



International Journal of Applied Ayurved Research ISSN: 2347- 6362

Published online in: <https://ijaar.in>

MONO-HERBAL FORMULATIONS OF SHARANGADHARA SAMHITA –A CRITICAL STUDY

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Review of article

ABSTRACT

SharangadharaSamhita is one of the important texts of *Ayurvedic* medical literature and thus it has been included in the group of *linear triage*. It is believed to be a work of 13th century by *Acharya Sharangadhara*. From a treatment point of view there are many herbal, Herbo-mineral preparations mentioned in *Ayurvedic* texts which are being used to cure the illness. Medicines are used as combinations as well as single drugs. A critical study has been taken up for the documentation of single herbs from *SharangadharaSamhita* at one place for the benefit of *Ayurvedic* fraternity.

Key words: *Sharangadhara Samhita*, Mono-herbal, Herbo-mineral formulations.

INTRODUCTION:

Ayurveda, the life science, has described the functioning of the human system- its normalcy, abnormality and remedies to cope up with abnormalities in a lucid manner. *Ayurvedic* science has a vast medicinal treasure that never ends up ever. But the main problem facing the present scenario is the scarcity of medicinal herbs rather than the known formulations for a particular disease. Here comes the importance of single drug therapy. Besides the formulations which contain many drugs, a single drug will be capable of curing the same condition as usually the formulation does.

SarangadharaSamhita is serving as useful hand book for the practitioner and manufacturer of *Ayurvedic* formulations. The subject content is dealt in 32 chapters with 2600 verses in all. The book is divided into three *Khandas*(sections) and the first section with 7 chapters and 585 verses, the second section with 12 chapters and 1261 verses and the third section with 13 chapters and 682 verses¹. In *Sharangadhara Samhita* which is included

in linear triage of *Ayurveda*, single herbs are mentioned for certain diseases. It appears that *Sharangadhara* was a very popular name in medieval India, as one comes across many works like *Sharangadhara Paddhati* (Anthology of Sanskrit poetry), *JvaraTrisati* *SharangadharaTrisati* etc. Aufrechtopines that the authors of *Sharangadhara Samhita* and *Sharangadhara Paddhati* are one and the same, while Priyavrat Sharma differs with this view. But majority of the scholars of *Ayurveda* agree with the popular view that *Sharangadhara*, son of *Damodara* is the author of *Sharangadhara Samhita*². *Acharya Sharangadhara* has compiled this work in the year 1363. In this work the author has explained nearly fifty single herbs and their utility in a number of disease conditions along with the mode of preparation for the benefit of a general practitioner. Here in this paper herbs and their therapeutic indications have been recorded by quoting them in an alphabetical order for the benefit of students as well as research workers also.

AIMS & OBJECTIVES:

1. The main aim of the present study is critical review of the treatise *Sarangadhara*

Samhita and to document the mono-herbal formulations.

2. To record the therapeutic utility of most commonly available herbs for the benefit of a general practitioner.

MATERIAL & METHODS:

For the present study the original text book of *Sarangadhara Samhita* and its commentary edited by Pt. Parasuram Shastry as well as English translation of Dr. R. Vidyanath has been consulted and a critical study has been taken up and recorded the mono herbal formulations and then arranged the most commonly available herbs with their therapeutic utility as well as mode of preparation in an alphabetical order for better understanding even by a mediocre student.

OBSERVATIONS:

In the present study nearly fifty single herbal formulations have been identified and they are prepared in various forms like *Swarasa*(fresh juice), *Kalka* (paste of herbs), *Quatha* (decoctions), *Hima*(Cold-infusions),*phanta*(hot infusion)etc. They are indicated in approximately 50 different disease conditions like *Jvara*(fever), *Atisara* (diarrhea), *Grahani*(IBS), *Prameha*(diabetes), *Kushtha*(leprosy), *Raktapitta*(hemorrhage), *Arsha* (piles) etc. The most commonly available herbs and their therapeutic use along with the mode of preparation have been documented as under.

1. Amrita

Synonyms: *Guduci*, *Amrita-Lata*, *Amratavalli*, *Amara*, *Chinna*, *Chinnaruha*, *Chinnodbhava*, *Vayastha*, *Vatsadani*, *Madhuparni*, *Kundali*.

Botanical name : - *Tinospora cordifolia*

Family: Menispermaceae

Part used: Stem

Dose - 24 ml

Therapeutic Uses:

a. Intake of the fresh juice of *Guduci* with honey relieves *Prameha*³

b. The ghee processed with *Guduchi*, if taken internally cures *Kushtha*⁴.

c. The cold infusion of *Guduchi* is useful for the management of chronic fevers⁵.

2. Apamarga

Synonyms: *Sikhari*, *Mayura*, *Mayuraka*, *Marga*, *Kharamanjari*

Botanical name - *Achyranthes aspera*

Family: *Amaranthaceae*

Part used - seed

Dose - 12gm

Therapeutic Uses: Intake of *Apamarga* seeds *Kalka* with rice water is useful for the management of *Raktarsas*⁶.

