



Review Article

REVIEW OF JWARAHARA GUTIKA YOGAS CONTAINING VATSANABHA IN SAHASRAYOGAM

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Article info

Article History:

Received: 27-10-2021

Revised: 08-11-2021

Accepted: 20-11-2021

KEYWORDS:

Vatsanabha, Jwara,
Sahasrayogam,
Antidote of
Vatsanabha, Fever.

ABSTRACT

Vatsanabha is *Vishavarga dravya* mentioned in many of the Ayurveda Samhitas, which is commonly used in Ayurvedic medicinal preparations. It has a property of *Jwarahara*, *Amaghna*, *Swedajana* which is very useful in *Jwara* cases. The drugs like *Parada*, *Gandhaka*, *Hingula* along with *Vatsanabha* shows fast action on *Jwara*. In Ayurveda there are many formulations mentioned with *Jwarahara* properties. In this article we are studying about 17 *Jwarahara Gutika yogas* containing *Vatsanabha* which are mentioned in *Sahasrayogam*. Purpose of this study is to analyse these *Yoga* in the aspect of their ingredients, *Bhavana dravya*, *Anupana*, *Sevana vidhi*, and their role in management of *Jwara*. When we analysing each and every ingredients on these *Yogas* there are certain similarities in ingredients, *Bhavana dravya*, *Anupana* of these medicines. Most of these ingredients have *Deepana Pachana karma*, *Katu Thikta rasa*, *Ushna veerya*, *Katu vipaka* etc which are beneficial for *Samprapti vighatana* of *Jwara*. As *Sahasrayogam* is a compilation of popular formulations which are commonly used by ancient physicians of Kerala, it is assumed that all of this *Yoga* were once in practice. These formulations are to be kept in tablet form which is very convenient for their administration, palatability etc. But very few of them are available in market. In this current scenario of Covid pandemic Ayurveda field should rethink about these potent medicines of *Jwara* for the well being of our community, and further study and clinical trial also needed to know their action on *Jwara*.

INTRODUCTION

Sahasrayogam is a compilation of Ayurvedic formulations which are mostly used by ancient *Vaidya* (physicians) of Kerala. It contains *Kashaya* (decoction), *Gulika* (tablet), *Vataka* (tablet), *Choorna* (powder), *Bhasma* (ashes), *Kshara* (alkaly), *Lehya*, *Arishta* (fermented decoction), *Asava* (fermented herbal juice), *Taila* (medicated oil), *Ghrita* (medicated ghee) formulations for different diseases. Most of them are collected from manuscripts and compiled together in a book named *Sahasrayogam*. Besides polymorphous formulations, single drug recipes are also indicated for the treatment of different diseases in this book.

Gutika yogas (tablet formulations) of *Sahasrayogam* contain many *Jwarahara yogas* (antipyretic formulations). Most of them contain *Vatsanabha* as an ingredient.

In Ayurvedic classics, *Jwara* is considered the *Rogadhipati* i.e., king of all diseases. It is mentioned as a disease as well as a symptom of other diseases too. The term *Jwara* means the condition in which the mind, sense organs, and the body all are affected (*Dehendriya mana santapakara*).

Mithya ahara, *Vihar* (unwholesome food and physical activities) leads to an aggravation of *Vatadi doshas* which afflicts *Amashaya* (stomach) and gets mixed up with *Agni* (digestive fire), it follows the course of *Rasa* (the essence of food) and obstructs the channels of *Rasa* and *Sweda* (sweat channels), suppress the activity of *Pachakagni* (digestive fire) and expels the heat from the site of digestion spreading it all over the body thus causing *Jwara* (fever).^[1]

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<https://doi.org/10.47070/ijapr.v9i11.2175>

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Vatsanabha

Vatsanabha (Aconitum ferox) is a drug that comes under *Maha visha varga* of Ayurveda. Though it is a poisonous drug its therapeutically efficiency is very much useful in Ayurveda formulations. *Aconitum ferox* is also known as *Aconitum virorum* is species of 'monk's hood', in the family of 'Ranunculaceae'. It contains a large amount of alkaloid pseudoaconitine, which is a deadly poison.^[2]

For therapeutic purpose, *Vatsanabha* can be used only after *Shodhana* (purification). *Shodhana* of *Vatsanabha* is to be done in *Gomutra* (cow's urine) *Swedana* (fomentation) in *Dolayantra* for 3 *Yama*.^[3] Studies have shown that pseudoaconitine and aconitine were converted into far less toxic substances veratroyl pseudoaconine and benzoylaconine respectively in traditional Ayurveda *Shodhana* procedure.^[4]

