

## A CRITICAL REVIEW OF *VRISHCHIR (BOERHAAVIA VERTICILLATA)* IN CLASSICAL AYURVEDIC LITERATURE

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### ABSTRACT

*Ayurveda* is science which has a great scope in Indian Medicine. It is an important subject in this world as most ancient medical science of India. The drug *Vrishchir (Boerhaavia verticillata)* is native to Nyctaginaceae Family. *Acharya Charaka* has mentioned *Vrishchir* in *Kasahar Mahakashay* in 4<sup>th</sup> Chapter of *Charaka Samhita* he is described as ingredient of *Kantakari Ghrita* and indicated it in *Vatika dysuria*, *Kasa*, mental disorders and *Tridosh dushti*. In *Sushrut Samhita*, *Vrishchir* is described as ingredient of *Vrischivadi Arishta* and *Dhanvantara Ghrita*. In *Ashtanga Hridaya*, *Vrishchir* is described as *Kasaghna*. In this review article an attempt has been done to describe traditional value of this drug and importance of it in *Ayurveda*

as well. Classical categorization, *Rasapanchaka*, *Paryaya*, *Morphology*, *Karma*, Pharmacological Actions has been described. Documentation and categorization of ayurvedic drugs are required in this new era by this our new generation can take benefits of *Ayurveda* and its magical remedies as well.

**KEYWORDS:** Classical categorization, *Rasapanchaka*, *Paryaya*, *Morphology*, *Karma*, Pharmacological Actions, *Vrishchir*, *Boerhaavia Verticillata*.

### INTRODUCTION

In *Charaka Samhita*, *Vrishchir* is described in *Kasahara Mahakashaya*; described as ingredient of *Kantakari Ghrita*. He is indicated it in *Vatika dysuria*, *Kasa*, mental disorders and *Tridosh dushti*. In *Sushrut Samhita*, *Vrishchir* is described as ingredient of *Vrischivadi Arishta* and *Dhanvantara Ghrita*. In *Ashtanga Hridaya*, *Vrishchir* is described as *Kasaghna*.

## MATERIAL AND METHODS

*Charaka Samhita, Sushruta Samhita, Vagbhata, Dhanwantari Nighantu, Shodhala Nighantu, Madanapala Nighantu, Kaiyadeva Nighantu, Bhavaprakasha Nighantu, Raj Nighantu, Modern medical databases.*

### Description of *Vrishchir* in *Charaka Samhita*

**Table 1: Showing Review of *Vrishchir* in *Charaka Samhita*.**

<i>Adhyaya &amp; Shloka</i>	Used as ingredient of
<b><i>Sutrasthana</i><sup>[1]</sup></b>	
4-16/36	<i>Kasahara Mahakashaya</i>
<b><i>Chikitsasthana</i><sup>[2]</sup></b>	
18-126	<i>Kantakari Ghrita</i>
26-39	Decoction in <i>Vatika</i> dysuria
26-63	Decoction in Dysuria
<b><i>Kalpasthan</i><sup>[3]</sup></b>	
4-16	Used as emetic in mental disorders
<b><i>Siddhisthana</i><sup>[4]</sup></b>	
9-8	Enema in urinary disorders
10-32	Used as enema
3-65	Enema in <i>Tridosh Dushti</i>

### Description of *Vrishchir* in *Sushruta Samhita*

**Table 2: Showing Review of *Vrishchir* in *Sushruta Samhita*.**

<i>Adhyaya &amp; Shloka</i>	Used as ingredient of
<b><i>Chikitsasthana</i><sup>[5]</sup></b>	
12-5	<i>Dhanvantara Ghrita</i>
<b><i>Uttaratantra</i><sup>[6]</sup></b>	
42-46	<i>Vrischivadi Arishta</i>

### Description of *Vrishchir* in *Nighantus*

#### 1. *Shodhala Nighantu* (12<sup>th</sup> A.D.)

Acharya Sodhala kept *Vrishchira* under *Guduchyadi Varga*.

#### *Paryaya (Nama Sangraha)*<sup>[7]</sup>

वृष्टीवे..... शशिनडिका ॥२७१॥

*Vrishchiva, Kshudravarshabhu, Dirghpatrika, Kathillaka, Punarnava, Vishakh, Sahela and Shashinadika* are synonyms.

#### *Guna-Karma (Guna Sangraha)*<sup>[8]</sup>

पुनर्नवात्रयं..... व्रणरोपणी ॥२४८-२५०॥

Three types of *Punarnava* are *Bhedan*, *Ushna Virya* and *Rasayana*. It mitigates *Kapha* and *Vata*. It cures *Durnama* (haemorrhoids), *Vardhma*, *Shopha* and *Udara Roga*.

## 2. Madanpala Nighantu (14<sup>th</sup> A.D.)

This *Nighantu* is also known as "Madana Vinoda". *Madanpala* has kept this drug in *Abhayadi Varga*.

