

**SHOTH HARA (ANTI-INFLAMMATORY) DRAVYA OF
BHAVPRAKASH NIGHANTU: A LITERATURE REVIEW****Gitika^{1*}, Preeti Pandey² and Karishma³**

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ABSTRACT

Ayurveda is an ancient science of India and there are many useful medicinal plants are mentioned in different ayurvedic text, in which Dravyagunavigyana is unique branch deals with medicinal plant used in different diseases to pacified the *dosha*. In Ayurveda, Bhav-Prakash Nighantu is authentic book that deals many medicinal plant with their therapeutic uses. Bhavamishra was the author of Bhavaprakash Nighantu (Lexicon) which is one of Laghutrayis (Sharanghadara, Madhav nidan and Bhavaprakash). Acharay's made the search easy by grouping the herbs into Gana's, Varga's. The aim of selection the present study is that in today scenario most of the people get inflammation due to arthritis, renal diseases & so many other reasons which is responsible for it. In this study, we have taken Shotha hara drugs described in Bhavaprakash Nighantu mentioned in different

varga like Haritkyadi, Guduchyadi etc. In Ayurveda, Shotha can be correlated with the term edema/swelling of modern medicine. Thus present study was designed to screen the drugs having shothhara (anti-inflammatory) action from Bhavaprakash Nighantu on the basis of their rasa, guna, virya, vipaka and conforming references mentioned in it and in this study only the drugs which having *Shothhara* karma described in shloka are taken. Out of 676 drugs in Bhavaprakash Nighantu there are 68 single drugs identified which poses Shothahara karma and scattered throughout the text which include herb, mineral and animal origin. The collection of data from Bhava Prakash Nighantu with analytical view of Prof. Chunekar is

done. Discussion and conclusion will be done on the basis of Reviewed and analysed collected data.

KEYWORDS: Inflammation, Nighantu, Shothahara, Roga etc.

INTRODUCTION

Ayurveda or science of life is eternal.^[1,2] It is associated with the noble, excellent and great tradition of our ancient *Rishi* and is a part of our prosperous and glorious history. *Brahma* is considered to be the profounder of *Ayurveda*^[3] Starting from *Brahma*, various *Rishi*'s and *Maharsi*'s (Sages) in the tradition of *Daksha*, *Asvini Kumars*, *Indra*, *Atreya Punarvasu*, *Dhanvantri*, *Bharadwaja*, *Nimi*, *Kasyapa*^[4] and other humanists have enriched and protected the prosperous tradition of *Ayurveda*. The text that describes four types of lifespan (*ayu*) *hitayu*, *ahitayu*, *sukhayu* and *dukhayu*, its measurement and its properties is called *ayurved*.^[5] *Ayurveda*'s primary motive is to cure disease and prevention from diseases or illness.^[6,7] From the view point of popular use, the *Ayurveda* was divided into eight branches.^[8,9,10,11] Since then it was termed *Ashtanga* (of eight parts) *Ayurveda*. This division was done by the *Ayurvedic* scholars of those days but in the *Ashtanga Ayurveda*, there was no separate recognition for medicinal plants, inspite being an important constituent of *Ayurvedic* treatment. *Nighantu* is a Sanskrit term for a traditional collection of words, grouped into thematic categories, often with annotations.^[12,13] Among all *Nighantus*,^[14] *Bhavaprakash Nighantu*^[15] is considered as complete reference book for the study of all aspects of drugs from their place of origin to their pharmacological actions. This text is highlighted with *karmaoushadi* (action based drugs) and considered as drug index of *Ayurveda*.^[16] In *Bhavaprakash Nighantu*, *Bhavamishra* has mentioned various single drugs which are having *shothhara karma*. *Shotha roga* can be correlated with the term Swelling/ edema of modern medicine.^[17] In pathological state, *rakta*, *pitta* and *kapha doshas* are vitiated due to aggravation of *Vata*.^[18] This results in obstruction in the flow of *Rakta Dhātu*. Due to this, it gets accumulated in between the *Twacha* and *Maamsa*, and this is known as *Shotha*.¹⁹ Though it is caused by *Tridosha*, *Vata dosha* has predominant role. In *Ayurveda*, various types of *Shotha* are described, mainly of three types as described by *charaka Samhita* i.e., *Vataj-shotha*, *Pittaj-shotha*, *kaphaj-shotha*, two types (*Nija* & *Agantuja* or *Ekganga* & *Sarvaja*), four types- *Vattik*, *Paittik*, *Kaphaj* & *Agantuja*, seven types - *Vattika*, *paittika*, *Shlaismika*, *Sannipataja*, *vata-paittika*, *vatta- shlaismika*, *pitta-shlaismika*; eight types - *Vattika*, *paittika*, *Shlaismika*, *Sannipataja*, *vata-paittika*, *vatta-shlaismika*, *pitta-shlaismika*,