The *Shuddha Vatsanabha* is used judiciously for the internal administration of inappropriate dosage *Vatsanabha* containing *Jwarahara Gutika Yoga* from *Sahasrayogam*^[8]

after thorough consideration of all the relevant factors that influence the dosage, the medicine acts like 'Amrita' (nectar). If this medicine is administered in higher doses, it stops cardiac activities and leads to death.^[5] *Karma* (therapeutic action) of *Vatsanabha* includes *Sheetaprashamanam* (alleviate coldness), *Swedasanjananam* (produce sweat), *Deepana* (digestive stimulant), *Agnimandya Prashmanam* (alleviate indigestion), etc. indicates its excellent property of *Jwarahara*.^[6] Due to these properties, most of the *Jwarahara* formulations in *Rasashastra* contain *Vatsanabha* as an ingredient. *Thribhuvana Keerthi Rasa*, *Anandha Bhairava rasa*, *Prathapalankeshwara Rasa*, etc are some of the examples.

All these *Agnimandya*, *Ama* (undigested food) problems which is the main reason for *Jwara* can easily be managed by *Vatsanabha* due to its action on *Srotas*. A study of the chemical components of *Vatsanabha* shows that it has analgesic, anti-inflammatory, and immunomodulatory actions.^[7]

Table 1: Yoga and their composition

| S.No | Yoga | Most Repetitive Ingredients | | | | | | | | Other Ingredients |
|------|--|-----------------------------|---------|--------|----------|---------|---------|---------|--------|--|
| | | Vatsanabha | Hingula | Parada | Gandhaka | Tankana | Pippali | Maricha | Sunthi | |
| 1. | <i>Agnikumara rasa</i> ^[9] | 4 | - | - | - | - | - | 1 | - | <i>Vacha (Acorus calmus)</i> -1part <i>Kushta (Saussurea lappa)</i> -1part <i>Musta (Cyperus rotundus)</i> -1 part |
| 2. | <i>Ananda rasa</i> ^[10] | 1 | 1 | 1 | 1 | - | - | - | - | <i>Haratala (orpiment)</i> - 1 part <i>Teekshna loha Bhasma</i> (iron ashes) 1 part <i>Tamrabhasma</i> (copper ashes) 1 part <i>Naga bhasma</i> (lead) 1 part <i>Vanga bhasma</i> (tin) 1 part |
| 3. | <i>Aananda Bhairava gulika</i> ^[11] | 1 | - | - | - | 1 | 1 | 1 | - | <i>Higu</i> (asafoetida)-1 part |
| 4. | <i>Kananka sundaram gulik</i> ^[12] | 1 | 1 | - | 1 | 1 | 1 | 1 | - | <i>Dattura</i> - 1 part |
| 5. | <i>Kodashari Gulika</i> ^[13] | 1 | 2 | - | - | - | 1 | - | - | - |
| 6. | <i>Chanda Bhaskara Rasa</i> ^[14] | 1 | - | 1 | 1 | 10 | - | - | - | <i>Jayapala beeja</i> -20 parts |
| 7. | <i>Jwarankusharasa</i> ^[15] | 1 | - | 1 | 2 | 2 | - | 5 | - | <i>Katphala (Myrica esculenta)</i> 5 part <i>Danthi beeja (Baliospermum montanum)</i> 5 part |
| 8. | <i>Tapajwaramatra</i> ^[16] | 1 | 2 | - | - | - | - | - | - | <i>Katurohini (Picrorhiza kurroa)</i> -4 part |
| 9. | <i>Maha Jwarankusha</i> ^[17] | 1 | - | 1 | 1 | - | 4 | 4 | 4 | <i>Dattura beeja</i> 3 part |
| 10. | <i>Ramabhanagulika</i> | 1 | - | 1 | 1 | - | 4 | 4 | 4 | <i>Datturabeeja</i> 3 parts |

