

SCIENTIFIC ANALYSIS OF HERBAL DRUGS FOR MANAGEMENT OF SHALAKYA DISEASES

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Abstract

Ayurveda, The oldest system of medicines, describes the disease conditions under eight branches. The diseases related to supraclavicular region have been described under the category of urdhwajatrugatarogas of shalakyia tantra. Many of the diseases related to head,eye,ear and nose have been dealt under these headings however,the Nighantus , very few texts are available till date which gives vivid description regarding the exclusive management of shalakyia related disorders.It is observed that nighantus of medieval periods have described many herbal drugs in the context of urdhwajatrugata chikitsa, but in a scattered way.

Ayurvedic herbal: Based on the material of origin Ayurvedic medicines are divided in to 3 classes, namely herbal ,mineral and animal. Among this, herbal formulations has gained great importance and rising global attention recently. History of herbal drugs since the prehistoric period, herbal medicine have existed worldwide with long recorded history. They were used in ancient chinese,Greek,Egyptian and Indian medicine for various therapies purposes; Where as the native American and African use herbs in their healing rituals as a part of their culture.There are few Ayurveda herbs combinations to be cited here: combination of Ginger with Black pepper and long pepper enhances their heating and mucous reducing effects. Bitter and cold herbs are combined with warmer herbs (combination of Neem and Ginger) to positively offset any extreme effects. Cumin, black pepper and hingu are use together traditionally to reduce bloating due to weak digestion where as guduchi and Turmeric combination booster ones immunity.

The present observation may give a lead to the researcher to explore new drugs in shalakyia related disorders.

Keywords: shalakyia diseases,shamanoushadis

INTRODUCTION :

Ayurveda is one of the traditional medicinal systems of India. The philosophy behind Ayurveda is preventing unnecessary suffering and living a long healthy life.

Ayurveda involves the use of natural elements to eliminate the root cause of the disease by restoring balance, at the same time create a healthy life- style to prevent the recurrence of imbalance.

Herbal medicines have existed world- wide with long recorded history and they were used in ancient Chinese, Greek, Egyptian and Indian medicine for various therapies purposes.

World Health Organization estimated that 80% of the world's inhabitants still rely mainly on traditional medicines for their health care. The subcontinent of India is well-known to be one of the major biodiversity centers with about 45000 plant species. In India, about 15000 medicinal plants have been recorded. In which communicates used 7000-7500 plants for curing different diseases. In Ayurveda, single or multiple herbs are used for the treatment.

Man with highly evolved biological system is regarded to be the most conscious social creature of world who has developed all his special senses to a higher degree of perception.

Shalakyia tantra , a branch of Ayurveda remains at upper hand in treating all the ailments resulting of these sense organs of supraclavicular region.

It is constantly advisable to take consideration of these sense organs. History reveals that much significance has been laid upon the care taking of these sense organs.

Which is well evident in all Vedas, Puranas, Samhitas and so forth Nighantus also.

Nighantus have been stayed as an incredible well spring of knowledge and information since time immemorial.

They give a lot of information with respect to drugs and their usages.

Its portrayal in regards to the utilization of medication in all shalakyia issues have been very much depicted in various Vargas of Nighantus.

The significance of Shalakyā is well obvious in Nighantus as various usefulness of numerous herbal drugs have been depicted thoroughly at various various Vargas of Nighantus.

A single hand information about the drugs indicated in shalakyā related disorders is lacking in today available Ayurvedic literatures. Hence the present study has been undertaken with an Aim to study the drugs highlighted for the management of Shalakyā related disorders from available Nighantus and Samhithas.

MATERIALS AND METHODS

Twelve available Nighantus of Dravyaguna and Baishajya Ratnavali, Caraka Samhitha, Astanga Hridaya, Sarangadhara Samhitha, Yogaratnakara were compile the drugs indicated for the management of Shalakyā related disorders. The botanical equivalent of each drug have been collected from Ayurvedic Formulary of India.

In this review, it is observed that total 179 drugs of Herbo-mineral origins have been described with pharmacological properties in Shalakyā disorders.

Out of which 95 are indicated in Netra rogas, 26 for mukharogas, 14 for sirorogas, 13 for kantharogas, 11 for karna rogas, 10 for swara vikaras. Out of the total drugs described in the context of shalakyā chikitsa, the botanical sources of 111 drugs have been reported and botanical sources of 10 drugs are yet to be explored.