3, Babboola

Synonyms:

Abha,

Botanical name : - *Acacia Arabica*

Family: *Mimosaceae*

Part used- *Babboola Patra*

Dose - 24 ml

Therapeutic Uses:

Internal administration of *Babboola Patra Swarasa* relieves all types of *Atisara*⁷.

4. Badari –

Synonyms: *Karkandhu*, *Badarī*, *Kola*

Botanical name : *Zizyphus jujube*

Family: *Rhamnaceae*

Part used - *Badari moola*

Dose - 12 gm

Therapeutic Uses:

Intake of paste of *Badari moola Kalka* and *Tila* taken along with *Madhu* and *Ksheera* alleviates *Raktatisara*⁸.

5. Beejapooraka

Synonyms: *Puraka*, *Matulunga*

Botanical name : *Citrus medica*

Family: *Rutaceae*

Part used- Fruit

Dose- 24 ml

Therapeutic Uses:

Intake of *Beejapuraka* Swarasa with honey and *Kshara* (*yavakshara*) alleviates *Parshavashoola*, *Hrittshoola* , *Vastishoola* and *Koshthavata*⁹.

7. *Dadima*

Synonyms: *Karaka*, *Kucaphala*, *Dantabija*

Botanical name : *Punica granatum*

Family: Punicaceae

Part used- fruit

Dose- 24 ml

Therapeutic Uses: Intake of *Dadima* Swarasa obtained by means of *Putapaka* after mixing with honey alleviates all types of *Atisara*¹⁰.

Intake of *Dadima* Swarasa obtained by means of *Putapaka*

8. *Dhanyaka*

Synonyms: *Dhanya*, *Kustumburu*

Botanical name : *Coriandrum sativum*

Family : Umbelliferae

Part used- Seeds

Dose- 96 ml

Therapeutic Uses:

Internal administration of *Dhanyaka* Hima can be used in management of *Antardaha* and *Raktapitta*¹¹ can be used in management of *Antardaha* and *Raktapitta*.

10. *Eranda*

Synonyms: *Uroobaka*, *Rubu*, *Gandharva*, *Citra*,

Vardhamana, *Amanda*, *Pancangula*

Botanical name : *Ricinus communis*

Family: *Euphorbiaceae*

Part used- Root

Dose- 96 ml

Therapeutic Uses: Internal administration of *Eranda* Quatha with *Yavakshara* alleviates *Kaphajashoola*¹².

Internal administration of *Eranda* Quatha with *Yavakshara*

11. *Gokshura*

Synonyms: *Trikantaka*, *Shvadamshtira*, *Gokanta*

Botanical name : *Tribulus terrestris*

Family : *Zygophyllaceae*

Part used - whole plant

Dose- 96 ml

Therapeutic Uses:

Internal administration of *Gokshura* Quatha mixed with *Sita* and *Makshika* alleviates in *Mutrakrichara*¹³.

12. *Kantakari*

Synonyms: *Nidigdika*, *Kshudra*, *Vyaghri*, *Simhi*,

Dhavani, *Bhantaki*, *Vartakini*

Botanical name : *Solanum xanthocarpum*

Family : *Solanaceae*

Part used - whole plant

Dose- 24 ml

Therapeutic

Uses:

Internal administration of *Kantakari* Putapaka Swarasa with *Pippali* *Curna* alleviates *Kasa*, *Svasa* and *Kapha*¹⁴.

14. *Kusmanda*

Synonyms: *Karkaru*, *Pitapushpa*, *Pushpaphala*,

Brihatphala

Botanical name : *Benincasa hispida*

Family: *Cucurbitaceae*

Part used- Fruit

Dose- 48 ml

Therapeutic Uses:

Internal administration of *Kushmanda* Swarasa with *Guda* in management of *Indralupta*¹⁵.

15. *Kutaja*

Synonyms: *Girimallika*, *Kalingaka*, *Vrikshaka*, *Vatsahva*, *Vatsaka*

Botanical name

: *Holarrhena antidysenterica*

Family : *Apocynaceae*

Part used- Bark

Dose- 24 ml

Therapeutic Uses: Internal administration of *KutajaPutapakaSwarasawith* honey can be given in management of *Sarvatisara*¹⁶.

Internal administration of *KutajaPutapakaSwarasawith*

16. *Laśuna*

Synonyms: *Ugragandha*, *Pancarasa*

Botanical name : *Alium sativum*

Family: Lilliaceae

Part used- Rhizome

Dose- 12 gm

Therapeutic Uses: Intake of *Lasuna* in *Kalka* with *Tila Taila* is useful in the management of *Vata roga* and *VishamaJvara*¹⁷.

18. *Nimba*

Synonyms: *Picumarda*, *Arishta*

Botanical name : *Azadirachta indica*

Family: Miliaceae

Part used- leaf

Dose- 12 gms

Therapeutic Uses:

Intake of *Nimba Kalka* is useful to treat *Vrana*¹⁸.