| | [18] | | | | | | | | | |
|-----|---|------|---|---|---|---|---|---|---|---|
| 11. | Ramachandeshwara rasa ^[19] | 1 | - | 1 | 1 | - | - | - | - | Tamra- 1 part Laksha (Laccifer lacca) 1 part |
| 12. | Rogatrayari Rasa ^[20] | 1 | - | 1 | 1 | - | 1 | 1 | 1 | Triphala (1 part |
| 13. | Vettumaran Gulika ^[21] | 1 | 1 | - | - | 1 | - | 1 | - | Ajamoda (Trachyspermum ammi) 1 part |
| 14. | Sheeta matanga Sinha ^[22] | 1 | - | 1 | - | 1 | - | - | - | Shikhi tutha (copper sulphate) 1 part Manashila (realgar) 1 part Haritala-1part |
| 15. | Sarva Roga kulanthakam ^[23] | 1 | 2 | - | - | - | 1 | - | - | - |
| 16. | Suchimukha Rasa ^[24] | 1 | - | 1 | 1 | 1 | - | - | - | Haratala- manasila makshika Tutha Erandabeeja (Ricinus communis) Bilva majja (fruit Pulp of Aegle marmelos) each one part |
| 17. | Suryaprabha ^[25] | 1/16 | - | 1 | 1 | - | 1 | 1 | 1 | Hingu - 1 part Triphala 3 part Jeraka (Cuminum cyminum) 1 part |

Out of these 17 Gulika Yogas, Agni kumara rasa, Ananda Bhairava rasa, Vettumaran gulika Suryaprabha are widely using in practice.

In Agnikumara rasa parts of Vatsanabha are 4 parts. But, Suryaprabha containing only 1/16 part Vatsanabha.

Tankana (borax) is an antidote for Vatsanabha, but many of the Yogas do not contain Tankana. In Sahasrayogam, Maricha Kashaya (decoction of black pepper) is mentioned as an antidote for Vatsanabha.^[26,27] Other than Vatsanabha, Hingula (cinnebar), Parada (mercury), Gandhaka (sulpher), Tankana, Sunthi (dried ginger), Pippali (long pepper), and Maricha (black pepper) is the most repeating ingredients of this Yoga. (Table no.1)

Table 2: Indications

| S No. | Yoga | Indication as per Sahasrayogam |
|-------|------------------------|--|
| 1. | Agnikumara Rasa | Ama Jwara, Kapha Jwara, Peenasa (sinusitis), Pratishaya (rhinitis), Agnimandya, Amatisara Pakwatisara, Swasa |
| 2. | Aanada rasa | Sannipathaja Jwara Sheetha Jwara |
| 3. | Anandabhairava Gulika | Sannipa Jwara, Sheeta Jwara |
| 4. | Kanaka sundaram gulika | Grahani (irritable bowel syndrome), Amashoola (pain), Arochaka, Agnimandya, Jwara, Teevratishara |
| 5. | Kodashari gulika | Sarvanga Sannipatha Jwara, Taruna Jwara, Sannipatha Jwara |
| 6. | Chandabhaskara Rasa | Pandu, Shopha, Mahodara (ascites), Udavarta, Gulma, Pleehodara (Splenomegaly), Arshas (piles), Krimi, Ajeerna, Amadosha, Purana Jwara (later stage of fever), Prameha, Mootrakrichram (dysuria), Ashmarivrana (ulcer due to calculi), Sarvavyadhiharam (alleviate all disease), Agnideeptikara |
| 7. | Jwarankusha Rasa | Tridosha Jwara |
| 8. | Tapa Jwaramatra | Tapa Jwara |
| 9. | Maha Jwarankusham | Jwara |
| 10. | Ramabana gulika | Sarva Jwara |
| 11. | Ramachandeshwara rasa | Sannipatha |

| | | |
|-----|-------------------------------|---|
| 12. | <i>Rogathrayari Rasa</i> | <i>Nava Jwara, Sannipatha, Tridosha Jwara</i> |
| 13. | <i>Vettumaran gulika</i> | <i>Jwara, Vayukshobha (irregularities of Vata), Chardi (vomiting), Mootraghata (Gulma tumour), Sannipatha Jwara</i> |
| 14. | <i>Sheetamatanga simham</i> | <i>Sheeta Jwara</i> |
| 15. | <i>Sarva roga kulanthakam</i> | <i>Rajayakshma, Vayukshobha, Swasa, Jwara, Agnimandya, Sannipatha Vataroga</i> |
| 16. | <i>Soochimukha rasam</i> | <i>13 Sannipatha Jwara, Visha, Unmada (mental disorder), Moha (unconsciousness), Dhanurvata (tetanus)</i> |
| 17. | <i>Suryaprabha</i> | <i>Shoola, kasa, Swasa, Jwara</i> |

