

THERAPEUTIC USES OF UPAVISHAS ACCORDING TO BHAVPRAKASH: A REVIEW

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Article Received on
14 Jan. 2020,

Revised on 04 Feb. 2020,
Accepted on 24 Feb. 2020,

DOI: 10.20959/wjpr20203-16731

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ABSTRACT

In *Ayurveda Vishas* are classified into two types *Mahavishas* and *Upvishas*.^[1] Out of which Mahavishas are more Tikshna as compared to upvishas. These vishas are more potent because of their gunas like vyavayi, vikasi etc. After shodhan the toxicity of this drugs is reduced and their potency is increased. In the ayurvedic Granthas not only its therapeutic uses but also therapeutic doses are also mentioned, indicating their importance. While treatment everyone tries for safer treatment. During treatment there is ignorance towards such drugs. But such drugs if used after proper *Shodhan* in proper condition and in proper dose then they can give a magical result which we fail after using our regular drugs.^[2] So there is need of creating awareness of such *Upvishas* for their medicinal use. Here in this study *Bhavprakash*

and few research works are referred and all the Upvishas are studied in detail and their therapeutic uses are mentioned here.

KEYWORDS: Upvishas, Therapeutic uses, Shodhan, karmas, Bhavprakash.

INTRODUCTION

Acharya Charak has mentioned that even an acute poison can become an excellent drug if it is properly administered on the other hand even a drug if not properly administered becomes

an acute poison.^[3] In Ayurveda we use variety of medicines, In which some are poisonous and some are non poisonous. Every pathy has it's own merits and demerits; But if we use medicines containing poisonous contents, we will surely reduce our demerits. In *Ayurveda Vishas* are classified into two types *Mahavishas and Upvishas*.^[1] *Vishas* and *Upavishas* are very important from therapeutic point of view. They are quick and effective even in smaller dose due to excessive gunas like vyavayi, vikasi etc.^[4] At the same time if they are used without proper care and doses they may prove fatal. So there should be awareness regarding the poisonous drugs having medicinal properties.

Bhavprakash has mentioned upvishas.

1. Arkakshira
2. Snuhikshira
3. Langali
4. Karveer
5. Gunja
6. Ahiphen
7. Dhatura

In the present article *shodhan* of *upvishas*, their karmas, different therapeutic uses have mentioned in *bhavprakash* will be studied.

MATERIALS AND METHODS

- Review of *upavishas* from *Bhavprakash*
- Various studies done by researchers and pg scholar.

1. Arkakshira^[5]

Uses

Mul twaka

In *kushtha*, *raktavikaras* its internal and external use is mentioned.

In *Shlipada* it is given with *rasakarpura* or with kanji lepa is applied.

In all skin diseases its bark is applied with water.

In kaphvikaras it can be given.

In Yakritavridhhi and plihavridhhi and due to this if udara then also it is useful.

In jirnajwara its phanta can be given.

In jirna aamvata arkaadichurna is given with suntha at night

Kshira

Vednahara and *lomshataka*

In *yakritavridhhi* and *plihavridhhi* it is used internally.

In sprain, oedema it is mixed with salt and applied.

In *dadru* and *aamvata* it is mixed with *haridra* and *til tail* and applied.

It is also used in *mukharoga*.

Pushpa (flowers)

As it is *deepan*, *pachan*, *kaphaghna* it is used in *kshudhanasha*.

In cough and asthma it can be given.

Patra (leaves)

In chronic *vrana* its *churna* is applied.

Its leaves are heated with *erand taila* and applied over swelling.

In *aadhman* (abdominal distension) its leaves are tied over abdomen.