LIST OF DRUGS OF HERBAL ORIGIN INDICATED IN SHALAKYA DISORDERS

1. TULASI:

Botanical name : *Ocimum sanctum*

Family : Lamiaceae

Properties: Rasa- katu, tikta Guna-Laghu, ruksa Virya-Ushna Vipaka- katu

Dosakarma- kaphavatashamaka

Therapeutic uses: the drug tulasi is antipyretic, aromatic, carminative and expectorant. It is used in anorexia, cough, hiccough, respiratory disorders and leprosy. seeds jelly is water is given in diarrhea and dysentery in childrens.

The oil is reported to inhibit in vitro growth of mycobacterium tuberculosis and micrococcus pyogenes var. since the oil possesses antibacterial and insecticidal properties, which is one-tenth of streptomycin and one-fourth of isoniazid.

2.DARUHARIDRA

Botanical name : Berberis aristata.

Gana: lekhnnya,arsoghna,kandughna(caraka)

Haridradi,musaladi,laksadi,daruharidradi(susrutha)

Properties:

Rasa- tikta, kasaya. Virya- ushna. Guna-laghu,ruksha. vipaka- katu

Doshakarma- kaphapittashamaka.

Rogaghnakarma: (pharmacological action)-

sothahara,vedanasthapanam,vranasodhana,vranaropana,dipana,pachana,raktasodhak,
kaphagna,vranya,rasayana.

Therapeutic uses: Rasanjana-is useful in netrarogas(1-3gms)

3.Triphala-

Haritaki having pancharasa lavana varjita, madhura vipaka, ushna virya,.Amlaki-having pancharasa madhura vipaka, sheetavirya, vibhitaki having kashayalatutiktarasa, madhura vipaka, ushna virya. So pharmacological action of triphals is anti-inflammatory, anti infective, blood purifier.

4.APAMARGA/KHARAMANJARI

Botanical Nam:..Achyranthus aspera L.

Indications: praklinnavartma

Parts used:flowers

Method of preparation: flowers of kharamanjari prepared in the form of rasakriya

Method of administration:externally to the eyes in the form of anjana

5.BABULA

Botanical name:Acacia nilotica

Indication; Netrasrava

Parts used: leaves, petals

Method of preparation;leaves of babbula is boiled, kwatha is prepared later avaleha is prepared and 1/4th part of honey is added to it applied externally to both eyes in the form of anjanam

6.ELA

Botanical name: Elettaria cardamomum Maton.

Indications:Timira,Netra krimi,Pillaroga and Netramala

Parts used: seeds

Method of preparation and administration:ela is powdered and soaked in goats urine for three days, later mardana is done. Applied externally over eyelids in the form of bidalaka.

7.GUDUCI

Botanical name: Tinospora cardifolia

Indications: Pillaroga, Arma, Timira, Kaca, Kandu, Linganasa, Sukla and Krsna gata rogas.

Method of preparation and administration: 1. guduchi swarasa 1 tola, honey one masa, saindhava one masa- mardana is done.

Applied to both eyes in the form of anjana.

2. Guduci is processed with Grita and applied in the form of Ascyotanam(KUKUNAKA)

8.YASTIMADHU

Botanical name:

Yasti is cold in potency and hard for digestion, good for eyes(vision), bestows strength and colour, unctuous, good for hair and voice, mitigates pitta and anila and rakta, cures wounds , poison, vomiting, thirst.

9..JATI

Gana-kusthagna(caraka)

Botanical name:Jasminum officinale

Properties: Guna-laghu,mridu,snigdha Rasa-tikts,kashaya Vipaka-katu

Veerya-ushna Doshakarma-tridosahara, chakshushya.

Therapeutic uses: healing emetic, alexititic, vulnerary. It is useful in the eye stomatitis and disease of the mouth and head.

10. Madhu-

Synonyms-makshika, pusparasa, drava, shahad, honey, saradha, kshoudra

Pharmacotherapeutic properties:

sheetal, laghu, ruksha, grahi, chakshushya, agnideepaka, vrana shodana, vrana ropaka, vishaka, medya, veeryavardaka, madhurakashayarasa.

It cures kustha, kaasa, swasa, hikka, atisar, prameha krimi, trsna.

