

## A REVIEW ARTICLE ON UPVISHA – SNUHI (EUPHORBIA NERIFOLIA LINN.)

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### ABSTRACT

Snuhi (Euphorbia Nerifolia) is Categorized Under the sthavaravisha (Plant Origin) Snuhi Popularly Known as Indian Spurge Tree. Snuhi is a Well Known Medicinal Plant in the Indian System of medicine. Rasratnasamacchaya described Eleven Number of Upavisha, In Ayurveda Upvisha are the group of Drugs which were less toxic in nature and not so lethal but produce certain toxic symptoms. The drug Snuhi is employed as an important ingredient of various classical preparation, This review article includes overall information about the plant Snuhi.

**KEYWORDS:** Snuhi, Upavisha, sthavaravisha medicinal plant.

### INTRODUCTION

Snuhi (Euphorbia Nerifolia) is a well Known Medicinal plant in the Indian system of Medicine. It has been stated categorically that strong poison could be the best medicine if it is used after proper shodhana (Detoxification) in a proper therapeutic dose and formulation.

Rasratnasamucchaya described eleven number of Upvisha, In Ayurvedic Literature upavisha are the group of drugs which were less toxic in nature but produce certain toxic symptoms on consumption and administration.

Latine Name – Euphorbia Nerifolia Linn

Family – Euphorbiaceae

**Name in Different Languages**

- Hindi Name – Sehund, Danda, thukar
- English Name – Common milk hedge
- Arabic Name – Jakum
- Marathi Name – Thor
- Malayalam Name – Illakalli
- Panjabi Name – Thor

**Morphology of Euphorbia Nerifolia**

It is a small tree or big shrub growing to height of 10 to 20 feet in dry region of India, high, with jointed, cylindrical or obscurely S angle branches bearing short stipular thorns more or less confluent in vertical or slightly spiral lines. Flowers yellowish green or greenish yellow in color. Leaves fleshy, deciduous 6 to 12 cm long. Fruits tricolcus consisting appearing three radiating follicles. Seeds minule like rape seeds.

**Cemical composition of Euphorbia Nerifolia**

The triterpenoids, euphol, 24 methylene cycloartenol, Euphorbol hexacosonate, glut -5-en-5-one, glut-1-en-3 beta yet – acetate, taraxerol, friedelan - 3 – alfa – ol and – 3 beta – ol have been reported from plant.

**Snuhi medicinal properties**

- Rasa (Taste) – Katu (pungent)
- Guna (Qualities) – Laghu (Light for diagestion), Teekshna (strong)

- Vipaka – Katu (pungent taste after digestion)
- Varya (potency) – Ushna (hot)
- Karma (action) – Kaphavata shamaka (reduces vitiated kapha and vata dosha)

Part used – Root, Leaf, milky latex

Dosage – Root powder – 0.5 to 1 gram

Stem juice – 5 to 10 ml

Milky latex – 125 to 250 mg

### **Snuhi shodhana method**

2 pala (40 ml) Snuhi kshir (latex of *euphorbia nerifolia*) is placed in 2 tola (20ml) of chinchapatra swaras (*tramarindus indica* leaves juice) when liquid part is dried snuhi latex is separated and used for therapeutic purpose. (ras jal nidhi 3/8).

### **Traditional uses of snuhi as per ayurveda**

- Deepana – Improves digestion strength
- Rechana – Induces severe purgation
- Vatahara – Useful in treating disorders of vata dosha imbalance such as neuralgia, paralysis, constipation, bloating etc
- Snigdha - Unctuous, oily
- Laghu – Light to digest

### **Indicated in**

- Shoola – Abdominal colic pain
- Ama – A product of indigestion and altered metabolism
- Kaphaja gulma – Tumor of kapha origin
- Udara - Ascites enlargement of the abdomen
- Unmada – Schizophrenia
- Meha – Diabetes, urinary tract disorders
- Kushta – Skin diseases
- Arsha – Haemorrhoids
- Shotha – Swelling, inflammation
- Visha – Toxic condition
- Dooshivisha - Chronic poisoning
- Ashmari – Kidney and bladder

- Pandu – Anemia
- Adhmana – Blotting, gaseous
- Raktapitta – Bleeding disorders such as nasal bleeding, heavy periods etc.

#### **Post mortam appearance in snuhi poisoning**

- Signs of inflammation of contact part
- Gangrenous patches in the stomach
- Rotten spleen etc.

#### **Medicolegal Aspects**

Commonly Accidental poisoning, Homicidal and suicidal purposes are very rare and used for procuring criminal abortion.

#### **Ayurvedic medicines containing snuhi**

- Agnivrana Taila - boils prevention of the blisters etc.
- Ayaskirti – Anemia, weight loss therapy, skin diseases, irritable bowel syndrome etc.
- Vishatinduka Taila – Gout, numbness skin diseases
- Abhaya lavana – Liver and spleen disorders
- Madhusnuhi rasayana – Skin disorder
- Arsha kutara rasa – Hemorrhoids
- Jalodarari rasa – Ascitis

#### **Research Articles related to Euphorbia Nerifolia**

- Anti – microbial study -The phytochemical analysis of leaf extracts (chloroform, ethanol, ethyl acetate, butanol and aqueous) of a medicinal plant euphorbia nerifolia and their antibacterial activities against bacterial isolates staphylococcus aureus, klebsiella, pneumonia, escherichia coli, Proteus vulgaris.

The maximum activity was observed in chloroform extract against p.vulgarius with zone of inhibition, followed by ethanol extract against k.pneumonia.

- Protective action on induced thrombosis – phyto-constituents like flavonoids and polyphenols could be responsible to demonstrate protective effect on experimentally induced thrombosis in murine model.

- Wound healing Activity -The wound healing effect of aqueous extract of the latex of euphorbia nerifolia was evaluated in guinea pig. Surgically produced cutaneous wounds were treated with topical application of 0.5% and 1% sterile aqueous solution of the extract.
- Antioxidant Action – The antioxidant Activity of euphorbia nerifolia extract was evaluated by various Antioxidant assays such as TAC, FRAP, FTC, TBA, And non specific activity. All these antioxidant Activities were compared with standard antioxidants.

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