Indian medicine in the classical age', Choukambha Sanskrit series office, Varnasi, First edition 1972; P265,280
- Glossary of Indian MedicinalPlants, R. N. Chopra, S. L. Nayar, I. C. Chopra, Council of Scientific and Industrial Research, New Delhi,1956.
- Sri N Barahari pundits Raja nigantu by satish Chandra sankhyadhar, chaukamba orientalia Varanasi, 2012 edition, P.291.
- Illustrated Madanapala Nighantu, Dr J.L.N sastry, chaukamba orientalia Varanasi edition2010, P 686
- Indian medicinal plants Vol 4, pk warrier university press pvt ltd Hyderabad, edition 2010, P. 61-64
- Acharya Agnivesha, Charakasamhita, Elaborated by Charaka and Dridabhala with the Ayurveda deepika commentary by Chakrapanidatta, Editedby Vaidya yadavjitrivikramji Acharya, Chaukambha Surabhara-thiprakshan, Varnasi. Re edition-2009, P.738,170,32, 33, 284, 33, 34,170,284
- Acharya Sushruta, Sushruta Samhita. With Nibandhsangraha Commentary of Sri Dalhanacharya, Vaidya Jadavji Trikamji Acharya, Ed. Choukhambha Orientalia, Varanasi,8th Edition 2005; P. 142,171,166,168
- Acharya Vriddha Vaghbata, Astanga Sangraha with Sasilekha Sanskrit commentary by Indu, Dr. Shiva Prasad Sharma, Ed Choukambha Sanskrit Series Office Varanasi, Revised Edition 2006. P.965, 130, 127, 128,146,130,131, 134
- Acharya Vridha Vaghbhata, Astanga Hridaya, with Sarvangasundara and Ayurveda rasayana commentaries, edited by Pt. Bhisagacharya Harishastri paradkarvaidya, Choukhambha Orientalia, Varanasi 2005, P. 956, 231,177,119,238
- Sharangadhara, Sharangadhara Samhita, Pandit ParashuramaSastri, Choukhambha Orientalia, Varanasi 2002, P.398, 48,50
- Bhavamishra, Bhavaprakasha Nighantu Commetary by K. C Chunekar, Edited by Dr.G.S Pandey, Chaukambha bharathi academy.Varnasi,10th edition 1995,P. 984, 17.
- Pandit Narahari, Rajanighantu, Edited by Indradeva Tripathi, Chaukambha Orientalia Varnasi, First edition 1982, P. 703,140
- Dhanwantari Nighantu with commentary and edited by Dr. Jharkandey Ojha and Dr. Umapati Mishra;

- Chaukhamba Surbharati Prakahana, Varanasi; 2nd Edition 1996, P.391, 195
18. Shaligrama Nighantu Bhushanam, Shri. Shaligramvaishyavarya Virachita, Khemaraj Shrikrishnadasa Prakashana, Edition 1997, Bombay, hareetakyaaadivarga, P.935, 86
  19. Madanapaala Nighantu, Nrupada Madanapaalavirachita, Choukhambha Orientalia, Varanasi, 1998, P.111,66
  20. Kaiyadeva Nighantu; Prof P. V. Sharrma, Chaukhambha Orientalia, Varanasi; First edition 1979, P. 696 ,214-215
  21. P.V. Sharma, Priya Nighantu, Choukhambha Orientalia, Varanasi, 2nd Edition, 1995, P.16
  22. Anonymous. Vishavaidya Jyotsnika An English Translation. 1st ed., Kottakkal: Department of Agada Tantra, Vaidyaratnam P.S Varier Ayurveda College Kottakkal; 2009. P. 25-39
  23. Menon Kuttikrishna V.M. Kriyakaumudi (A Malayalam textbook on Ayurvedic toxicology). First edition. Kottayam: Sahitya Pravarthaka Co-operative society Ltd; 1986. P.89.
- 

**Source of Support: Nil**

**Conflict of Interest: None Declared**

How to cite this URL: Ananya B et al: Shigru (*Moringa oleifera* Lam.) As Vishagna Dravya- An Overview. International Ayurvedic Medical Journal {online} 2021 {cited February, 2021} Available from: [http://www.iamj.in/posts/images/upload/453\\_458.pdf](http://www.iamj.in/posts/images/upload/453_458.pdf)