Pharmacological action-in ayurveda which is at least 4000 years old medicine originating from india, honey is considered to affect positively in all three primitive material imbalances of the body.

“Vaatalam guru sheetalam cha raktapittakaphapaham sandhatru chedanam ruksham kashayam madhuram madhu”

It has sweetness with added astringent as end taste. It is heavy, dry, cold. Its effect on doshas (imbalance) is that it aggravates vata (moving forces) scrapes kapha (mucus) and normalizes pitta (catabolic fir) and rakta. It promotes healing process.

Increased lymphocytes and phagocytic activity-The clearing of infection seen when honey is applied to a wound may reflect more than just antibacterial properties.

Recent research shows that the proliferation of peripheral blood B-lymphocytes and T-lymphocytes in cell culture is stimulated by honey at concentrations as low as 0.1%; and phagocytes are activated by honey at concentration as low as 0.1%. Honey also stimulates monocytes in cell culture to release cytokines, tumour necrosis factor-alpha, interleukin-1, and IL-6, which activate the immune response to infection. In addition, the glucose content of honey and the acid pH may assist in the bacteria-destroying action of macrophages. Plain honey as being good as a salve for sore eyes.

S.NO	DRUG	BOTANICAL NAME	FAMILY NAME	SHALAKYA INDICATIONS
1.	Vacha	Acorus calamus Linn.	Araceae	Kantha-ashya roga nrit
2.	Dhanyaka	Coriandrum sativum	Umbelliferae	Chakshushya
3.	Ardraka	Zingiber officinalis	Zingiberaceae	Swarya
4.	Bhringaraja	Eclipta alba	Asteraceae	Sirorti- Netrarujahara
5.	Guggulu	Commiphora mukul	Burseraceae	Swarya
6.	Gunja	Abrus precatorious	Fabaceae	Netramayahara
7.	Irimesha	Acacia farnesiana	Leguminosae	Mukharogaharam
8.	Jatipatra	Myristica fragrans	Myristicaceae	Vaktra dourgandhya nasanam
9.	Kadali	Musa sapientum	Musaceae	Karnashoola, Netragadahritam Dantya
10.	Khadira	Acacia catechu	Leguminosae	

CATEGORIZATIONS OF DRUGS AS PER VARIOUS SHALAKYA DISEASE CONDITIONS

A) Netra roga

Condi tions	Drugs
Chaks hushya	<p>Herbal Drugs:</p> <p>Dhanyaka, Krishna agaru, lavanga, karpura, kataka, guduchi, lasuna, swethakantakari, putranjiva, sobha njana, ajasrungi, yastimadhu, shalidhanya, jivanti, jalapippali, kramukha, jati, tamala ki, karpura, jiraka, gunja, nalika, lodhra</p> <p>Mineral drugs:</p> <p>Saindhava, kachalavana, pushpakasisa, hemamakshika, anjana, shanka, pushpanj ana, kamsya, gairika, tutha, hingula, parade, makshika, soubiranjana, samudraphen a</p>
Netrya	<p>Mudga, Nirgundi, langali, yuthika, kataka, raktachandana, kasturika</p>
Netrar ogana sana	<p>Tagara, sarala, sala, chameli</p>
Netrar oganrit	<p>Darvi, munja, nepali, rasanjana</p>
Nayan amaya	
Netraa mayah ara	<p>Satavari, mahasatavari, swetavrihati</p>

Netrar ujahar a	Gunja,kulatha,ajamoda
Netrap rasada na	Bhringaraja,krishnanagara
Akshir ujahar a	Nirmali,koushumbhasaka
Ratran dhyah ara	
Naktan dhyan asi	Manjishta,jati
Netrak anduh ara	satavari
	Dharvi
	Punarnava

Formulations: Saptamritaloha, triphalaguggulu,shadangaguggulu,shatavarigritam,patoladigritam,yasthimadhuchurnam, thriphalachurnam,guduchyadianjanam,nayanasukavarti,chandrodayavarti,jeevantyadigritam.

