

**REVIEW ON SHIROVIRECHANIYA DRAVYAS W.S.T APAMARGA  
TANDULIYA ADHYAYA OF CHARAKA SAMHITA****<sup>1</sup>\*Dr. Patil Yuvraj Rajgonda, <sup>2</sup>Dr. Adivappa Nashipudi and <sup>3</sup>Dr. Mosin Karimkhan**<sup>1</sup>Asst. Prof. Dept. of Samhita and Siddhanta Dr. Ravi Patil Ayurvedic Medical College  
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Karnataka India.**ABSTRACT**

The *Apamarga Tanduliya* chapter had propounded by *Acharya Agnivesha*. *Shirovirechana* is the best therapeutic procedure for the management of head and neck disorders. These *Shirovirechana Gana* drugs have possibility to passive absorption directly through the cells of the membrane. Lipid soluble substances have greater affinity for passive absorption through the cell walls of nasal mucosa. The cilia of the olfactory cells and perhaps the portions of the body of the olfactory cells contain relatively large quantities of lipid materials. The non polar hydrophobic molecules diffuse through the lipid bilayer of the plasma membrane, into and out of cells. Such molecules include oxygen, carbon dioxide, nitrogen gases, fatty acids, steroids, and fat soluble vitamins. Further the drug absorption is enhanced by local massage and fomentation. The neurological path is concerned with the olfactory stimuli. The olfactory nerve differs from other cranial nerves in its close relation with the brain. The peripheral olfactory nerves are

chemo receptor in nature. The olfactory nerves are connected with the higher centres of the brain, ie limbic system consisting mainly of amygdaloidal complex, hypothalamus, epithelium, anterior thalamic nuclei parts of basal ganglia. So the drugs administered through the nose stimulate the higher centres of the brain which shows the action on regulation of endocrine and nervous system functions. In this present review the *Shirovirechana* drugs

were selected from the second chapter of *Charaka Samhita Sutrastana* viz; Dehusked *Apamarga* seeds, *Pippali*, *Maricha*, *Vidanga*, *Shigru*, *Sarshapa*, *Tumburu*, *Ajaji*, *Ajagandha*(*Ajamoda*), *Peelu*, *Ela*, *Harenuka*, *Prithivika*, *Surasa*, *Shweta Aparajita*, *Kutheruka*, *Phanijjaka*, *Shirisha Beeja*, *Lashuna*, *Haridra*, *Daruharidra*, *Saindhava Lavana*, *Sauvarchala Lavana*, *Jyotishmati*, *Shunthi*. Further scope of study is to scientifically evaluation and cellular level absorption of these drugs in vitro and in vivo parameters.

**KEYWORDS:** *Apamarga Tandula*, *Charaka Samhita*, *Shirovirechana Dravyas*, errhine therapy.

## INTRODUCTION

The dehusked seeds of *Achyranthes aspera* are known as *Apamarga Tanduliya*. These seeds are used in the *Nasya Karma* ie errhine therapy. The other drugs of this therapy are; *Pippali*, *Maricha*, *Vidanga*, *Shigru*, *Sarshapa*, *Tumburu*, *Ajaji*, *Ajagandha*(*Ajamoda*), *Peelu*, *Ela*, *Harenuka*, *Prithivika*, *Surasa*, *Shweta Aparajita*, *Kutheruka*, *Phanijjaka*, *Shirisha Beeja*, *Lashuna*, *Haridra*, *Daruharidra*, *Saindhava Lavana*, *Sauvarchala Lavana*, *Jyotishmati*, *Shunthi*. If the vitiation of a particular *Dosha* is predominant the order of performing *Panchakarma* therapies can be altered. Ex: As *Pitta* is predominant during autumn season *Virechana* is advised. Similarly *Basti*(Medicated enema therapy) is indicated in the beginning of rainy season. The rationality in explaining *Shirovirechana Dravya* initially may be the head is the most important organ of the body<sup>[1]</sup> and *Shirovirechana* is the best therapeutic procedure for the management of head and neck disorders. Whenever there is no disease in the root of a tree, that tree grows properly, similarly the head should be disease free for proper growth and development of the entire body. Among all the drugs in errhine therapy the *Apamarga*<sup>[2]</sup> is considered as best one. Thus it is mentioned initially. It is not mandatory to start treatment only after obtaining the entire list of drugs mentioned in the classics, one can use as per the disease condition.<sup>[3]</sup> The above drugs can be used as *Nasya*(Errhine therapy) in conditions like *Shirogaaurava*(Heaviness in the head), *Shirashula*(Headache), *Peenasa*(Coryza), *Ardhavabhedaka*(Migraine), *Krimi*(Infectious diseases of head), *Apasmara*(Epilepsy), *Ghrananasa*(Anosmia), *Pramohaka*(Fainting).

