A REVIEW ON-SHIGRUPUNARNAVADI LEPA

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ABSTRACT

Ayurveda is the science of life that deals with both cure and prevention of diseases. There are eight branches in it, one among which is Agadatantra. Agadatantra is defined as the science that deals with the diagnosis and treatment of bites of poisonous snakes, insects, spiders, mice etc and criminal administration of poison. Among all poisonous cases snake bite poisoning is utmost importance as it is a condition that needs emergency management. KeraleeyaVishaVaidyas play an eminent role in the treatment aspects of poisonous bite cases, they have dedicated their life and soul to the cries of dead broke and also has contributed literatures that quote different treatment modalities and formulations out of their experience like KriyaKoumudi, VishaJyotsnika, Lakshanamritham, PrayogaSamuccayam etc. The topic of concern Shigrupunarnavadilepa is one such distinctive formulation that has been quoted in VishaJyotsnika. The formulation contains ten ingredients and has been used in visha-jashopha (swelling due to poisonous bites) conditions as external application which has got a tremendous result.

Keywords:Agadatantra, keraleeyavishachikitsa, shigrupunarnavadilepa

INTRODUCTION

Ayurveda is the science of life that deals with both cure and prevention of diseases¹. There are eight branches in it, one among which is Agada tanthra². Agadatantra is defined as the science that deals with the diagnosis and treatment of bites of poisonous snakes, insects, spiders, mice etc and criminal administration of poison³. In almost all of the animate poisoning cases shopha (swelling) is a major expression that may further complicate into systemic manifestations⁴. The condition is to be handled then and there so as to prevent the further suffering of the patient. Mandalisarpadamsa produces symptoms like that hemotoxic in nature manifesting as swelling, hyperpyrexia, burning sen-
sation etc., commonly seen in viper snake bite poisoning\(^5\).

*Keralayavishaga\(r\)n\(th\)as has explained variety of formulations to be used in emergency conditions as well as conservative treatment modalities. Shigrupunarnavadi\(l\)epa is one such preparation quoted in *Visha\(j\)yotsn\(i\)ka*\(^6\) that has got an outstanding action on *shopha* caused by *visha*, which is used as external application especially in *paittika* conditions.

In the conditions of snake bite and other poisonous creature bites, the emergency management play a vital role. In Ayurveda literature, many formulations were explained which can be used in emergency conditions of snake bite. *Shigrupunarnavadi\(l\)epa* is one among them which was well utilised by *Visha\(v\)aid\(y\)as of Kerala, but the scientific review and research work are required to utilise this formulation with more confidence; hence this review study has been undertaken to highlight in brief about its action.

**REVIEW OF LITERATURE**

The very first reference of *Shigrupunarnavadi\(l\)epa* is available in *Visha\(v\)aid\(y\)a \(j\)yotsn\(i\)ka*\(^6\), in which the formulation is mentioned as the *siddha yoga* for *nasyaanjanadiprayoga* in cases of *mandala vishashotha*. It has got shrewd results on curing swelling produced by poisoning as indicated in the formulation itself. It includes ten ingredients which perform uniquely for exceptional actions. In this formulation all ingredients are taken in equal quantity and made it into powder form.

It has been also quoted in another *Keralayavisha\(g\)ran\(th\)a, Prayoga\(s\)amucchay\(a\)m* in its *thritteeya paricheda*\(^7\).

**Table 1: Ingredients of Shigrupunarnavadi\(l\)epa**

<table>
<thead>
<tr>
<th>SL.NO</th>
<th>DRUG</th>
<th>BOTANICAL NAME</th>
<th>FAMILY</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>Shigru</td>
<td>Moringa pterygosperma</td>
<td>Moringaceae</td>
</tr>
<tr>
<td>2.</td>
<td>Punarnava</td>
<td>Boerhavia diffusa</td>
<td>Nyctaginaceae</td>
</tr>
<tr>
<td>3.</td>
<td>Haridra</td>
<td>Curcuma longa</td>
<td>Zingibearaceae</td>
</tr>
<tr>
<td>4.</td>
<td>Vacha</td>
<td>Acorus calamus</td>
<td>Araceae</td>
</tr>
<tr>
<td>5.</td>
<td>Chandana</td>
<td>Santalum album</td>
<td>Santalaceae</td>
</tr>
<tr>
<td>6.</td>
<td>Patha</td>
<td>Cissampelos periera</td>
<td>Menispermaceae</td>
</tr>
<tr>
<td>7.</td>
<td>Eshwari</td>
<td>Aristolochia indica</td>
<td>Aristolochiaceae</td>
</tr>
<tr>
<td>8.</td>
<td>Yashtimadhu</td>
<td>Glycyrrhiza glabra</td>
<td>Fabaceae</td>
</tr>
<tr>
<td>9.</td>
<td>Sirisha</td>
<td>Albizzia lebbeck</td>
<td>Mimosioidae</td>
</tr>
<tr>
<td>10.</td>
<td>Gokshura</td>
<td>Tribulus terrestris</td>
<td>Zygophyllaceae</td>
</tr>
</tbody>
</table>