agantuja^[20] In *susruta samhita*^[21] 6 types of *shotha* are mentioned named as *sarvsara*, *Vattika*, *paittika*, *Shlaismika*, *Sannipataja*, *vishjanya*, In *Charak samhita*^[22] 50 *mahakashayas* are mentioned. Among them, there is a one *mahakashaya* named as *Shoth-har mahakashaya*.^[23] In this *Mahakashaya* 10 drugs are mentioned named as *Patla*, *Agnimantha*, *Shyonaka*, *Bilva*, *Kashmarya*, *Kantkarika*, *Brihati*, *Shalparni*, *Prishnparni*, *Gokshura*. *Susruta*^[24] named these 10 drugs as *Dashmool*. In *Susruta samhita*,^[25] *Valli Panchmool* and *Kantak Panchmool* are mentioned *shoth-har* as *Vidaryadi Gana* and *Karmardadi Gana* respectively. The aim of this study is to critically evaluate the *shothhar dravyas* mentioned in *Bhavprakash Nighantu*.

The further scope of the study is that to make available these drugs as standard drugs (Control Drugs) by evaluating their *Shothaghana* activity through in-vivo, in-vitro studies & clinical study

MATERIAL AND METHOD

The whole article is based on literary review regarding *Shothhara* action of drugs is collected from Ayurvedic compendium. This study shows literary reconsideration on *Bhavprakash Nighantu*. As this study is a critical review the material used in these studies are as follows:

1. Ancient Ayurveda samhitas.
2. *Bhavaprakash Nighantu*.
3. Modern texts of Pharmacology.
4. World wide web, research articles and data bases of different health sciences.

OBSERVATION

Table No. 1: Drugs in haritkyadivarga.

S. No.	Drug Name	Latin name / Family	Rasa	Guna	Vipak	Virya	Doshghnata
1.	Haritki	<i>Terminalia chebula</i> Retz / Combretaceae	Lavan Varjit Panch rasa	Ruksh	Madhur	Ushna	Tridosha
2.	Shunthi	<i>Zingiber officinale</i> Roscoe / Zingiberaceae	Katu	Snigdha	Madhur	Ushna	Kapha-Vata
3.	Chitrak	<i>Plumbago zeylanica</i> Linn / Plumbaginaceae	-	Laghu, Ruksha	Katu	Ushna	Vata- Kapha
4.	Yashthimadhu	<i>Glycyrrhiza glabra</i> Linn./ Leguminosae	Madhur	Guru	-	Sheet	Pitta- Vata
5.	Kirat	<i>Swertia chirata</i> Karst. / Gentianaceae	Tikta	Ruksha, Laghu	-	-	Kapha- Pitta
6.	Madanphal	<i>Randia dumetorum</i> Lam./ Rubiaceae	Madhur, Tikta	Laghu, Ruksha	-	Ushna	Kapha
7.	Rasna	<i>Pluchea lanceolata</i> Oliver & Hiern./ Compositae	Tikta	Guru	-	Ushna	Kapha-Vata
8.	Pushkarmool	<i>Inula racemosa</i> Hook.f / Compositae	Katu, Tikta	-	-	-	Vata- Kapha
9.	Bharangi	<i>Clerodendrum serratum</i> Spreng. / Verbenaceae	Katu, Kashaya, Tikta	Ruksha, Laghu		Ushna	Kapha- Vata
10.	Manjistha	<i>Rubiacordifolia</i> Linn / Rubiaceae	Madhr, Tikta, Kashay	Guru	-	Ushna	Kapha