19. *Pippali*

Synonyms: *Krishna*, *Upakulya*, *Kana*, *Magadhi*, *Magadhika*,

Capala, *Magadhija*

phala,

Vaidehi

Botanical name : *Piper longum*

Family: Piperaceae

Part used- Fruit

Dose- 3, 5, 7 *pippali*

Therapeutic Uses:

a. Intake of *Pippali Kalka* is useful in *Pandu*,

Vatarakta and *Kasa*¹⁹.

Vatarakta and *Kasa*.

b. Intake of *Pippali* in the form of paste,

decoction and powder is useful in treating *Aruci*, *Jvara*, *Udara*, *Arshas*²⁰. (Śā. Ma. Kh- 5/3,4)

c. Intake of *PippaliChurna* with honey cures *Hikka* and *Jvara*.

20. *Satavari* (*Asparagus racemosus*)

Synonyms:

Vari, *Abhiru*, *Bahuputri*, *Bahuputrika*,

Mahāpurūṣadanta,

Satamooli

Botanical name : *Asparagus racemosus*

Family: Lilliaceae

Part used- Root

Dose- 24 ml

Therapeutic Use: Intake of *SatavariSvarasa* cures *PittajaSoola*²¹.

22. *Tila*

Synonyms: *KṛishṇaTila*, *Ashita Tila*

Botanical name : *Sesamum indicum*

Family: Pedaliaceae

Part used- seeds

Dose- 12 gms

Therapeutic Use: Intake of *Tila Kalka* with *Navanīta*

Intake of *Tila Kalka* with *Navanīta* cures

*Raktarsas*²².

24. *Vāsā*

Synonyms: *Aṭaroosha*, *Aṭarooshaka*, *Vṛsha*, *Vṛshaka*, *Siṃhasya*

Botanical name: *Adhatoda Vasica*

Family: Acanthaceae

Part used- Leaf

Dose- 48 ml

Therapeutic Use:

Intake *VasaPutapakaSwarasawith* honey cures *Raktapitta*²³.

25. *Vibhītakī*

Synonyms: *Akṣa*, *Kali*, *Kaliphala*, *Kalitaru Phala*

Botanical name : *Terminalia bellerica*

Family: Combretaceae

Part used- Fruit

Dose: 1 fruit

Therapeutic Use:

Apply external coat to *Vibheetaki* fruit same as *putpaka* procedure, after *putpaka* remove external paste and put in mouth, it is useful for the management of *Kasa*, *shawasa Pratisyaya* and *Svarabhanga*²⁴.

DISCUSSION

After a thorough review of *Sarangadhara Samhita*, nearly fifty total number of single drug recipes are found. Maximum was in form of *Swarasakalpana* where as few were only in *ghrita-tailakalpana*. These single drugs are being formulated into various forms like *Svarasa*, *Churna*, *Quatha*, *Kalka*, *Phanṭa*, *Śeeta*, *Taila*, *Ghrita*, etc. and can be administered accordingly. Some indications like *badrimulakalka* for *raktatisara*, *dadimputpakswaras* for *sarvaatisara*, *guducihima* for *jeernajvara*, *kanya svarsa* for *pittajshūla*, *kantakripupaka* for *kas shawas*, *lakshakalka* for *raktasya*, *mahanimba* for *vraṇa*, *chardi* and *ghradisi*, *nimbakalka* for *vraṇachardi*, *parpatakawatha* for *pitajjwara* and *shītjwara*, *pippli Vardhman yog* for *vatroga* and *vishamjvara*, *suranputpaka* for *arshas*, *shephalipatra* for *ghrdhrasi*, *bibhitakapupakain kasa*, *vasa kwathin raktipitt*, *vishnukrantakkalkain parinamshoola* are notable formulations in this text.

CONCLUSION:

Sharangadhara Samhita written by *Sharangadhara* is a work which gives more importance to mono-herbal therapies and quotes several simple herbal recipes. Nearly 50 single herbs were mentioned in 12 chapters of *madhyama khanda* of *Sarangadhara Samhita*. *Sharangadhara* has carefully consulted the works of *Chakrapanidatta* and *Shodhala*. He has

documented the most useful information required for the students and practitioners of the contemporary medieval period. It incorporates a lot of simple and useful recipes. It is very important to explore this book for clinical practice. It is easy for a general practitioner to formulate and practice since these are cost effective. Thus, all the patients can also afford it. Since most of them are prepared freshly, one can expect their efficacy and their potency in curing the diseases rapidly. There is a wide scope for a researcher to re-validate the efficacy of these drugs by conducting clinical trials.

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Source of support: Nil Conflict of interest:
None Declared

Cite this Article as : [Sonali Sharma et al : Mono-Herbal Formulations of Sharangadhara Samhita –A Critical Study]
www.ijaar.in : IJAAR VOL VI ISSUE IV SEP - OCT 2023Page No:- 124- 130