## MATERIAL AND METHODS

- The concepts, assessment and literary survey of the *Shirovirechana* drugs was done on the basis of *Ayurvedic* texts books and digital data.

## AIMS AND OBJECTIVES

- The aim of the present work is to highlight the concept of medicinal herbs of errhine therapy and their impact on nervous system.
- The objective is to elaborate the concept of medicinal herbs of the *Shirovirechana Gana* based on the different *Ayurvedic Nighantu* texts and of digital data.

## DISCUSSION

In the *Shirovirechana* procedure the medicines are instilled through the nostrils. Considering the therapeutic efficacy, it is used to treat a wide spectrum of diseases ranging from headache to infertility. As per *Acharya Vagbhata* nose is the entrance gate of the head and it is directly connected to the brain and all the diseases related to the head region vanishes by this errhine therapy.<sup>[4]</sup> Nose and the brain are separated by the cribriform plate and above the cribriform plate there is little extension from the brain that is known as olfactory bulb that sends its projections into the olfactory epithelium. The olfactory epithelium receives the impulse from the odour and send it to the olfactory nerves in the olfactory bulb which further send the signals to the mitral or tufted cells of brain. Hence the nose is directly connected to the brain. The mode of formulation used for *Nasya* include *Tila*, *Ghrita*, *Swarasa*, *Kwatha*, *Kshira*, *Jala*, *Churna*, *Madhu*, *Mamsarasa*. *Taila* is considered as best *Nasya Dravya* because *Taila* doesn't disturb the pH of nasal mucosa, whereas *Ghrita*(Ghee) is alkaline and causes changes in the pH.

### Drug review based on the classical texts

#### Dehusked *Apamarga* seeds<sup>[5]</sup>

**Botanical Name-** *Achyranthes aspera* Linn, **Family-** Amaranthaceae.

**Pharmacological Actions-** The *Apamarga* is *Tikta*(Bitter), *Ushna Virya*(Hot in potency), *Katu*(Pungent), *Sangrahi*(Absorbent), *Vamaka*(Causes vomiting), subside *Kapha Dosha*, *Arsha*(Haemorrhoids), *Udararoga*(Diseases of abdomen), *Kandu*(Itching), *Amadosha*(Toxins), *Raktadosha*(Blood disorders).

#### *Pippali*<sup>[6],[7],[8]</sup>

**Botanical Name-** *Piper longum* Linn, **Family-** Piperaceae

**Pharmacological Actions-** *Pippali* is *Dipana*(Appetizer), *Vrishya*(Aphrodisiac), *Madhura Vipaka*(Sweet after digestion), *Rasayana*(Vitalizer), It is *Anushna*(neither heat nor cold), *Katu* (Pungent in taste), *Snigdha* (Secretes oils), *Vata-Kapha shamaka*, *Laghu*(Light), *Rechani*(Acts as mild laxative). It cures *Shwasa*(Dyspnoea), *Kasa*(Cough),

*Udara*(Abdominal disorders), *Jwara*(Fever), *Kustha*(Skin diseases), *Prameha* (Urinary disorders), *Gulma*(Intestinal disorders), *Arsha*(Haemorrhoids), *Pleeha*(Splenic diseases), *Shoola*(Colic), *Maruta*(Flatus), *Ardra Pippali*(Wet Pippali) is *Kaphakara*, *Snigdha*(Demulcent), *Sheetala*(Cold), *Madhura*(Sweet), *Guru*(Heavy), *Pitta Shamaka*(Alleviates Pitta). Consumption of *Pippali* with *Guda* alleviates *Meda*(Obesity) and *Kapha*, *Shwasa*(Dyspnoea), *Kasa*(Cough), *Jwara*(Fever), *Vrishya*(Aphrodisiac), *Medhya*(Brain tonic), *Agnivardhaka*(Appetizer), *Jeernajwara*(Chronic fever), *Agnimandyahara*(Alleviates loss of appetite).