11.	Haridra	<i>Curcuma longa</i> Linn / Zingiberaceae	Katu, Tikta	Ruksha	-	Ushna	Kapha-Pitta
12.	Bakuchi	<i>Psoralea corylifolia</i> Linn / Fabaceae	Madhur, Tikta	Ruksha	Katu	Sheet	Kapha-Vata
13.	Lodhra	<i>Symplocos racemosus</i> Roxb./ Symplocaceae	Kashay	Laghu	-	Sheet	Kapha-Pitta
14.	Lashun	<i>Allium sativum</i> Linn / Liliaceae	Amla Varjit Pancharasa	Guru Snigdha	Katu	Ushna	Vata-Kapha
15.	Bhallatak	<i>Semicarpus anacardium</i> Linn / Anacardiaceae	Madhur, Kashay	Laghu, Tikshna, snigdha	Madhur	Ushna	Kapha-Vata

Table No. 2: Drugs in karpooradi varga.

S. No.	Drug Name	Latin name / Family	Rasa	Guna	Vipak	Virya	Doshghnata
1.	Devdaru	<i>Cedrus deodara</i> Roxb. Loud / Pinaceae	Tikta	Laghu, Snigdha	Katu	Ushna	Kapha- Vata
2.	Guggul	<i>Balsamodendron mukul</i> Hook. ex Stocks / Burseraceae	Tikta, Kashay, Katu	Vishad, Sukshm, Picchila	Katu	Ushna	Tridosha
3.	Kapur-Kachri	<i>Hedychium spicatum</i> Ham. ex Smith / Zingiberaceae	Katu, Tikta, Kashay	Laghu, Tikshna	-	Ushna	-

Table No. 3: Drugs in guduchyadi varga.

S. No.	Drug Name	Latin name	Rasa	Guna	Vipak	Virya	Doshghnata
1.	Patla	<i>Stereospermum suaveolens</i> D.C / Bignoniaceae	Kashay Tikta	-	-	Anushna	Tridosha
2.	Agnimanth	<i>Premna integrifolia</i> Linn / Verbenaceae	Katu Tikta Kashay Madhur	-	-	Ushna	Kapha- Vata
3.	Mudgparni	<i>Phaseolus trilobus</i> Ait. / Fabaceae	Tikta	Ruksha, Laghu	Madhur	Sheet	Tridosha
4.	Mashparni	<i>Teramnus labialis</i> Spreng/ Fabaceae	Tikta Madhur	Ruksha	-	Sheet	Vata-Pitta
5.	Erand	<i>Ricinus communis</i> Linn. / Euphorbiaceae	Madhur	Guru	-	Ushna	Vata- Kapha
6.	Raktarka	<i>Calotropis procera</i> R. Br./ Asclepiadaceae	Madhur Tikta	Snigdha, Laghu	-	Ushna	Kapha
7.	Sehund	<i>Euphorbianeriifolia</i> Linn / Euphorbiaceae	Katu	Tikshna Guru	-	-	Vata
8.	Kalihari	<i>Gloriosa superba</i> Linn./ Liliaceae	Tikta Katu Kashay	Kshar, Tikshna	-	Ushna	Kapha
9.	Paribhadra	<i>Erythrina indica</i> Lam. / Fabaceae	-	-	-	-	Vata
10.	Shobhanjan	<i>Moringa pterygosperma</i> Gaertn. / Moringaceae	Katu, Madhur, Tikta	Tikshna, Laghu, Ruksha	Katu	Ushna	Kapha- Vata
11.	Aprajita	<i>Clitoriaternatea</i> Linn /Fabaceae	Katu-Tikta-Kashay	-	Katu	Sheet	Tridosha
12.	Sinduvar	<i>Vitexnegundo</i> Linn. /	Tikta-	Laghu	-	-	Kapha