B) Mukharoga

- Mukhadourgandhyatvanasan - Jatipatra,kankola,jambhira,nimbuka,bhabya,puga,tamravalli,dharani,khanda,devasarshapa,javitri,haritala,shobhanjana
- Vaktrarujaharam – Twak
- Mukhasravaham – Sarala
- Mukharoganrit – Talisa,bhramara, dadima,tvak, irimeda, varshika
- Mukhasphotaha – satapatri,taruni
- Ashyaroganrit – Vacha dadima, nepali
- Formulations: lavangadivati, irimedaditaila, yashtimadhuchurana , tankanabhasma,kadiradivati,

C) Siroroga

- Siroroganrit – kumkuma, lavanga,tagara,srivesthaka,bhramara,sarala,bhringaraja,tulasi,
- Formulations: sirashoolavajrabraras, jeevandhara(external application),sithophaladichurnam,talisadichurnam,laghusutasekararas.

D) Dantya

- Dantya – Shatapatri,bhringaraja,bakula, nimbi,khadira
- Dantasthirikarana – Tila
- Formulations: kadiradivati, irimedaditailam, panchavalkalaquathachurna, thriphalachurnam,jeerakadichurnam,lavangadivati,tankanabhasma,danthasoolah

aramanjan.

E) Swara

- Swarya – Yashtimadhu, guggulu, kakamachi, ardraka, drakshya, souvarchala, madhu
- Swarbhransa – Sarala

F) Kantha

- Kanthya – Vacha, katphala, tamravalli, salarasakaravira, kadirasa, badraela, mahavarivacha
- Kanthashodhana – kashmarda, balwaja, nimbuka
- Kantharoganrit – Dadima, sarala
- Kantharujahara – Tvak
- Formulations:
Yastimadhu, kanchanaraguggulu, sithopthaladichurna, lavangadivati, kadiradivati, vyoshadivati, ashwagandadichurnam.

G) Karna

- Karnarogahara – Rohitaki, paribhadra, sarala
- Karnarujahara – agaru, nirgundi, krishnagaru
- Karnapaka – samudraphena
- Karnasophanasana – madhukarkatinasani
- Karnasoola – kadali, nirgundi, sariba
- Formulation: Nirgundi taila, madhukaditaila, kshara taila, saribadivati, Triphalaguggula, sarshapataila, deepikataila, apamargakshara.

H) Nasa

- Nasagataraktapitta – durvaswarasa, punarnavamandoor, bolabaddaras
- Dustapratishyaya – talisadichurnam, laghusutasekarras, godanthibhasma, abrakabhasma, sithopthaladi churnam, bhaskaralavanam, anutailam, shatbindu, vyoshadivati.

- Nasaarshas – shatbindutaila,ksharataila,godanthibhasma,kanchanaraguggulu,pushkaramulachurna, chitrakaharitamulehyam,haritakyadilehyam.
- Peenasa – Trikatuchurna,1 part of Guda and 2parts of curd ,pinch of blackpepper, shringyadichoorna.

Ayurvedic pharmacodynamics

Katu rasa has been proclaimed for possessing Chakshuvirechayathi property (cleaning micro channels of eye)

Madhura rasa has been described by Vagbhatas Akshiprasadana. Chakshu is the site of Sleshmamahabhuta(ch.su.5/6). Madhura rasa nourishes the eye.

Tikshna property possesses shodhana shakti. It helps in eliminating the accumulation of vitiated doshas through purification and excitation. Maximum diseases of shalakyas are originated due to involvement of kaphavata dosha. As the drugs compiled from various Nighantus possess katu-vipaka and madhura rasa in maximum numbers ,it can be claimed that these drugs are helpful in treating shalakyas disorders.

Reported evidence based research activity

Analysis of information obtained from various research journals reveals that out of 132 herbal drugs, 25 have been experimentally proved for their efficacy in shalakyas disorders. Among them, 8 drugs are reported for possessing antimicrobial activity against the bacteria. Like Salmonella typhi,pseudomonas aeruginosa, klebsiella pneumonia, staphylococcus aureus which are known for causing maximum supraclavicular diseases.

CONCLUSION

Sense organs play an essential role in human life. Shalakyas tantra mainly deals with the management of these sense organs located above supraclavicular region. At present, a lot of expedite attempts are anticipated highly to interpret the ayurvedic terminology used in shalakyas tantra in to scientific presentation. This review article may enlighten the fields of shalakyas and promote research activities to generate more evidence base research on certain unexplored drugs of Nighantus reported in this review research article. The present study is only an initiative in this regard.

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