Most of these formulations are indicated mainly in different stages/types of *Jwara*. *Ama Jwara/Taruna Jwara/Nava Jwara* (early stage of fever), *Sannipathika Jwara* (fever in which all 3 *Doshas* and *Rakta* are vitiated), *Tridosha Jwara* (all 3 *Doshas* vitiated fever) *Tapajwara* (fever in which temperature is more), *Sheeta Jwara* (fever in which temperature is less), *Sarvanga Sannipatha Jwara* (fever affecting whole body organs) etc terms are used by authors. (Table no 2) When we going through the other indications *Swasa* (dyspnoea), *Agnimandya*, *Arochaka* (anorexia), *Atisara* (loose motion) etc diseases that are commonly accompanying *Jwara* can be seen. Out of these *Yogas Chandabhaskara Rasa, Vettumaran Gulika, Sarvarogakulanthakam, Soochimukharasa* etc showing a wide range of indications. *Soochimukha Rasa* is an exceptional *Yoga* as it is for external use in scalp after making an incision there. This *Yoga* can be used in all 13 types of *Sannipathaja Jwara, Visha Unmada, Moha, Dhanurvata*, etc. This indicates *Suchimukharasa* is used as an emergency medicine in ancient time's emergency cases. And for examine whether patient is alive or not. The dose of these formulations are told in 125 mg to 1g.

Table 3: Properties of Main Ingredients

| Properties | Raw Drugs | | | | | | | |
|-----------------------|--|--------------------------|--------------------|----------------------|----------------------------|--|---------------------|---------------------------|
| | <i>Vatsanabha</i> [28] | <i>Hingula</i> [29] | <i>Parada</i> [29] | <i>Gandhaka</i> [30] | <i>Tankana</i> [31] | <i>Sunthi</i> [32] | <i>Pippali</i> [33] | <i>Maricha</i> [34] |
| <i>Rasa</i> | <i>Katu</i> (pungent), <i>Tikta</i> (bitter), <i>Kashaya</i> (astringent) | <i>Shadrasa</i> | <i>Shadrasa</i> | <i>Katu, Tikta</i> | <i>Katu</i> | <i>Katu</i> | <i>Katu</i> | <i>Katu</i> |
| <i>Guna</i> | <i>Ushna</i> (hot) | <i>Snigdha</i> (oily) | - | <i>Snigdha</i> | <i>Ruksha</i> (dryness) | <i>Tikshna</i> (sharpness) <i>Ruksha</i> | <i>Snigdha</i> | <i>Laghu</i> lightness |
| <i>Veerya</i> | <i>Ushna</i> | <i>Ushna</i> | - | <i>Ushna</i> | <i>Ushna</i> | <i>Ushna</i> | <i>Anushna</i> | <i>Ushna</i> |
| <i>Vipaka</i> | <i>Madhura</i> (sweet) | <i>Madhura</i> | - | <i>Katu</i> | <i>Katu</i> | <i>Madhura</i> | <i>Madhura</i> | <i>Katu</i> |
| <i>Doshaghna</i> | <i>Tridosahara</i> | <i>Kaphahara</i> | <i>Tridosha</i> | <i>Vata kapha</i> | <i>Kapha</i> | <i>Kapha</i> <i>Vatatmak</i> | <i>Vatahara</i> | <i>Sleshm</i> |
| other <i>Karma</i> | <i>Rasayana</i> (rejuvenating) | <i>Jadaragni</i> | <i>Balya</i> | <i>Rasayana</i> | <i>Hridya</i> | <i>Dipana</i> | <i>Kaphahara</i> | <i>Chedana</i> |
| | <i>Swedala</i> (produce sweat) | <i>Pachana</i> | <i>Vrishya</i> | <i>Deepana</i> | <i>Balya</i> | <i>Pachana</i> | <i>Deepana</i> | <i>Deepana</i> |
| | <i>Pithasantapaka raka</i> | <i>Jwaraapaha</i> | <i>Rasayana</i> | <i>Pachana</i> | <i>Saaraka</i> | <i>Amadoshahara</i> | <i>Ruchya</i> | <i>Ruchya</i> |
| | <i>Rooksha</i> | | <i>Krimighna</i> | <i>Medhya</i> | <i>Deepana</i> | <i>Vishama</i> <i>Jwarahara</i> | <i>Rasayana</i> | <i>Jantu</i> |
| | <i>Teekshna</i> | | <i>Ropana</i> | | | | <i>Hridya</i> | <i>Medohara</i> |
| | <i>Laghu</i> | | | | | | <i>Vrishya</i> | <i>Chedi</i> |
| | <i>Vikashi</i> | | | | | | <i>Rochana</i> | <i>Hridroga</i> |
| | <i>Vyavayi</i> | | | | | | | |
| | <i>Yogavahi</i> | | | | | | | |

Observing closely to all ingredient suggest that it mostly contains *Dipana, Pachana, and Agnivardhana dravyas*, Collectively they mainly act on *Rasavaha, Annvaha, and Swedavaha Srotas*.