		Verbenaceae	Kashay-Katu				
13.	Karanj	<i>Pongamiaglabra</i> Vent. / Leguminosae	Katu	Laghu, Tikshna	Katu	Ushna	Kapha-Vata
14.	Tankari	<i>Physalis minima</i> Linn./ Solanaceae	-	-	-	-	-
15.	Vetas	<i>Salix caprea</i> Linn. / Salicaceae	-	-	-	Sheet	Kapha-Vata
16.	Ankot	<i>Alangiumlamarckii</i> Thwaites / Alangiaceae	Katu-Kashay	Tikshna, Snigdha, Laghu	-	Ushna	Kapha- Pitta
17.	Vansh	<i>Bambusaarundinaceae</i> Willd./ Gramineae	Kashay	Ruksha Guru	Madhur	Sheet	Kaph-Pitta
18.	Shatawari	<i>Asparagus racemosus</i> Willd/ Liliaceae	Madhur Tikta	Guru, Snigdha	-	Sheet	Vata-Pitta
19.	Ashwagandha	<i>Withaniasomnifera</i> Dunal/ Solanaceae	TiktaKashay	-	-	Ushna	Vata-Kapha
20.	Trivrit	<i>Operculinaturpethum</i> Silva Manso/ Convolvulaceae	-	Ruksha	-	Ushna	Vata
21.	Danti	<i>Baliospermummontanum</i> Muell-Arg/ Euphorbiaceae	Katu	Tikshna	Katu	Ushna	Pitta-Kapha
22.	Dravanti	<i>Crotontiglium</i> Linn. / Euphorbiaceae	-	Guru, Snigdha	-	-	Pitta-Kapha
23.	Vridhdharu	<i>Argyreiaspeciose</i> Sweet. / Convolvulacea	Kashay Katu, Tikta	-	-	Ushna	Kapha
24.	Kokilaksh	<i>Hygrophilaspinoza</i> T.And / Acanthaceae	Madhur Amla, Tikta	Picchila	-	Sheet	Vata
25.	Shwet	<i>Trianthemaportulacast</i>	Katu,	-	-	-	Vata

	Punarnava	<i>rum</i> Linn./Ficoidaceae	Kashay				
26.	Rakta Punarnava	Boerhaviadiffusa Linn. / Nyctaginaceae	Tikta	-	Katu	-	Kapha-Pitta
27.	Bhringraj	<i>Ecliptaalba</i> Hassk./ <i>Compositae</i>	Katu	Tikshna, Ruksha, Ushna	-	-	Kapha-Vata
28.	Kakmachi	<i>Solanum nigrum</i> Linn. / Solanaceae	Tikta, Katu	Snigdha,	-	Ushna	Tridosha
29.	Kaknasa	<i>Asclepiaskurassavica</i> Linn. / Asclepiadaceae	Kashay Katu, Tikta	-	Katu	Ushna	Kaph
30.	Brahmi	<i>Bacopa monnieri</i> / Scrophulariaceae	Tikta, Kashay, Madhur	Laghu	Madhur	Sheet	-
31.	Drona	<i>Leucas cephalotes</i> Spreng./ Labiatae	Madhur Lavana	Guru, Ruksha, Ushna, Tikshna	Madhur	-	Kapha
32.	Devdali	<i>Luffa echinate</i> Roxb./ Cucurbitaceae	Tikta	Tikshna	-	-	Kapha
33.	Sudarshan	<i>Crinumlatifolium</i> Linn./ Amaryllidaceae	Madhur	-	-	Ushna	Kapha

Table No. 4: Drugs in pushp varga.

S. No.	Drug Name	Latin name / Family	Rasa	Guna	Vipak	Virya	Doshghnata
1.	Kamal - Kinjalka	<i>Nelumbiumspeciosum</i> Wild. / Nymphaeaceae	Kashay	Sheet	-	Sheet	Kapha – Pitta
2.	Brihat Bakul	<i>Osmanthusfragrans</i> Lour./ Oleaceae	Katu, Tikta	Ushna	Katu	-	Kapha-Pitta

Table No. 5: Drugs in vatadi varga.

