

UTILITY OF SHAMANAUSHADHI (herbal &herbo-minerals) IN URDHWANGA ROGA

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INTRODUCTION

- Applicability, Richness of quality, abundance and utility in multipurpose are said to the best qualities of a medicine.
- Shamanoshadhis are the medicines, which pacify the diseases by not causing untoward effects.
- Rasashastra and Bhaishajyakalpana is the area of Ayurvedic science where the potent herbal and herbo-Mineral preparations are designed and used to cure many of the diseases, Rasoushadhis are said to be Ayurvedic antibiotics since because of their quick action at very minimal dosage and having no untoward taste.
- In our classics, detail explanation of sense organs is explained. It contains detailed explanation of 76 types of eye diseases
- Ear Disorders - 28
- Nose Disorders - 31

- ❑ Head Disorders - 11 and
- ❑ Disorders of mouth including throat, dental-67etc

SHIRO ROGAS

- ❑ Charaka explains that all the sense organs and the channels carrying the sensory and vital impulses from the shirah are like the rays of the sun.
- ✓ The important systemic medications are :-

NO	AUSHADHI	REFERENCE
1	Pathyadikwath	Sharangdharasamhita
2	Dashmoolkwath	Sharangdharasamhita
3	Varunadikwath	Sharangdharasamhita
4	Pathyadiguggulu,	Sharangdharasamhita
5	Laghusutashekhara rasa, Shirahshuladivajraras, Mahalakshmivilasaras, Mrythunjaya rasa	BR

PATHYADI KASHAYA INGREDIENTS

NO	DRUG NAME	LATIN NAME	PART USE	PROPORTION
1	Pathya	Terminaliachebula	Fruit	1 part
2	Aksha	Terminaliabellirica	Fruit	1 part
3	Dhatri	Emblicaofficinalis	Fruit	1 part
4	Bhunimba	Andrographispanicu lata	Whole plant	1 part
5	Nisha	Curcuma longa	Tuber	1 part
6	Nimba	Azadiractaindica	Stem bark	1 part
7	Amruta	Tinosporacardifolia	Stem	1 part

PROBABLE MODE OF ACTION OF PATHYADI KASHAYA

- ❑ This formulation is a multidrug combination and is indicated specially in *Shiroroga* in *ShrangdharaSamhita*.



- ❑ It contains
- ❑ 67% *Dravya* with *Ushna Virya* (hot potency) and *Madhura Vipaka* (sweet post digestion effect)
- ❑ 43% drugs are *Tridoshaghna* (all three *Dosha* pacification).
- ✓ So by all virtues cited above, it normalizes the vitiated *Vata-KaphaDosha*
- ❑ In addition,
- ❑ *Pathyadi* decoction contains drugs such as
 - Guduchi* [*Tinosporacordifolia* (willd.)],
 - Nimba* [*Azadiractaindica* Linn.], and
 - Haridra* [*Curcuma longa* Linn.]
- ❑ possessing *Raktaprasadaka* (blood purifier) property that may normalize vitiated *RaktaDhatu* (oxygen carrying capacity of blood).
- ❑ Drugs such as *Guduchi* [*Tinosporacordifolia* (willd.)] and *Amalaki* [*Embelicaofficinalis*Gaertn.] have *Dipana* (appetizing) property. These drugs will normalize *Ama* (by product toxins after digestion), as *Amaget* decreased it may subside *Ajirna* (Indigestion).
- ❑ It is reported that most of the drugs of *Pathyadi* decoction also possess analgesic, anti-inflammatory, a nervine tonic property which might have helped to reduce pain.

NASAL DISORDERS

- ❖ Today nose may be considered as the most abused organ in the body as it has to face the pollutants and clean, warm and moisten the air before it is sent to the lung.
- ❖ Sinusitis is the inflammation of para-nasal sinuses because of infection due to cold or allergic episode.

- ❖ The symptoms include nasal discharge which is greenish or yellowish, headache, post nasal drip, peri orbital swelling, heaviness in the head, facial pain, bad breath, fever, sore throat etc.
- The treatment includes---
- ✓ Mahalakshmvilasa rasa, Tribhuvanakirti rasa, Sheetajwararikashaya, Vyaghryadikashaya, Gorochanadigulika, Vyoshadi vati.
- ✓ Regular consumption of Taleesapatradilehya, Vyaghryadilehya, Mridweekadilehya etc. builds immunity and resistance.
- ✓ *Nasya Drug- ShadbinduTaila etc.*

NO	AUSHDHI	REFERENCE
1	Haridrakhanda	BR
2	Tribhuvanakirti rasa	YR
3	Mahalakshmvilasa rasa	RSS
4	Vyaghryadikashaya Gorochanadigulika, Vyoshadi vati	BR
5	Shadavindutaila	BR