### *Paryaya*<sup>[9]</sup>

पुनर्नवा ..... पुनर्भूमण्डलच्छदा ॥१६७॥

*Punarnava*, *Shwetamula*, *Prithvika*, *Dirghpatrak*, *Vishadadirgha*, *Varshabhu*, *Punarbhru* and *Mandalacchada* are synonyms.

### *Guna-Karma*<sup>[10]</sup>

पुनर्नवा ..... मधुरा कटुः ॥१६८॥

*Punarnava* has *Madhura* and *Tikta Rasas*; *Sara* and *Ruksha Guna*; *Katu Vipaka*.

## 3. Bhavaprakasha Nighantu (16<sup>th</sup> A.D.)

Acharya *Bhavamishra* described *Vrishchir* in *Guduchyadi Varga*.

### *Paryaya*<sup>[11]</sup>

पुनर्नवा ..... दीर्घपत्रिका ॥२३३॥

*Punarnava*, *Shwetamula*, *Sothaghni* and *Dirghapatrika* are synonyms.

### *Guna-Karma*<sup>[12]</sup>

कटुकषायानुरसा ..... ब्रध्नोदरप्रणुत् ॥२३४॥

It has *Katu Rasa* and *Kashaya Anurasa*. It is *Deepana*, *Vatahara* and *Kaphahara*. It is indicated in *Shopha*, *Gara Visha*, *Udararoga*.

## 4. Raj Nighantu (17<sup>th</sup> A.D.)

It is also known by the names of "*Nighantu Raja*" and "*Abhidhana Chudamani*". *Narhari Pandit* described *Vrishchira* under *Parpatadi Varga*.

### *Paryaya*<sup>[13]</sup>

पुनर्नवा विशाख ..... कठिल्लकः ॥११७॥

*Punarnava*, *Vishakh*, *Kathillah*, *Shashivatika*, *Prithvi*, *Sitavarshabu*, *Dirghpatrah* and *Kathillakah* are synonyms.

**Guna-Karma<sup>[14]</sup>**

श्वेता पुनर्नवा ..... नितीर्तिनुत् ॥११६॥

It is *Ushna* and *Tikta*, *Kaphahara* and *Vishanashaka*. It is indicated in *Kasa*, *Hridayaroga*, *Shula*, *Pandu* and *Shopha*.

**Synonyms of *Vrishchir***

The synonyms suggest the different morphological features along with the therapeutic properties of the plant as enlisted in classical texts are mentioned.

**Table 3: Showing *Paryaya* (synonyms) of *Vrishchir*.**

<b><i>Paryaya</i></b>	<b><i>D.N.</i><sup>[15]</sup></b>	<b><i>S.N.</i><sup>[16]</sup></b>	<b><i>M.P.N.</i><sup>[17]</sup></b>	<b><i>K.N.</i><sup>[18]</sup></b>	<b><i>Bh.N.</i><sup>[19]</sup></b>	<b><i>R.N.</i><sup>[20]</sup></b>
<i>Punarnava</i>	-	+	+	-	+	+
<i>Shwetamula</i>	-	-	+	-	+	-
<i>Shothaghni</i>	-	-	-	-	+	-
<i>Dirghpatrika</i>	-	+	-	-	+	-
<i>Vrishchiva</i>	-	+	-	-	-	-
<i>Kshudravarshabhu</i>	-	+	-	-	-	-
<i>Kathillakah</i>	-	+	-	-	-	+
<i>Vishakh</i>	-	+	-	-	-	+
<i>Sahela</i>	-	+	-	-	-	-
<i>Shashinadika</i>	-	+	-	-	-	-
<i>Dirghpatrah</i>	-	-	-	-	-	+
<i>Shashivatika</i>	-	-	-	-	-	+
<i>Kathillah</i>	-	-	-	-	-	+
<i>Prithvi</i>	-	-	-	-	-	+
<i>Sitavarshabu</i>	-	-	-	-	-	+
<i>Varshabhu</i>	-	-	+	-	-	-
<i>Dirghpatrak</i>	-	-	+	-	-	-
<i>Punarbhu</i>	-	-	+	-	-	-
<i>Mandalacchada</i>	-	-	+	-	-	-
<i>Prithvika</i>	-	-	+	-	-	-
<i>Vishadadirgha</i>	-	-	+	-	-	-

**Interpretation and etymology of synonyms<sup>[21]</sup>**

- **पुनर्नवा** - 'पुनर्नवा पुनः अभीक्षणं नवा इति। नूयते वा वैद्यैः पाण्डुप्रभृतिरोगविनाशकगुणविशेषैरिति' (भा.टी.)। 'वर्षर्तौ पुनर्नवा भवति, शरीरं पुनर्नवं करोति इति'।

It regenerates in the rainy season. Praised by *Vaidyas* as it is very useful in various diseases.

- **शोथघ्नी** - 'शोथं हन्तीति शोथघ्नी'।

It is useful to reduce anasarca, swelling.

- दीर्घपत्रिका - 'दीर्घाणि पत्राणि अस्याः दीर्घपत्रिका'।

It has longer leaves than the other types of *Punarnava*.