**Maricha**<sup>[9],[10]</sup> - **Botanical Name-** *Piper nigrum* Linn , **Family-** Piperaceae

**Pharmacological Actions-** *Maricha* is *Katu*(Pungent in taste), *Teekshna*(Penetrating), *Dipana*(Appetizer), *Kapaha-Vatahara*(Alleviates *Kapha* and *Vata*), *Ruchikaraka*(Tasty), *Ushna*(Hot in potency), *Pittakara*, *Rooksha*(Drying), cures *Shwasa*(Dyspnoea), *Shoola*(Colic), *Krimi*(Worms), *Shukra Nashaka*(Decreases semen), *Agniyanaka*(Improves appetite). *Ardra Maricha*(Wet Pepper) is *Madhura Vipaka* (Sweet after end of digestion), *Natiushna*(Not much heat), *Kinchit Teekshna Guna*(Mild penetrating action), *Shleshma Praseki*(Mucogenic), *Apittalam*(Does not increase Pitta).

**Vidanga**<sup>[11]</sup>- **Botanical Name-** *Embelia ribes* Burm. f. **Family-** Myrsinaceae

**Pharmacological Actions-** It is *Katu Vipaka*(Pungent at post digestive effect), and *Krimi Nashaka*(Alleviates worms infestation). It Subsides *Kapha* and *Vata Doshas*, *Shoola*(Pain), *Anaha*(Flatulence), *Arti*(Spasmodic pain).

**Shigru**<sup>[12]</sup>- **Botanical Name-** *Moringa pterygosperma* Gaertn, **Family-** Moringaceae.

**Pharmacological Actions-** The *Shigru* is *Katu*(Pungent), *Tikta*(Bitter). It alleviate *Kapha*, *Vata Doshas*, *Krimi*(Worms), *Ama*(Toxins), *Visha*(Poison), *Meda*(Obesity), *Vidradhi*(Edema), *Pleeha*(Spleenomegaly), *Gulma*(Visceral organ diseases).

**Sarshapa**<sup>[13]</sup>- **Botanical Name-** *Brassica campestris* Hook & Thoms,

**Family-** Brassicaceae

**Pharmacological Actions-** *Sarshapa* seeds are *Katu*(Pungent), *Tikta*(Bitter), and *Katu Vipaka*(Pungent in post digestive effect). It is *Teekshna*(Penetrating), *Ushna*(Hot in potency), subsides *Kapha-Vata*, promotes *Raktapitta*(Haemorrhage), *Agnivardhana*(Increases appetite), *Rakshakara* (Casts away evil spirits), cures *Kandu*(Itching), *Kustha*(Skin diseases), *Krimi*(Worms), *Graha*(Evil spirits).

**Tumburu**<sup>[14]</sup> - **Botanical Name-** *Zanthoxylum alatum* Roxb, **Family-** Rutaceae  
**Pharmacological Actions-** The *Tumburu* is *Katu*(Pungent), *Teekshna*(Penetrating), *Ushna* Virya(Hot in potency), *Kapha Vatashamaka*(Subside *Kapha* and *Vata* Doshas), *Shulahara*(Analgesic), *Agnidipaka*(Appetizer). It alleviate *Udara Roga*(Abdominal diseases), *Adhmana*(Distention of the abdomen), *Krimi-roga*(Worms).