Parad is *Yogvaahi* and *Tridoshashamaka*. *Yogvaahitva*, is an outstanding characteristic of mercury, these substances when combined with others besides maintaining their activity, increase the therapeutic activity of the other substance along with this. This is why the dose of the drug and time required for the onset of action is extensively reduced by mercurial compounds.^[35]

Purified Sulphur is useful in cough, asthma, hepatomegaly, and Splenomegaly, chronic fever, etc.^[36] *Parad* and *Gandhak* together form a compound called *Kajjali*, this compound is found effective in diseases of all *Strotas*. The impact is *Tridoshahara*, which immediately spreads in the body when consumed clear the obstructed channels.^[37] *Kajjali* (black sulphide of mercury) can be used to treat a wide range of diseases when incorporated with the appropriate *Anupana*. *Sarvamayahara*, *Vrishya*, and *Tridoshahara* are the properties of *Kajjali*. *Kajjali* works synergistically and comprehensively with the herbal ingredients to provide a multi-targeted organ impact.^[38]

Kajjali is not absorbed in the GI tract, it is postulated that it eventually acts as GI stimulant, locally also as a neuro-chemical irritant for the intestinal mucosa.^[39] It also acts as a catalyst and hence through its catalytic activity, better absorption of herbal pharmacological molecules is achieved. Hence, the net resultant activity of *Kajjali* is that it eventually increases the bioavailability of ingested drugs.^[40]

Tankana is pungent in taste and hot in nature, it is good for the heart and act as an antidote for *Vatsanabha* as it compensates Cardiac depressant action of *Vatsanabha*. It is *Kaphnissaraka* In nature and indicated in productive cough, Asthma, Chest congestion etc. It helps to improve menstrual flow.^[41]

Vatsanabha as febrifuge agent is the best drug to reduce pyrexia by inducing sweat.

Trikatu (*Maricha*, *Nagara*, and *Pippali*) has *Agni Deepana* and *Kapha- Vata Samana* properties. *Trikatu* does *Deepana*, *Pachana* which is essential to reduce *Ama* and thereby *Jwara*. *Sunthi* is one of the best drugs for *Amapachana*. It is having antipyretic and antimicrobial properties. *Maricha* is of great value in fever especially as an adjuvant to more active febrifuge agents. It exerts a stimulant action throughout the entire course of the digestive system. *Pippali* acts as *Rasayana* i.e., rejuvenator. It has great action in intermittent fever and splenomegaly as having *Jwaraghna* and anti-malarial properties.^[42]

Drugs like *Gandhak* and *Pippali* are *Medhya* in nature hence it also reduces *Manasantap* (mental impairment).^[43]

Mineral ingredients present in the majority of the *Yogas* include *Parada*, *Gandhaka*, *Hingula*, and *Tankana*.

Importance of *Bhavana Dravya*

Repeated *Bhavana* (Levitation) of ingredients with appropriate *Bhavana Dravya* makes these formulations more effective and fast-acting.

The *Yogas* which contain *Parada* and *Gandhaka* method of preparation starts with, *Sodhitha Parada* and *Gandhaka* are properly triturated and *Kajjali* is prepared. Then assessment for colour, *Varithrathwa*, *Rekhapoornathwa*, as well as other *Sidhalakshanas* of the *Kajjali*. The remaining herbal and mineral ingredients, as well as the *Kajjali* and relevant *Bhavana Davyas*, specified in *Yoga*, are triturated later.

