

CHOPCHINI-A LITRARY REVIEW FROM VIEW OF AYURVEDA**Dr. Ajaya Yerne^{1*}, Dr. Arun Bhatkar² and Dr. Mrunal R. Akre³**

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ABSTRACT

Chopchini is one of the miraculous *Ayurveda* medicine which helps in improving skin diseases as well as constipation. *Chopchini* is also indicated in disease like Syphilis which is very common genital disorder. It is also used in urine retention and arthritis as anti-inflammatory drug. *Chopchini* is a drug mentioned in *Ayurveda* which is used in many diseases but its description is available after 16th century. It was initially used in the treatment of royal family of England and Europe at around 14th century. The drug need focus for students, scholars and researchers. Hence, this review *Chopchini* i.e. *Smilax china* though various indications are in use, controlled trials are needed to determine its real efficacy. The *Chopchini* plant, its properties, mechanism of action and clinical uses are briefly was reviewed in this article.

KEYWORDS: *Chopchini*, Syphilis, *Smilax china*.

INTRODUCTION

Chopchini Smilax china linn considered as one of the veriaty of *Vacha (Acorous calamus linn)*. It is profusely found in the geographical climate of china; from here it is supplied all over the world. It is a climber which spreads generously all over the ground and the root of climber is *Chopchini*. It is used in the treatment of Cancer, Syphilis, Skin diseases, Constipation, urine retention, joint disorders etc. Around 14th century *chopchini* was popular in European country after it got *Bhavprakash* successful results in treating Gout of King

Charles IV.^[1] *Chopchini* was first introduced by around 16th century in his work *Bhavprakash Samhita* and *Bhavprakash Nighantu*. It was used at that time in the treatment of *Firang* (syphilis).

MATERIAL AND METHODOLOGY

Search Criteria: About *Chopchini*

Knowledge of *chopchini* is not available in our *Brihatrya* as this drug was not available at that time. First reference is available from *Bhavprakash* in 16th century AD, rest this drug is not mentioned in any other *Nighantu or laghutryai or Samhita* before completion of *Bhavprakash*.

METHODOLOGY

As the drug was imported from Indonesian Islands, china and japan, which gives its name as *Dwepantar Vacha viz. Vacha* that came or brought from island which is very far away. Before the use of *Chopchini* we should get familiar to the drug, by its taxonomy and organoleptic characteristics.

The plant is bushy, spiny, that grows in temperate zone in tropics and subtropic areas, plant is thick climber grows about 3 feet in height with stem- branched, erect, 1-4 m woody and smooth. The leaves are thin membranous, petiole is 5-15 cm, narrow winged upto 1/4th – 3/4th of its length. The tendrils are well developed. Lamina of leaf is elliptic or ovate lanceolate, nerved acute or obtuse at both end, 6- 15 cm long and 1-7 cm wide, the tendrils form the inflorescence of bundle peduncle mostly in umbels. 1-5 strikingly shorter than petiole, male flowers are greenish white slightly hexagonal. The fruit are small bluish black in color. Root/ Rizome are stipules distinct obtuse large and hard, outer skin is blackish and pale inside.

Classifical Categorization

In *Ayurveda*

Bhavprakash- Haritkyadi Varga

Priya Nighantu- Shatpushpadi Varga

Nighantu Adarsh- Lasunadi Varga

Botanical Classification^[2]

Kingdom	Plantae
Clade	Angiosperm
Subclade	Monocot
Order	Liliate
Family	Liliaceae, Smilacaceae
Genus	Smilax
Species	<i>China</i>

Synonyms^[3]

Sr.No	Language	Synonyms
1	Sanskrita	<i>Dwepantar Vaccha, Madhusnuhi</i>
2	Hindi	<i>Chopchini, chobchini, madhusnuhi</i>
3	English	China root, Bamboo Bariar root, Sarsaparilla
4	Arabic	Kashussini, Kashab chinac
5	Marathi	Gootti
6	Bengali	Harsha shukonhina khohini
7	Punjabi	Chobchini
8	Kannad	Chinipam
9	Malyalum	China Paivu/ Paira
10	Tamil	Parangichekkai
11	Chinese	Tu Fu Ling, Toofup
12	Persian	Chob-Chinae

Organoleptic characteristics

Rasa	<i>Tikta</i>
Guna	<i>Laghu, Ruksha</i>
Vipaka	<i>Katu</i>
Virya	<i>Ushna</i>
Karma	<i>Tridosha Shamak</i>

Chemical Constituents^[4]

Chopchini contains fats, saponins, glycosides, gums, starch, flavonoids, tannins, terpenes, alkaloids etc.