**Ajaji**<sup>[15]</sup> - **Botanical Name-** *Cuminum cyminum* Linn **Family-** Apiaceae  
**Pharmacological Actions-** *Ruksha*(Drying), *Katu*(Pungent), *Ushna*(Heat), *Dipana*(Appetizer), *Laghu*(Light), *Sangrahi*(Absorbent), *Pittala*(Increases Pitta), *Medhya*(Brain tonic), *Garbhashaya Vishuddhi Krit*( Purifies uterus), *Jwaragna*(Anti-pyretic), *Pachana*(Digestants), *Vrishya*(Aphrodisiac), *Balya*(Strength promoter), *Ruchya*(Taste promoter), *Kapha-Vata Shamaka*(Alleviates excess *Kapha* and *Vata*), *Chakshushya*(Good for eyes), Cures *Vata*, *Admana*(Abdominal distention), *Gulma*(Intestinal growth), *Chardi* (Vomiting), *Atisara*(Dairrhoea), *Pitta* and *Agnivardhaka*(Increases appetite and Pitta Dosha).

**Ajagandh**<sup>[16]</sup> - **Botanical Name-** *Apium graveolens* Linn, **Family-** Apiaceae  
**Pharmacological Actions-** It is *Katu*(Pungent in taste), *Teekshna*(Penetrating action), *Ushna*(Hot in potency), *Dipyaka*(Appetizer), *Kapha-Vatahara*(Subsides *Kapha* and *Vata* Dosha). It is *Vidahi*(Causes burning sensation), *Hridya*(Cardio tonic), *Balakara*(Promotes strength), *Laghu*(Light), *Netramaya*(Relieves eye diseases), Alleviate *Chardi*(Vomiting), *Hikkka*(Hiccough).

**Peelu**<sup>[17]</sup> - **Botanical Name-** *Salvadora persia* Linn, **Family-** Salvadoraceae  
**Pharmacological Actions-** *Peelu* is *Tikta*(Bitter), *Pittakara*(Aggravates *Pitta* Dosha), *Sara*(Mild laxative), *Katu Vipaka*(Pungent at post digestive effect), *Teekshna*(Penetrating), *Katuka*(Pungent in taste), *Kapha Vata Jit*(Subsides *Kapha* and *Vata* Dosha)

**Ela**<sup>[18],[19],[20]</sup> - **Botanical Name-** *Elettaria cardamomum* Maton,  
**Family-** Scitamineae  
**Pharmacological Actions-** The small variety of *Ela* alleviates *Kapha rogas*, *Shwasa*(Dyspnoea), *Kasa*(Cough), *Arsha*(Haemorrhoids), *Trishna*(Thirst), *Chardi*(Vomiting), *Mutrakrichra*(Dysuria). It is *Katu Rasa*(Pungent in taste), *Sheeta Virya*(Cold in potency), *Laghu*(Light), *Vatahara*(Decreases *Vata*).

**Harenu**<sup>[21]</sup>- **Botanical Name-** *Vitex agnus-castus* Linn, **Family-** Verbenaceae  
**Pharmacological Actions-** It is *Ushna Virya*(Hot in potency), *Tikta*(Bitter), *Kapha Nashak*(Subsides *Kapha Dosha*), *Agnidipana*(Appetizer), *Pachana*(Digestive), *Medhya*(Brain tonic), *Krimighni*(Subsides worm infestation), *Garbhapatakari*(Induces abortion).

**Prithivika**<sup>[22]</sup>- **Botanical Name-** *Amomum subulatum* Roxb, **Family-** Zingiberaceae  
**Pharmacological Actions-** It is *Agnidipana*(Appetizer), *Pachana*(Digestive), *Ruksha*(Dry), *Kaphanashaka*(Subsides *Kapha Dosha*), *Pittavardhaka*(Induces *Pitta*), *Mukhadaurgandhya Nashaka*(Relieves bad smell from the mouth), *Garbhasravakaraka*(Induces uterine secretions).

**Surasa**<sup>[23]</sup>- **Botanical Name-** *Ocimum sanctum* Linn, **Family-** Labiatae.  
**Pharmacological Actions-** The *Tulasi* is *Laghu*(Light), *Ushna Virya*(Hot in potency), *Ruksha*(Dry), *Ruchikaraka*(Promotes taste), *Agnidipaka*(Appetizer). It alleviate *Krimi*(Worms).