### Vernacular names<sup>[22]</sup>

Arabic	:	Handakuki Sabaka
Bengali	:	Sweta punya
Kannada	:	Adakaputtana-gida Sannadida
Guajarat	:	Sotadi, Pyoli
Hindi	:	Vishkhapara, Santha, Gahadpurna,
English	:	Hogweed- Spreading,
Latin	:	Treen thema amenogyma
Malayalam	:	Talutaama
Marathi	:	Ghetuli, <i>Punarnava</i>
Panjabi	:	Itsit
Sanskrit	:	Sweta <i>Punarnava</i>
Tamil	:	Mukkiratt
Telegu	:	Telloatta tamamidi
Uriah	:	Sweta gonad
U.S.A	:	Hog weed, Pigweed

### Rasapanchaka of *Vrishchir*

Table 4: Showing the *Rasapanchaka* of *Vrishchir*.

<i>Rasapanchaka</i>	<i>D.N.</i> <sup>[23]</sup>	<i>S.N.</i> <sup>[24]</sup>	<i>M.P.N.</i> <sup>[25]</sup>	<i>K.N.</i> <sup>[26]</sup>	<i>Bh.N.</i> <sup>[27]</sup>	<i>R.N.</i> <sup>[28]</sup>
<i>Madhura Rasa</i>	-	-	+	-	-	-
<i>Katu Rasa</i>	-	-	-	-	+	-
<i>Kashaya Rasa</i>	-	-	-	-	+	-
<i>Tikta Rasa</i>	-	-	+	-	-	+
<i>Ruksha Guna</i>	-	-	+	-	-	-
<i>Sara Guna</i>	-	-	+	-	-	-
<i>Ushna Virya</i>	-	+	+	-	-	+
<i>Katu Vipaka</i>	-	-	+	-	-	-

### Karma of *Vrishchir*

Table 5: Showing the *Karma* of *Vrishchir*.

<i>Karma</i>	<i>D.N.</i> <sup>[29]</sup>	<i>S.N.</i> <sup>[30]</sup>	<i>M.P.N.</i> <sup>[31]</sup>	<i>K.N.</i> <sup>[32]</sup>	<i>Bh.N.</i> <sup>[33]</sup>	<i>R.N.</i> <sup>[34]</sup>
<i>Kasahar</i>	-	-	-	-	-	+
<i>Paandughna</i>	-	-	-	-	+	+
<i>Deepani</i>	-	-	-	-	+	-

<i>Sophahara</i>	-	+	-	-	+	+
<i>Kaphanashak</i>	-	+	+	-	+	+
<i>Vaatshamak</i>	-	+	-	-	+	+
<i>Bhedaniya</i>	-	+	-	-	-	-
<i>Rasayan</i>	-	+	-	-	-	-
<i>Vardhmahar</i>	-	+	-	-	-	-
<i>Udararoganasak</i>	-	+	-	-	-	-
<i>Hridya</i>	-	-	-	-	-	+
<i>Shulanashak</i>	-	-	-	-	-	+
<i>Raktvikarnashak</i>	-	-	-	-	-	+
<i>Grahi</i>	-	-	+	-	-	-
<i>Raktpittahara</i>	-	-	+	-	-	-
<i>Vishanashaka</i>	-	-	-	-	-	+

### Morphology<sup>[35,36]</sup>

**Habit:** A decumbent herbaceous perennial.

**Root:** Elongate, stout, branched, tap root system.

**Stem:** Prostrate long, pale, terete glabrous, divaricately branched, slender.

**Leaves:** At each node in unequal pairs opposite, thick, nearly as broad as long, ovate, obtuse, mucronate, glabrous white sinuate, margins base cordate, ½ in-1¾ in long, distinctly petioled, ½-¾ in long slender.

**Flowers:** In long peduncled racemes, arranged in distant few flowered whorls on a slender rachis, pedicels long and slender, bracteoles small, ovate oblong acute deciduous Perianth 1/3 in long gamotepalous white, ovarial part of the tube 1/2 in long, constricted above the ovule, petaloid portion funnel-shaped, lobes of the limb 2-fid.

**Fruit:** 1/8 in long 5-ribbed, clavate, furnished with large semi-globose glands.

### Pharmacological action<sup>[37,38]</sup>

Digestive, appetizer, antipyretic, the antidote for poisonous bites of insects, anti-leprotic, anti-cough and in disorders of the heart, spleen and gastrointestinal tract.

**Parts used:** Whole plant, root.

### CONCLUSION

By all the above discussion it can be concluded that *Vrishchir* is used for treating Kasa, Shwasa, Pandu, Kshat, Kshaya, Kandu, Visarpa, Mutravikara, Premeha, Raktapitta, Udara roga and Visha. *Vrishchira* is also very useful in upper Respiratory disorders, Gastro-intestinal Disorders and many other Systemic Disorders according to *Ayurveda* and we have seen that recent modern reserches also proven the same as our Samhitas already stated in

Ancient time, so we can say Ayurveda is wholistic knowledge, it just needed to organize and documented it time to time. It can be possible by research again and again about its principles and contents to enhance our practical and clinical knowledge.

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