Dose

***Mulatwaka churna* 180-300mg**

***Kshira* 125-250mg**

***Patra churna* 250mg-1gm**

***Pushpa* 125-375mg**

Pharmacological activity

Anthelmthic activity of latex^[6]

Anti-inflammatory activity^[7]

Analgesic activity^[8]

2. Snuhikshira^[9]**Karma**

Tivra rechaka

Mutrajanan

Therapeutic uses

1. *Marich* is dipped in *snuhi kshira* and used as *tivra viechak*.
2. *Snuhi mula twak* is used with *maricha* in *Sutika jwara* and in *sarpavisha*.
3. *Snuhi kand swaras* is used to remove warts

4. *Snuhi kand swaras* is mixed with *madhu*, *tankan kshar*, *adulsa in kaphaj vikaras*
5. *Swaras* is used in *tamakshwas*
6. In *vran* this *kshir* is used with *ghrita* and applied.

3. LANGLI (*Gloriosa superba*)^[10]

Shodhan

1. In *saindhav mishrit takra*
2. In *gomutra*

Karma

Deepan Pittavirechak Rechak

Balya Krumighna

Vamak Twakrogaghna

Kushtaghna Arshoghna

Therapeutic uses

1. In *sojak* (insomnia) *langli satva* is used.
2. In dry skin diseases it is applied locally.

Dose

Mula twaka churna 15-125mg.

Pharmacological activity^[11]

Showing researches on the activities of *Gloriosa superba* Sr. No. Traditional uses Supporting research activity Title of the research.

1 Abdominal pain, worms, anthelmintic Anthelmintic activity of *Gloriosa superba*(Liliaceae)

2. Abortifacient (6 tribes), painful delivery oxytocic activity and early abortifacient activity.

Effect of the aqueous extract of *Gloriosa superba* (*Langli*) roots on reproductive system and cardiovascular parameters in female rats.

3. Gout, rheumatism, neuralgic pain Analgesic and anti-inflammatory activity

Analgesic and anti-inflammatory activities of hydroalcoholic extract from *Gloriosa superba*.

4. Snakebite

Potent neutralizing effect on rattlesnake venom when used subcutaneously to mice

Ethnobotanical survey of folk plants for the treatment of snakebites in Southern part of Tamilnadu, India.

5. Wounds, skin diseases Significant antimicrobial and antifungal activity of aqueous and alcoholic extracts of leaves Antimicrobial activity of aqueous and alcoholic extracts of leaves of *Gloriosa superba*.

6. Wounds, skin diseases Antimicrobial activities of *Gloriosa superba* rhizome extracts Antimicrobial activities of *Gloriosa superba* (Colchicaceae) extracts.

7. Wounds, skin diseases Antimicrobial activity of the leaf extracts Assessment of the antimicrobial potency of leaf extracts from *Vitex nugundo* and *Gloriosa superba*.

8. Cancerous wounds

Antimicrobial and mutagenic properties of the methanolic, aqueous and petroleum ether extracts of the root tubers Antimicrobial and mutagenic properties of the root tubers of *Gloriosa superba*. (Kalihari).

9. Insecticide

Flower methanol extract has the potential for the control of the *R. microplus*, *P. cervi*, *A. subpictus*, and *C. tritaeniorhynchus* Laboratory determination of efficacy of indigenous plant extracts for parasites control.

4. Karveera (*Nerium indicum*)^[12]

Karma

Bhedan

Jwaraghna

Therapeutic uses

1. In *paryayika jwara* tincture of bark is used 10-15 drops in tds. It should not be given before meal.
2. In *hrudayaroga, hrudyodara* it is used for proper blood circulation.

Dose

Tincture 10-15 drops

Pharmacological activity^[13]

Antinociceptive, Antimitotic activity, Antibacterial activity, Antifungal activity, Antiviral activity, Cardiogenic activity, Neuroprotective activity, Antioxidant activity, Antimalarial activity, Hepatoprotective activity, Antidiabetic activity, Analgesic activity, Antiulcer activity, Anti inflammatory activity, Anti cancer activity, Chemotherapy Supplementation, Radiotherapy Supplementation, Mutagenicity, Antiangiogenesis activity.

