

## SHADADHARAN YOG: AYURVEDIC FORMULATION OF SIX INFLUENCING DRUGS

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### ABSTRACT

Herbal medicines are most commonly used choice of drugs for prevention and cure of disease in *Ayurveda*. From ancient times, numerous single herbs and their combinations are being used for medicinal purpose. *Shad-dharan yog* is one of them. It is a compound herbal formulation containing six bitter herbs mixed together in equal quantities. It has root bark of Leadwort (*Chitrak*), seed of Coneru (*Indrayava*), root of Velvet leaf plant (*Patha*), root of Hellebore (*Kutki*), root of Aconite (*Ativisha*) and fruits of Chebulic myrobalan (*Haritaki*). This combination is specially mentioned in the treatment of vitiated, *Vata*, which is thought to be the prime cause of diseases in *Ayurveda*. Due to modernization in each and every walk of life, people

are being compelled to lead a Stressful life, which is causing many psychic and somatic diseases, i.e. insomnia, anorexia, tastelessness, heaviness in the body, joints pain, heart diseases and many more deteriorates the quality of life. this formulation has significant effect in significant improvement on different parameters such as *Atibadha mala* (constipation) or *Atidrava mala* (diarrhea), *Udarashool* (pain in abdomen), *Aruchi* (decrease in desire to intake food), *Alasya* (feeling of lethargy), *Jwara* (feverish feeling), *Balabhransha* (feeling of reduced physical and mental strength).

**KEYWORDS:** *Shad-dharan yog*, *Vata vyadhi*, *Chitrak*, *Indrayava*, *Patha*, *Kutki*, *Ativisha*, *Haritaki*, Leadwort, Coneru, Velvet leaf plant, Hellebore, Aconite, Chebulic myrobalan.

### INTRODUCTION

*Shad-dharan yog*, as per *Sushruta samhita* is a compound herbal formulation containing six

bitter herbs mixed together in equal quantity i.e one *dharan*.<sup>[1]</sup> It has root bark of *Chitrak*, Seed of *Indrayava*, root of *Patha*, root of *Kutki*, root of *Ativisha* and fruits of *Haritaki*. *Shad-dharan Yog* is a formulation mentioned by *Acharya Sushruta* in reference of *Vata vyadhi*. *Vata* is considered as root of all the diseases.<sup>[2]</sup> *Shad-dharan Yog* is prescribed in *Ayurveda* for management of *Amashyagata-vata*. *Ayurveda* means the knowledge of life, with objective “maintenance of health and treatment of diseases”.<sup>[3]</sup> *Acharya Sushruta* has also described many single and compound drugs in his literature. Ancient *Ayurvedic* science has highlighted numerous medicinally important plants and also different formulations.

*Shad-dharan yog* as its name indicates its meaning, ‘*Shad*’ means six and ‘*dharan*’ is a measuring unit.<sup>[4]</sup> All the six contents, in clean dry form, are taken in equal amount to form fine powder.

*Acharya Sushruta* has mentioned its indication in “*Amashyagata Vata*”.<sup>[5]</sup> It should be taken for seven days with luke warm water. Aggravated *Vata* in *Amashya* causes vomiting, vertigo, thirst, catching pain in chest and flanks, so *Shad-dharan yog* will be helpful in these conditions. Another *Acharya Yogratnakara* talked about *Shad-dharan yog* in context of “*Amashayagata- Vata*”. He stated that aggravated *Vata* in the stomach causes thirst, catching pain in chest and flanks, cough, belching & vertigo. Since it is named as “*Mahavyadhi prashamana*”, it can cure entire dreadful *Vata vyadhi* despite the site of vitiation, viz; hemorrhoids, urinary and feces obstruction, heart diseases, flanks pain etc. caused by vitiated *Vata dosha* in *Amashaya*. Skin diseases like dryness, numbness, thinning and discoloration occurs when it gets vitiated in *Twacha*, and essentially may cause of tastelessness, heaviness in the body, etc. if it vitiates within *Rakta*. Likewise, different types of underlying diseases may arise as *Vata* vitiation happen to be at different body parts.<sup>[6]</sup>

### Preperation of Shadadharan Yog

All the six herbs, *Chitrak*, *Indrayava*, *Patha*, *Kutki*, *Ativisha* and *Haritaki* are cleaned, taken in dried form, in equal amount and finely powdered separately in a grinder. Then, all the six powdered ingredients are mixed together in equal amount and sieved with the help of sieve no. 80, and stored in airtight, moisture free container.

### Dose

In the amount of one “*Dharan*” (approximately 3gms) for 6 days with lukewarm water.<sup>[7]</sup>

**Drug review Ras panchak<sup>[8]</sup>**

Name	Ras	Guna	Virya	Vipak	Karma
Chitrak	Katu	Laghu, Ruksha, Tikshna	Ushna	Katu	Grahi – Rasayana
Indrayava	Tikta, Kashaya	Laghu, Ruksha	Sheeta	Katu	Deepniya – Sanghrah
Patha	Tikta	Laghu, Tikshna	Ushna	Katu	Deepniya - Pachana
Kutki	Katu, Tikta	Laghu, Ruksha	Sheeta	Katu	Bhedniya – Deepniya
Ativisha	Tikta, Katu	Laghu, Ruksha	Ushna	Katu	Bhedniya – Pachniya
Haritaki	Panch-ras (lavan varjit)	Laghu, Ruksha	Ushna	Madhur	Rasayana

Name	Dosh shamakta	Chemical composition	Pharmacological action
Chitrak <sup>[9]</sup>	Vata-kapha	Chitranone, plumbagin, zeylanone etc.	Digestive, anti-inflammatory, Carminative
Indrayava <sup>[10]</sup>	Tridoshghna	Steroidal compound stigma sterol	Tissue rebuilding, LDL lowering
Patha <sup>[11]</sup>	Vata-kapha	Alkaloids: Hayatinine and Hayatin, berberin	Muscular relaxant property
Kutki <sup>[12]</sup>	Kapha – pitta	D- mannitol, kitin, curcubitacin	Immune modulator
Ateesh <sup>[13]</sup>	Kapha – pitta	Histidine, hetidine, atisenol	Anti-inflammatory, reduces Aam toxins in the body, lowering of fat accumulation in the body
Haritaki <sup>[14]</sup>	Tridoshghna	Glycosides, tannic acid, chebulic Acid	Antioxidant, antispasmodic action, appetizer, mild laxative

**DISCUSSION**

This drug has antioxidant properties and will help in rejuvenating of the tissue. As it has carminative property, it is helpful in constipation and *Arsha*(hemorrhoids) cases. It mainly works on Koshtagat Aampachan This drug digests the *Aam* due to its *ushna* and *pachana guna*, so it is helpful in *Srotoshodhan* (clearing the channels in the body). It is good appetizer and has anti spasmodic properties, so it will be helpful in relieving colicky abdominal pain. It also has digestive, anti-inflammatory, carminative, tissue rebuilding, LDL lowering, antioxidant, antispasmodic actions. In brief *Shad-dharan yog* possess positive effect on digestive system along with improving the metabolism of body.

**CONCLUSION**

This review article summarizes recent data on contents, formulation, indications, dose and mode of action of the Shadadharan Yog. It can be effectively used in the treatment of vitiated „*Vata*’, which is thought to be the prime cause of diseases in *Ayurveda*. Also used in Amashaygata Vata. It should be used carefully as it creates rukshata and it is better to avoid in Pitta predominant Conditions.

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