S. No.	Drug Name	Latin name / Family	Rasa	Guna	Vipaka	Virya	Doshghnata
1.	Plaksha	<i>Ficusinfectoria</i> Roxb./ Moraceae	Kashay	Sheet	-	-	Pitta-Kapha
2.	Shirish	<i>Albizzizlebbbeck</i> Benth./ Leguminosae	Madhur, Tikta, Kashay	Laghu	-	Anushna	Tridosha
3.	Khadir	<i>Acaciacatechu</i> Willd/ Mimosaceae	Tikta, Kashay	Sheet	-	-	Kapha – Pitta
4.	Kareer	<i>Capparis aphylla</i> Roth/ Cappaidaceae	Katu, Tikta	Ushna	-	-	Kapha – Vata

Table No. 6: Drugs in amradi phal varga.

S. No.	Drug Name	Latin name	Rasa	Guna	Vipaka	Virya	Doshghnata
1.	Koshamra	<i>Schleicheratrijuga</i> Willd. /Sapindaceae	Amla	Guru	-	Ushna	Kapha- Vata

Table no. 7: Drugs in dhanya varga.

S. No.	Drug Name	Latin name	Rasa	Guna	Vipaka	Virya	Doshghnata
1.	Nishpav	<i>Dolichoslablab</i> Linn. / Papilionaceae	Madhur Kashay	Ruksh, Guru	Amla	-	Kapha

Table No. 8: Drugs in shak varga.

S. No.	Drug Name	Latin name/ Family	Rasa	Guna	Vipak	Virya	Doshghnata
1.	Kalshak	<i>Corchorus capsularis</i> Linn. / Tiliaceae	-	-	-	-	Kapha
2.	Lonhi	<i>Portulaca quadrifida</i> Linn. / Portulacaceae	Lavan, Amla	Guru, Ruksh	-	-	Vata-Kapha
3.	Hilmochika	<i>Enhydra fluctuans</i> Lour. / Compositae	-	-	-	-	Kapha
4.	Guma	<i>Leucas cephalotes</i> Spreng. / Labiatae	Lavan	Guru, Ruksh, Tikshna	Madhur	Ushna	Kapha
6.	Sehund	<i>Euphorbia nerifolia</i> Linn / Euphorbiaceae	Katu	Tikshna Guru	-	-	Vata
7.	Shigru	<i>Moringa pterygosperma</i> Gaertn. / Moringaceae	Katu, Madhur, Tikta	Tikshna, Laghu, Ruksha	Katu	Ushna	Kapha- Vata
8.	Mankanda	<i>Alocasia indica</i> Schott. / Araceae	Sheet	Laghu	-	-	-
9.	Hastikarn	<i>Leela macrophylla</i> Horn. / Vitaceae	Tikta	-	Madhur	Ushna	Vata- Kapha

DISCUSSION

Bhavamishra has given sole consideration to the disease Vatarakta and used various drugs to treat this disease. Present study deals with extensive variety of drugs from Bhavprakash Nighantu. Author has determined on herbal drugs rather than other diversity of group. There is no mineral origin and animal origin drug mention in the Bhavprakash Nighantu. Drugs from whole Bhavprakash Nighantu were screened for the action as shotha hara. Obtained data were presented as per an action of treating shothahara with respect to herbal origin drugs which are belongs to different Vargas (chapter wise classification) with corresponding reference. Out of 426 drugs 33 (49%) of drugs from Guduchyadi varga 15 (22%) belong to Haritakyadi varga, Shaka varga has 9 (13%), Vatadi varga 4 (6%) are stated, karpuradi varga has 3(4%), Pushpa varga has 2 (3%), Amradiphala varga 1 (2%), also Dhanya varga 1(1%) as shown in Fig. 01, were used for the treatment of Shotha. No drugs are elucidating from Dhatvadi varga, Dhanya varga, Mamsa Varga, Krutanna Varga, Vari Varga, Dugdha varga, Dadhi Varga, Takra varga, Navaneet Varga, Ghruta varga, Mutra varga, Sandhana varga, Madhu varga & Ikshu Varga.