**Shweta Aparajita**<sup>[24]</sup>- **Botanical Name-** *Clitoria ternatea* Linn **Family-** Fabaceae  
**Pharmacological Actions-** It is *Katu*(Pungent) *Tikta*(Bitter), *Kashaya*(Astringent), in taste. It is *Medya*(Brain tonic), *Sheeta Veerya*(Cold in potency), *Kanthya*(Good for voice), *Sudruthiprada*(Improves vision), *Kusthagna*(Cures skin diseases), *Mutra Dosha Hara*(Alleviates urinary disorders), *Trodosha shamaka*(Subsides *Vata-Pitta-Kapha*). *Arshogna*(Cures haemorrhoids), *Vrina*(Heals wounds), *Shothagna*(Edema), *Vishagna*(Poisonous effects). It is *Katu Vipaka*(Post digestive effect), *Smriti Buddhi prada*(Promotes memory and intellect).

**Kutheraka**<sup>[25]</sup>-**Botanical Name-** *Orthosiphon spiralis* Linn **Family-** Lamiaceae  
**Pharmacological Actions-** The *Kutheraka* is *Sheeta Virya*(Cold in potency), *Tikta*(Bitter). It alleviate *Visha*(Poison), *Raktadosha*(Blood diseases), *Kapha* diseases.

**Phanijjaka**<sup>[26]</sup>- **Botanical Name-** *Origanum majorana*, **Family-** Lamiaceae  
**Pharmacological Actions-** It is *Katu*(Pungent), *Tikta*(Bitter), *Katu Paki*(Pungent at post digestive effect), *Ushna Virya*(Hot in potency), *Laghu*(Light), *Teekshna*(Sharp), *Ruksha*(Dry). It is *Hridra*(Cardio tonic), *Ruchya*(Appetizer), *Sugandhi*(Aromatic).

**Shirisha Beeja**<sup>[27]</sup>- **Botanical Name-** *Albizia lebbek* Linn **Family-** Mimosaceae



**Pharmacological Actions-** *Shirisha* is *Madhura*(Sweet), *Tikta*(Bitter), *Anushna*(Slightly hot in potency), *Laghu*(Light). It subsides *Tridoshas*, *Shotha*(Edema), *Visarpa*(Herpes), *Kasa*(Cough), *Vrina*(Ulcers), *Vishapaha*(Poisonous effects).

***Lashuna*<sup>[28]</sup> - Botanical Name-** *Allium sativum* Linn, **Family-** Liliaceae

**Pharmacological Actons-** The roots of *Rasona* are *Katu*(Pungent), leaves are *Tikta*(Bitter), Stem is *Kashaya*(Astringent), Stem apex is *Lavana*(Salty), seeds are *Madhura*(Sweet). *Rasona* is *Brimhana*(Nourishing), *Vrishya*(Aphrodisiac), *Snigdha*(Demulcent), *Ushna*(Heat), *Pachana*(Digestive), *Sara*(Laxative), *Balakara*(Tonic), *Varnakara*(Improves complexion), *Medhahita*(Good for memory), *Netra*(Good for eyes), *Rasayana*(Vitalizer). Cures *Hridriga*(Heart diseases), *Ajirna*(Indigestion), *Jwara*(Fever), *Kukshi Shoola*(Abdominal pain), *Vibandha*(Constipation), *Gulma*(Intestinal growths), *Aruchi*(Loss of taste), *Kasa*(Cough), *Shopha*(Edema), *Durnama*(Haemorrhoids), *Kustha*(Skin diseases), *Analasada*(Stimulates appetite), *Jantu*(Worms), *Vata* diseases, *Shwasa*(Dyspnoea), *Kapha* diseases.

***Haridra*<sup>[29]</sup> - Botanical Name-** *Curcuma longa* Linn, **Family-** Scitamineae-

**Pharmacological Actions-** *Haridra* is *Katu*(Pungent), *Tikta*(Bitter) in taste, *Ruksha*(Drying), *Ushna*(Heat), subsides *Kapha-Pitta*, It is *Varnya*(Improves complexion), It Cures *Twak Dosh*(Skin diseases), *Aruchi*(Dysaste), *Meha*(Urinary disorders), *Rakta*(Blood disorders), *Shotha*(Edema), *Pandu*(Anemia), *Vrina*(Heals the wounds or ulcers), *Kandugna*(Cures itching sensation).