**Table 2: Properties of Ingredients of Shigrupunarnavadi\(l\)epa**

<table>
<thead>
<tr>
<th>Si.No</th>
<th>DRAVA</th>
<th>RASA</th>
<th>GUNA</th>
<th>VIRYA</th>
<th>Sheigrupunarnavadi(l)epa</th>
<th>KARMA</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Shigru(^8)</td>
<td>Katu, Tikta</td>
<td>Laghu, Ruksa, Teeksha</td>
<td>Ushna</td>
<td>Kapha-Vatahara, Sukrala, Graahi, Deepana, Hridaya, Krimigna, Cakshushya</td>
<td></td>
</tr>
<tr>
<td>2</td>
<td>Punarnava(^9)</td>
<td>Madhura, Laghu</td>
<td>Ushna</td>
<td>Kapha-Vatahara, Shothahara</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
MODE OF ADMINISTRATION
External application – the churna is mixed with lukewarm water, made into paste and applied externally over the swelling without applying much pressure. It can be applied till the swelling subsides.

INDICATION
All types of swelling caused due to visha

DOSAGE
Normal dosage for external application lepana

Diagram 1: Probable Mode of Action of SheegrupurnarnavadiLepa on the Basis of Rasa

Diagram 2: Probable Mode of Action of SheegrupurnarnavadiLepa on the Basis of Guna
Shigrupunarnavadi lepa is mentioned as one among the siddha yogas for sopha caused due to mandala damsavisha in Visha Jyotsnika. In mandalivishadamsa local symptoms are more compared to systemic symptoms, within 1-2 hrs after bite. Systemic symptoms are seen in progressed stage. Local symptoms like shotha (swelling), daha (burning sensation) etc. are seen. With the application of lepa we can reduce the local symptoms.

Practically, Shigrupunarnavadi lepa is administered either mixing the churna with lukewarm water or rice washed water. Unlike the general rules for lepana, Shigrupunarnavadi lepa can be applied one layer over the other after drying up of the first and also can be applied at night time till the symptoms reduce.

Shigrupunarnavadi lepa is also seen effective in the sopha caused due to other jangamavisha symptoms e.g.: scorpion, centipede, wasp etc. Considering rasa, 40% of the drugs constitute thiktarasa that contributes to pacification of kapha conditions. 25% constitutes madhura rasa which in turn acts upon vata and also pitta. Katu rasa constitutes 20% of the drugs which results in pacifying kaphadosha. 15% of the drugs constitute kashaya rasa which is acting upon kaphadosha as well as pitta dosha.

Acknowledging the gunas, laghuguna complement 37% of the drugs and rukshaguna of 27% both may act upon the easy penetration of the drug into the skin tissues. Teekshnaguna constitute 18% of the drug n guru and snigdhaguna comprise of 9% each.

Dealing with the veerya of the drug 70% of the comprised of ushnaveerya and 30% of seethaveerya. It can be suggested that in order to counteract the deteriorating action of visha...
the drug must possess qualities that atop its nature. *Ushnaveerya* help in such condition and see the *veerya* may play the pacifying part.

Scrutinizing the karma of *Shigrupunarnavadilepa*, the drugs constitute mostly of *kaphavatahara* in nature and also *kaphapittahara*. Drugs also contribute in *sothahara*, *vishagna*, *vedanasthapana*, *moothrala* and *hridya*.

*Shigrupunarnavadilepa* is also found effective in *paittikashopha* of unknown origin which can be assumed to be caused due to *visha*.

**CONCLUSION**

*Sarpavishadamsa* is a condition which needs emergency management. *Shopha* caused due to *visha* needs to be treated immediately so as to prevent the further sufferings of the patient. Eventhough there is infinite number of medications quoted in our classics we depend on ambivalent remedies. And there is a need for thorough literary works and researches on that regard. *Shigrupunaranavadilepa* is one among such *agadayogas* that crave for studies and scientific explanation although it is proved efficient practically. Those studies will further help to explore the exact action of the drug and in the management of emergency situations thereby enhancing our science.

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