

**CONCEPT OF PITTASHAMANA EFFECT OF PATOLA: A REVIEW
ARTICLE**

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ABSTRACT

Ayurveda is a science of life. Its main aim is to prevention from diseases and cured from diseases. Prevention is better than cured is the basic aim of Ayurveda.^[1] In Ayurveda there is description about Dravya guna Vigyana; in which there is description of various drugs, its properties, and its Rogaghanata, Karma etc. Patola is commonly known as 'Pointed guard' in local language. Pointed guard is a very ancient Ayurveda medicinal herb and vegetable. It is used since the time of Acharya Charaka and Sushruta, since 2000 years. It is very beneficial to improve gastric health. Its root, leaf and fruit are used in many Ayurveda medicines. Patola has been mentioned in various Ayurvedic texts in the treatment of such life style diseases. The medicinal plants show the presence of various chemical substances

such as alkaloids, hydrogen, carbon, nitrogen, glycolides, volatile oils, fatty acids, and tannins that are responsible for treating various diseases. The plant is rich in Vitamin A, Vitamin C, Tannins, Saponins, alkaloids etc. Therefore all are helps in Shamana of Pitta dosha.

KEYWORDS: Ayurveda, Patola, Pittashamaka effect.

INTRODUCTION

In Bhavaprakasha Nighantu^[2]; Patola patra is mentioned 'Pitta shamaka'. Patola is also known as 'Tikta'; as it is rich in Tikta rasa, which is helpful for Pitta dosha shamana. It is found in Aasam, West Bengal. Patola moola is mentioned as 'Sukhena Virechana'.

METHODOLOGY

Patola is an drug in which there is dominance of Tikta rasa. So therefore it is helpful to decrease Pitta dosha from the body.

Phytochemistry of Patola^[2]

Latin name – *Trichosanthes dioica*

Family – Cucurbitaceae

Sanskrit names – Patola, Kulaka, Tikta, Rajiphala, Bijagarbha, Panduka, Panduphala, Rajeya, Amrutaphala, Kushthaha, Kasabhanjan.

English name – Pointed guard

Hindi name – Parvala

Chemical constituents – Vitamin A, Vitamin C, Tannins, Saponins, Alkaloids, Pentacyclic titerpents.

Rasa	Guna	Virya	Vipaka	Doshagnata	Prayojya-anga	Karma
Tikta Katu	Laghu Ruksha	Ushna	Katu	Tridoshagna	Patra	Pachana Hrudya Agnidipana Vrushya

Classical categorization

a) Charaka^[3]

1. Truptighna – Herbs that relieves the feeling of food satiation.
2. Trushna nigrhana – Herbs that relieves excessive thirst.

b) Sushruta^[4] and Vagbhata^[5] – Patoladi & Aaragvadhadi groups.

Rogaghanata / Uses of Patola

1. Deepana: Improves digestion strength, balances Kapha dosha, but does not acts against Pitta dosha.
2. Varnya: Good for skin, Improves complexion.
3. Avatara: does not cause Vata imbalance.
4. Vrushya

5. Rochana: improves taste, useful in Anorexia.
6. Kushtha and Kandu
7. Jwaraghna
8. Daha shamaka
9. Purifies blood in the body.
10. Kasaghna

Pittashamana effect of Patola

Patola contains Vitamin C which helps to relieve Pitta prakopa in the body. In the gunas it is described as of 'Ushna' guna and having Ushna Virya also. But having properties like Ushna guna & Virya; Patola is not increasing Pitta dosha or Ushna guna in the body. It is of one other species named as 'Trichosanthes Cucumerina'.

Saponin is present in the roots of Patola drug. Patola patra is used as 'Pittashamaka'. So therefore it is used in Jwara / Pittaj Jwara. As it contains Vitamin C. Which helps to decrease the Pitta dosha in the body. It is used in Skin diseases with guduchi swarasa of Patola patra is used for local application over skin diseases. Moola is tivrā Rechaka. Helps for Deepana, Pachana, Balya, & in excessive dose it acts as a Vamaka or Virechana.

It is used as Jwaraghna, Rechaka, Kamala, Udara, Kushtha, Kandu, Jirna Jwara, Daha, Raktavikara, Agnimandya and Krimiroga. In Pitta pradhana diseases patola is used for Virechana.

DISCUSSION

Ayurveda is a science in which various principles and treatment modalities are explained for maintaining proper health. In which various drugs are mentioned for boosting immunity, having Balya properties and helps to maintain proper, good health. Most of the drugs are having all properties and helps to boost our immune system. For this Dosha balancing is also important in the body. If Doshas are in their proper state or balancing state then there are less chances of developing diseases in the body. Patola is a drug which is having Ushna guna and Virya. But having properties like Ushna guna it is not increasing Pitta dosha in the body. It helps to maintain the Pitta dosha in its proper state. Acharya Charaka also explained the Patola drug in Sannipataja Jwara Chikitsa.^[7] It acts as a Jwaraghna, Pitta shamaka and it is known for best Virechaka drug. Patola is rich in Tikta rasa. As it is also known as 'Tikta'. Which helps to reduce Pitta dosha and balancing Pitta dosha in the body. It contains

chemical compositions like Vitamin C, Saponin etc which are also helps to reduce excessive Pitta dosha prakopa / vruddhi from the body. It is one of the best drug for Pitta shamana described in Ayurveda.

CONCLUSION

Patola is of Cucurbitaceae family. The useful parts of drugs are Patra, Moola. In Bhavaprakasha Nighantu; it is described that Patola patra is having Pitta shamana effect. Because it contains Tikta rasa and Ushna guna, Virya. In Ayurveda for Pitta vruddhi it is explained that Ushna guna is responsible for its Vruddhi / prakopa. Therefore Treatment for Pitta dosha is done with the help of Sheeta guna. But here Patola as it having properties like Ushna guna, Virya but having chemical compositions like Vitamin C, Tikta rasa; it is not increasing Pitta dosha in the body. It helps to reduce Pitta dosha in the body. So, it is very useful in the treatment of Jwara / specially useful in Pittaja jwara. Also it is used in Kamala, Daha, Rakta Vikara, having Rechaka property, Jirna jwara, etc.

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