Nearly 13 compounds were detected from roots like- Kaempro-7-O-beta-D glyco pyranoside, engeletin, isoengeletin, kaemferol, dihydro kaempferol, dihydro kaempferol-5-O-P-D-glycopyranoside, rutin, kaempferol-5-O-beta-D- glycopyranoside 3,4,5, trihydroxysibene, vanillic acid, 3,5 dimethyl 4-0 beta-D-glycopyranosylcinnamic acid, beta sitosterol and beta-daycoesterol.

Main Yog and Use of *Chopchini*

1. *Chopchini* boiled in milk and mixed with *Mastagi*, *Twak*, *Ela*, given in *Aamvata*, *Vatarakta*, *Apasmar*, *Jeerna Vataroga*, *Karshya*, *Dhatu-dosha*, *Granthi*, third stage of *Firang*.
2. Combination of *Anantmool* and *Chopchini* given in Headache, *Aamvata*, and *Firang*.
3. According to many *acharya* it is *Rasayan*, and its action is seen on skin, joints, glands, etc. it is used in swelling and in 2nd and 3rd stage of syphilis.
4. 3-6 gm powder of *chopchini* is given in the treatment of syphilis
5. Arthritis and schizophrenia can be treated by the decoction of *chopchin* when give 30-40 ml to patient.
6. Paste of *chopchini* in hot water is applied on joints to get relief from pain and inflammation
7. Powder of *chopchini* given in dose of 3-4 gm for abdominal distention, constipation and flatulence
8. 30-40 ml of cold infusion of *chopchin* relieves from burning micturition
9. *Ksheerpaka* of *chopchini* is used in impotency, Skin disorder, and seminal disorder
10. It is used in constipation, syphilis, epilepsy, schizophrenia.
11. It is used as antimicrobial, carminative, improves appetite, colicky pain, intestinal parasite, etc

Adverse effect^[5]

The drug can cause diarrhea when used in excess amount.

Activity of *Chopchini*^[6]

Modern researchers proved some action of *chopchini* by animal experimentations for their research work. *Chopchini* shows following activity, it has anti-oxidant, anti-inflammatory, anti-allergic, hypoglycemic effect and cytotoxic effect.

Part used

Tuber root

Dosage

Churna - 3-6 gm

Decoction - 30-40 ml

Cold infusion - 30-40 ml

Formulations

Madhusnuhyadi Churna, Brihat Madhusnuhi Rasayanm, Moolakadyarishta, Tab. Allerin, Cap. Anupahal, Tab. Rhemalin etc.

DISCUSSION

The drug *Chopchini* is not mentioned by *Charaka, Sushruta, and Vagbhatta* in their treatise, but they advised to all followers that we can add or increase the number of medicine by getting the knowledge in our field of interest. So the herb *Chopchini* was added by *Bhavprakash*. The drug has potent action and can be used in various contexts. Now it's our turn to expand the knowledge and flourish our field with modern parameters. Hence this study was conducted to focus on the drug for scholar's, researchers, physician, etc.

CONCLUSION

Being the drug not mentioned by *Brihatryai, Bhavprakash* researched on the drug and noted its use on a large scale. The drug has potent effect on 2nd and 3rd stage of syphilis, skin disorder, *vata roga, Dhatu daurbalya, Granthi Vikara, jwar, Apasmar, Vatarakta, Karshya, Shotha, Sandhishotha*, it can used as antimicrobial, carminative, painkiller etc.

Drug can be used as *Swedal* (creates sweating), *Snehan, Uttejak, Rasayan, Balya, Vajikar*, Resolvent, carminative, Antimicrobeal, analgesic, antipyretic, laxative, aphrodisiac, vigor and vitality, impotency, seminal disorder, etc.

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