5. GUNJA(Abrus precatorius)^[14]**Karma**

mutrajanan vranropan

balya vrishya

keshya vaathara

Therapeutic uses

1. In *updansha gunja* 500mg, *jeerak* 2gm, *mishri* 10gm, for 7 days
2. In *viryavikar* 2gm *mul churna* mixed with milk and given before meal at night
3. *Mula* and *phala* siddha tail is given in *gandamala*, *galgranthi*.
4. In *Dadru* and *kandu gunjabeejkalka* with *bhringraj patrasidha* tail is used here.
5. *Beej kalka* is used in *khalitya*, *grudrasi*, *angaghat* and other *vataj vikara*.

DOSE

60 mg to 120mg.

Pharmacological activity^[15]

Various parts of *A. precatorius* are having different pharmacological activity. This plant is having anti-diabetic, anti-oxidative, neuroprotective, anti-viral, neuromuscular, anti-convulsant, anti-epileptic, immune-modulating, abortifacient, anti-implantation, anti-helminthic, anti-depression, memory enhancing, anti-serotonin, diuretic, anti-microbial anti-yeast, anti-inflammatory, anti-arthritic and analgesic, anti-cancer, anti fertility, anti-spermatogenic, anti estrogenic, anti-malarial, anti-allergic, anti-asthmatics, anti-cataract, anti-insecticide, anti-toxicity activity.

6. Ahiphen(Papaver Somniferum)^[16]**Shodhan**

Mix in water and boil and 21 bhavna of ardrak swaras.

Karma

Vednahar Shothaghna prasekavrodhak

Swedajanan Grahi Uttejak

Raktastambhak Nidrajanan

Kasaghna kaphaghna

Therapeutize uses

1. It is used in *shula* like *ghrudhrasi*, *katishula*, *sandhishula*, *parshwashula*, *kashtartawa*, before and after *shastrakarma*, *vrikkashula*, *paittikshula*, *antrikashula*, ulcers.
2. In *Atisar* and *Grahani* it is used as *grahi*.
3. In first stage of *pratishyaya* it is used as *swedan*.
4. In haemoptysis and also in depression it is used.
5. In dry cough, asthma it is given with *madhu*.
6. In *garbhapaat*, *atyartava*, *raktapradar* it can be used internally and also locally.
7. *Fuffusavaranshotha*, *aamvat*, *katishul* poultice is applied.
8. In inflamed piles it is applied locally with *majuphala*.
9. *Gudavarti* is used in anal disorders.

7. DHATURA(Datura metal)^[17]

Shodhan Swedan in Godugdha.

Therapeutic uses of Dhatura

1. As a bronchodilator in asthamatic patients in the form of *Dhumpana*
2. In *shitajwara* it is given with *Dadhi*.
3. In *udarashula*, *Pittashmari shula*, *vrikkashula* it is is used as *vednahara*
4. In *shohta* its leaves are used in the form of *lepa*
5. In many skin diseases it is used in the form of *taila*.
6. The leaves of dhatura are used for relieving headache.
7. The vapour of Dhatura leaves infusion is used to relieve arthritis such as rheumatism and gout.
8. The leaves and seeds are used as antispasmodic.
9. Dhatura has an antiasthamatic agent called atropine. This eliminates the spasms responsible
10. For causing asthamatic attack. Dhumpan of dhatura leaves can be used for asthma.
11. It can also be used in dental pain, bad throat conditions. it can also be used in patients with glaucoma, enlarged prostate, heart troubles, urinary problems or bowel obstructions
12. The fruit of plant is used for phlegmatic type of malarial fever
13. It is known to relieve distress, palpitations, aortic ailments and cardiac pains.
14. The seeds are boiled with cows milk for relieving impotency.

15. Dhatura seeds, saffron, liquorice, and cream heated in coconut oil in charred powder to relieve bald patches.

PHARMACOLOGICAL ACTIVITY

Antiasthmatic activity, Anticholinergic activity, Antimicrobial activity, Anticancer activity, Antiinflammatory activity, Larvicidal and mosquito repellent activity, Antifungal activity, Vibriocidal activity.

CONCLUSION

Proper detoxification makes the upavishas potent for their therapeutic use and safer for various ailments.

Proper condition and proper dose is important to use this drugs.

Whenever other treatment fails we can use this drugs.

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