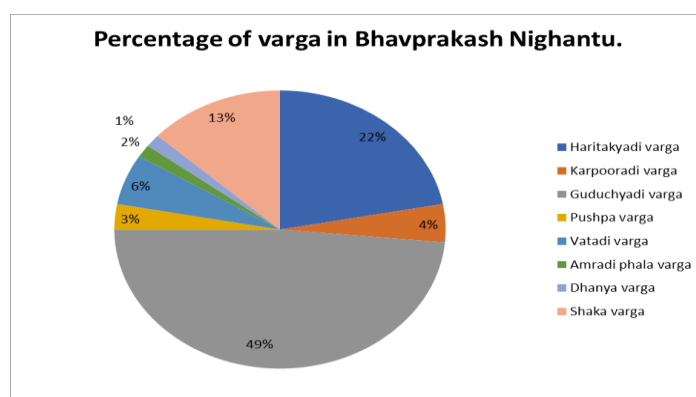
It is said in Samhitas that Ruksha guna aggravates Vata, Ushna guna aggravates Pitta & Rakta, Avyakta guna aggravates Kapha. In Shotha roga, *rakta*, *pitta* and *kapha doshas* are vitiated due to aggravation of *Vata*. This results in obstruction in the flow of *Rakta Dhatu*. Due to this, it gets accumulated in between the *Twacha* and *Maamsa*. Though it is caused by *Tridosha*, *Vata dosha* has predominant role. From the above study we observed that most of the shothahara drugs of bhavaprakasha nighantu have tikta, kashaya, katu & madhura rasa, laghu (mainly), ruksha & teekshna guna, katu and madhur vipaka and both ushna (mainly) & sheeta veerya. As per Rasa prabhav, Tikta, Kashaya & Madhura rasa pacify Pittadosha & Rakta dhatu (due to similarity of properties with pitta), Madhura rasa pacify Vata dosha and Katu, Tikta, Kashaya rasa pacify Kapha dosha and Tikta and Madhura rasa also have Vishghna effect in itself.

As per Veerya prabhav, Ushna veerya pacify Vata & Kapha dosha and Sheeta veerya pacify Pittadosha and Rakta dhatu. If see Vipaka prabhav, Katu vipaka is Kaphashamaka, so it removes the covering of kapha.

As per Guna prabhav, most of the drugs have laghu, ruksha & teekshna guna which have the property of circulation among all micro-channels. That's why these drugs have the therapeutic effect on all the channels of body.

Total number of drugs with their percentage.

Sr. no.	Name of varga	No. of drugs	Percentage
1	Guduchyadi varga	33	49
2	Haritkyadi varga	15	22
3	Shak varga	9	13
4	Vatadi vrga	4	6
5	Karpuradi varga	3	4
6	Pushpa varga	2	3
7	Amradi varga	1	2
8	Dhanya varga	1	1
	Total	68	100

**Fig. 01: Percentage of varga in bhavprakash nighantu.****CONCLUSION**

The present review on Shothahra drugs of Bhavprakash Nighantu is original of its kind. Total 68 drugs are mentioned by Bhavprakash Nighantu. A detailed clinical study is required to understand the mode of action of these drugs. All the drugs are and having Alkaloids, Lignan etc chemical constituents which help in reduce the edema. All the drugs are having the quality to treat the shotharoga. Dosha karma (Effect on humors)- specifies mainly vatadosha, normalizes kaphadosha Dhatu (Tissue effect)- Rasa, Mamsa, Asthi Organs effect- Nerves, Muscles, Bones, Joints Main Indication- Vata disorders Physician can select the best drug among these with the help of YUKTI PRAMANA. A detailed clinical study is required to understand the mode of action of these drug.

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