INGREDIENTS OF HARIDRA KHANDA

NO	INGREDIENTS	PART
1	Haridra	768gm
2	Goghrita	572gm
3	Godhugdha	6.14lit.
4	Khanda	4.8kg
5	Trikatu, triphala, trijata	Each ingredient 96 gm
6	NagakesharmustaTrivritavidanga	Each ingredient 96 gm
7	Loha bhasma	96gm

Mode of action of Haridrakhanda

- Haridrakhanda is a well known formulation that told in classics for all allergic condition.
- The main ingredients i.e. Haridrakhanda is ushnaveerya, katuvipaka, laghu rukshaguna. This pacify both vata and kaphadosha.
- It is also krimighana, kandooghna.
- The tikshanaguna help in penetration of the drug into sukshmasrotas and thereby clear srotoavrodha. The rookshaguna acts sravahara.
- The other ingredients of haridrakhanda such as twak, ela, patra are tikshana helps as srotoshodhaka, ushana, veerya acts as vatakaphasamaka
- Pippali, vidanga, trivrit are teekshana and krimighana helps to prevent secondary infectrion.

- ❑ Marecha, shunthi, ela acts as kandughna, dourgandhaya and avrodhhara respectively.
- ❑ The alkaloids present in haridrakhanda acts as detoxifying agent and normalize protein synthesis which is altered in hypersensistivereaction.

Pathway of *Nasya Drug*

ShadbinduTaila instilled in Nasal cavity moves to olfactory epithelium and Olfactory Bulb which proceed through Cribriform Plate, Ant. Cranial fossa and Med. / lat. Area of cerebral cortex. The chemical impulse, which generated by Nasya finally converts into neuronal impulse and influences on cerebral cortex area and there by producing stimulatory effect resulting in evacuation of Doshas.

- ✓ The Nasya Dravya also nutrient and rejuvenate the olfactory nerve and helps in its proper function

Condition	Dravyas used
Vataja osta prakopa	Tila taila
Sheetada	Triphala, Musta, Sarshapa, Shunti, Rasanjana kwatha
Dantavesta	Ksheerivriksha kashaya, Irimedaditaila, Lakshaditaila, Arimedaditaila
Dantashula	Irimedaditaila, Lakshaditaila
Krimidanta	Yastimadhu-Madhu, Eranda- Vyaghri kwatha, Irimedaditaila, Bakuladyataila, Arimedaditaila
Jihwakantaka	Erandamoola kwatha, Patoladi kwatha

Putiasya	Triphala kwatha, Manjistadi kashaya
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MUKHA ROGAS

- The oral cavity can be a mirror image of other areas of the body and many systemic illnesses are manifested in the soft tissues of oral mucosa of the mouth.
- ✓ Tundicare or Tonsillitis:-Tundicare or tonsillitis is an inflammation of the tonsils usually associated with sore throat and fever.
- ✓ Patient may also experience pain while swallowing.

NO	MEDICINES	REFERENCE
1	shwasakutaraswasanandam,, swasaharamishrana,	RSS, YR
2	khadiradi vati, lavangadi vati	BR
3	gandhana rasayana	AP
4	triphagaluggulu, nimbadiguggulu	BR
5	shwasakasachintaman	BR
6	kaphakutara rasa,	RSS

Probable mode of action

- It is an oral cleansing technique. The movement of dravya generates pressure in the oral cavity and brings out toxins and other debris from the intradental, gingival and gingival margins. Swishing activates the enzymes and also reduces streptococcus mutans thus helps to reduce the plaque accumulation by which oral hygiene is attained. The temperature and potency of drugs causes dilatation of blood vessels in the oral mucosa which helps to assimilate the active ingredients from the medicine.

CONCLUSION

- ❑ Shalakyatantra is one among ashtangaayurveda, dealing with the study of diseases occurring above the jatru, which includes shiras, karna, nasa, netra and mukha and their management. Shalakyatantramainly deals with the preservation and restoration of the health of indriyas.
- ❑ Shamanoshadhis are the medicines, which pacify the diseases by not causing untoward effects. Rasashastra and Bhaishajyakalpana is the area of Ayurvedic science where the potent herbal and herbo-Mineral preparations are designed and used to cure many of the diseases, Rasoushadhis are said to be Ayurvedic antibiotics since because of their quick action at very minimal dosage and having no untoward taste.
- ❑ Here the list of few herbal and herbo-mineral medicines which are used in the management of UrdhwangaRogas and they are... Laxmivilasa Rasa, Sarivadi Vati, TriphalaGuggulu, Bhadramustadi Vati, Yavaksharadi Vati, Khadiradi Vati, Patoladi kwatha, Panchavalkala kwatha etc...