

**EXPLORING THE EXTERNAL APPLICATIONS OF BHANGA FORMULATIONS IN AYURVEDA- A REVIEW****Premwant Gunwantrao Dongarwar<sup>1\*</sup> and Dr. Mamata P. Adhao<sup>2</sup>**<sup>1</sup>PG (Scholar), Department of Agadtantra and Vyavhar Ayurved, BMAM, Nagpur.<sup>2</sup>Associate Professor, Department of Agadtantra and Vyavhar Ayurved, BMAM, Nagpur.Article Received on  
04 August 2021,Revised on 24 August 2021,  
Accepted on 14 Sept. 2021

DOI: 10.20959/wjpr202112-21800

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Ayurved, BMAM, Nagpur.**ABSTRACT**

Bhangra remains the most widely cultivated, produced, trafficked and consumed drug worldwide. At the same time, the plant has been used over the centuries for medicinal as well as religious purpose, which results in controversial perception and opinion on its use. In Ayurveda, the importance of Bhangra since 5000 BC for many things including medicinal purpose. In medicine, Bhangra having properties of internal as well as external applications in many diseases. The history of drug therapy has been to a large extent one of progressive movement away from natural products of unknown or variable composition and potency, toward the use of pure active compounds of precisely known composition, stability, dosage and pharmacology. In light of the reason

why cannabis fell out of favour as a medication nearly a century ago, and the great advances in chemistry and pharmacology of cannabinoids in recent years, the current revival of interest in clinical trials of smoked marijuana for therapeutic purposes may seem like a backward step. In this review, We conclude the external uses of bhangra formulations.

**KEYWORDS:** Bhangra, Cannabis sativa, Ayurveda.**INTRODUCTION**

Bhangra has over 500 identified chemicals in plant and around 100 of them are classified as (phyto) cannabinoids. Analyses of the cannabinoids content and chemical profile in cannabis plants are extremely relevant, because both the medicinal effects and the adverse health effects may be associated with the potency and/or interplay of certain cannabinoids and other compounds (such as terpenoids) due to cannabis consumption. In relation to forensic interest, the cannabinoids data may also assist in developing classification models to chemotypes, on

distinction of the varieties, in establishing the growth period of the plant and in drug trafficking restraint. There is a need for adaptations of traditional methods of cannabis analysis in light of new scientific evidence regarding the plant and its plant metabolites, taking into account the pharmacological activity as a potential drug and as a drug of abuse for recreational use. Since its use in ancient times for therapeutic purposes, cannabis has been known to produce deleterious effects.<sup>[1]</sup> The adverse effects of cannabis in humans are reviewed in the present supplement to Pain Research & Management. Acute effects of cannabis and cannabinoids are well established, while some uncertainties exist with regard to its long-term effects. The antinauseant, antiemetic and appetite-stimulating effects have already been reviewed in detail elsewhere and approved as indications for the therapeutic use of pure THC in patients with AIDS or cancer.<sup>[2]</sup> The potential antidepressant and anxiolytic actions so far have not been supported by sufficient experimental evidence, in either laboratory animals or humans, to warrant the effort and expense of full-scale clinical trials. Currently, therefore, the most interesting possibilities for clinical exploration are probably analgesia, relief of muscle spasm, reduction of IOP and anticonvulsant action.<sup>[3]</sup> The preparation of tail, lepa, churna of Bhanga use in external purposes. In Palitya, Kshudra roga, Arsha, Shiroroga, Jwara, Vatavyadhi, Vatarakta, Dhooma, Vajeekarana, Shiroroga, Churna, Vajeekarana, Aagantuja, Jwara, Kshudraroga, Vajeekarana, roga dhikar having uses of Bhanga formulations for external uses [table no 1].

## MATERIAL AND METHODS

The following texts were referred for the present review namely, [1] Vaidyaka Rasayana, [2] *Bruhatnighanturatnakara*, [3] *Sahastrayoga*, [4] *Bharata Bhaishajya Ratnakara-III*, [5] *Siddhabhaishajaya-manimala*, [6] *Bruhatnighanturatnakara*, [7] *Rasachintamani*, [8] *Rasakamdhenu Uttarardha*, [9] *Bharata Bhaishajya Ratnakara-V*, [10] *Bhaishajya Ratnavali*, [11] *Bharata Bhaishajya RatnakaraIV*, [12] *Yogatarangini*.

## OBSERVATION AND RESULTS

**Table 1: Bhanga containing formulations external applications.**

Sr. no.	Adhikara (Indication)	Yoga (Formulation)	Reference
1	Arsha	Dhoopa	[1]
2	Aagantuja Jwara	Vijaya Bandha	[2]
3	Churna kalpana	Saraswata Churna	[3]
4	Dhooma	Nirgundyadi Dhoopa	[4]
5	Jwara	Lepa	[1]
6	Kshudra roga	Bhanga (i)	[5]

7	<i>Kshudraroga</i>	<i>Vijayadi Lepa</i>	[6,7,8]
8	<i>Palitya</i>	<i>Amryasthi yoga</i>	[9]
9	<i>Shiroroga</i>	<i>Kanaka Taila</i>	[10,11]
10	<i>Shiroroga</i>	<i>Rudra Taila</i>	[10]
11	<i>Vatavyadhi</i>	<i>Mahalakshminarayana Taila</i>	[6]
12	<i>Vatavyadhi</i>	<i>Mahanarayana Taila</i>	[8]
13	<i>Vatarakta</i>	<i>Mahapinda Taila</i>	[10,11]
14	<i>Vatavyadhi</i>	<i>Malla Taila</i>	[5]
15	<i>Vajeekarana</i>	<i>Pottali</i>	[12]
16	<i>Vajeekarana</i>	<i>Taila</i>	[5]
17	<i>Vajeekarana</i>	<i>Yoni-Sankochkara Gutika</i>	[12]

## CONCLUSION

Although cannabis has a long history of therapeutic use, in both traditional and Western medicine. The analytical methods for cannabis material published in the articles included in this systematic review showed the need to update the methodologies regarding the new potency of the bhanga. We try to learn of external uses of bhanga, it is so beneficial for ayurved practice.

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