***Daru Haridra*<sup>[30]</sup> - Botanical Name-** *Berberis aristata* DC, **Family-** Berberidaceae.

**Pharmacological Actions-** The *Daru Haridra* is *Tikta*(Bitter), *Ruksha*(Dry), *Ushna Virya*(Hot in potency). It cure *Vrina*(Wounds and ulcers), *Prameha*(Urinary disorders including diabetes, diseases of *Karna*(Ear), *Netra*(Eyes), *Mukha*(Oral cavity), *Kandu*(Itching).

***Saindhava Lavana*<sup>[31],[32]</sup> - Pharmacological Actions-**It is *Suswadu*(Palatable), *Vrishya*(Aphrodisiac), *Hridya*(Good for heart), *Tridoshanashaka*(Subsides all the three *Dosh*s, *Vata*, *Pitta* and *Kapha Dosh*s). *Laghu*(Light), *Anushna*(Neither heat nor cold), Good for eyes, *Avidahi*(Does not cause burning sensation), *Agnidipana*(Stimulates appetite).

***Sauvarchala Lavana*<sup>[33]</sup> - Pharmacological Actions-**It is *Laghu*(Light), *Katu*(Pungent), *Katu Vipaka*(Pungent at post digestive effect), *Hridya*(Good for heart), *Sugandhayukta*(Pleasant

odour), *Udgarashodhaka*(Relieves belching), *Ruchikaraka*(Tasty), *Vibandhahara*(Relieves constipation), *Anahanashaka*(Relieves distention of abdomen).

**Jyotishmati**<sup>[34]</sup>- **Botanical Name-** *Celastrus paniculatus* Willd, **Family-** Celastraceae.

**Pharmacological Actions-** The *Jyotishmati* is *Katu*(Pungent), *Tikta*(Bitter), *Saraka*(Laxative), *Ushna Virya*(Hot in potency), *Vamaka*(Causes Vomiting), *Teekshna*(Penetrating), *Agnidipaka*(Appetizer), *Buddhivardhaka*(Promotes intellect), *Smritidayaka*(Retains memory), subside *Kapha* and *Vata Doshas*.

**Shunthi**<sup>[35],[36]</sup>- **Botanical Name-** *Zingiber officinale* Rosc, **Family-** Zingiberaceae-

**Pharmacological Actions-** *Shunthi* is *Ruchya*(Promotes taste), *Amavatagna*(Cure rheumatoid arthritis), *Pachani*(Digestive), *Katuka*(Pungent in taste), *Laghu*(Light), *Snigdha*(Presence of volatile oils), *Ushna*(Heat producing), *Madhura Paka*(Sweet after post digestive effect), alleviates *Kapha-Vata*, *Vibandha*(Constipation). It is *Vrushya* (Aphrodisiac), cures *Swarya*(Improves voice), *Vami*(Vomiting), *Shwasa*(Dyspnoea), *Shoola*(Colic), *Kasa*(Cough), *Hridayamaya*(Heart diseases), *Shleepada*(Filariasis), *Shotha*(Edema), *Arsha*(Haemorrhoids), *Anaha*(Distention of abdomen), *Udara Maruta*(Flatulence). It is *Agni Guna* dominant(Qualities of fire), *Toyamsha Parishosha*(Water absorbent), *Sangrahi*(Hardens the stool).

## CONCLUSION

The Nose and the brain are separated by the cribriform plate and above the cribriform plate there is little extension from the brain that is known as olfactory bulb that sends its projections into the olfactory epithelium. The olfactory epithelium receives the impulse from the odour and send it to the olfactory nerves in the olfactory bulb which further send the signals to the mitral or tufted cells of brain. Hence the nose is directly connected to the brain. *Taila* is considered as best *Nasya Dravya* because *taila* doesn't disturb the pH of nasal mucosa, whereas *Ghrita* is alkaline and causes changes in the pH. By the above discussion most of the drugs are *Katu Rasa*(Pungent in taste), *Ushna Virya*(Hot in potency) and *Katu Vipaka*(Pungent in post digestive effect). These drugs act as stimulating effects on nervous system which supports the above concept. Further scope of study is to scientifically evaluation and cellular level absorption of these drugs in vitro and in vivo parameters.



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