Table 4: *Bhavana Dravya*

| S No. | <i>Yoga</i> | <i>Bhavana Dravya</i> mentioned in <i>Sahasrayogam</i> |
|-------|-------------------------------|--|
| 1. | <i>Agnikumara Rasa</i> | <i>Ardraka swarasa</i> |
| 2. | <i>Aanada rasa</i> | <i>Triphala kashaya, Ardraka swarasa, Parpataka kashaya, Sarpa pitta</i> |
| 3. | <i>Anandabhairava Gulika</i> | <i>Jambheera swarasa</i> |
| 4. | <i>Kanaka sundaram gulika</i> | <i>Bhanga kashaya</i> |
| 5. | <i>Kodashari gulika</i> | <i>Jambheera swarasa</i> |
| 6. | <i>Chandabhaskara Rasa</i> | <i>Nirgundi swarasa</i> |
| 7. | <i>Jwarankusha Rasa</i> | Water or <i>Nirgundi moola kashaya</i> |
| 8. | <i>Tapa Jwaramatra</i> | Water |
| 9. | <i>Maha Jwarankusham</i> | <i>Jambheera swarasa, Ardraka swarasa</i> |
| 10. | <i>Ramabana gulika</i> | <i>Sweta gunja leaf juice</i> |
| 11. | <i>Ramachandeshwara rasa</i> | <i>Ardrka swrasa, Nirgundi patra swarasa</i> |
| 12. | <i>Rogathrayari Rasa</i> | <i>Langali niryasa, Soorana, Chitraka, Ardraka,</i> |

| | | |
|-----|-------------------------------|----------------------------------|
| | | <i>Shigru, Punarnava niryasa</i> |
| 13. | <i>Vettumaran gulika</i> | <i>Ardraka swarasa</i> |
| 14. | <i>Sheetamatanga simham</i> | <i>Dhatu patra swarasa</i> |
| 15. | <i>Sarva roga kulanthakam</i> | <i>Jambheera swarasam</i> |
| 16. | <i>Soochimukha rasam</i> | <i>Sarpa pitta</i> |
| 17. | <i>Suryaprabha</i> | <i>Jambheera swarasa</i> |

Ardraka Swarasa, Jambheera Swarasam, Nirgundi swarasam, Bhanga Kashaya, Dhatura Patra Swarasa, Sweta Gunja leaf juice, Langali Niryasa, Sarpapitta these are the *Bhasvana Dravya* for these formulations. All of these have *Ushna Teekshna* properties which will act on *Ama* when we go through its properties individually. *Ardraka Swarasa* having *Katu Rasa* (A.H-Tikta, Madhura), *Teekshna, Ruksha Guna, Ushnaveerya*, and *Madhura Vipaka*, thus pacifies *Vata, Kapha Dosha* without aggravating *Pitta*. Effectiveness of *Ardraka* as an antioxidant, anti-inflammatory agent, anti-nausea, and anti-cancer, infectious disease.^[44]

Nirgundi is a non-steroidal anti-inflammatory drug. Chemical constituents present in *Nirgundi* act by blocking the synthesis of prostaglandins by inhibitory cyclooxygenase which converts arachidonic acid to prostaglandins inhibition of prostaglandin synthesis accounts for their analgesic, antipyretic and platelet inhibitory action.^[45]

Dhattura is quick in action indicated in *Jwara, Shotha, Vedana*. It is having potent analgesic and anti-viral properties. *Datura metel* is used traditionally for the treatment of various diseases including relaxation of smooth muscles, relief of fever, as well as gastrointestinal disorder. The study shows that the crude extract/fraction and the isolated compound, daturaolone exhibited significant gastrointestinal motility cessation, muscle relaxation, antipyretic effects.^[46,47]

Bhanga possess *Deepana, Pachana, Ruchya, Madakari, Vyavayi, Grahi* (withholds secretions), *Medhya* (memory booster), *Rasayana* activities. The formulations levigated with *Bhanga* can be effectively applied in the management of clinical conditions like *Jwara, Agnimandya, Ajeerna, Grahani* due to its pharmacologic activities such as appetizer, digestive, antiemetic, antispasmodic, analgesic, anti-inflammatory, anticonvulsant, hypnotic, anti-psychotic & cataleptic, memory enhancer, anti-asthmatic, cardio-protective, anaesthetic, antiepileptic properties.^[48]

The leaves of *Gunja (Abrus precatorius)* are used to treat cough, fever, and cold.^[49,50] *Sarpapitta* (snake bile) is used in the preparation of 2 of these formulations, they are *Anandarasa* and *Soochimukharasa*.

Importance of Anupana

Anupana plays an important role in medicinal intake. With the help of same drugs, we can treat many types of diseases with different *Anupana* which means *Anupana* can easily intervene in the mode of action of the main drug. Specific *Anupanas* are recommended for different *Jwaravasthas* in some formulations. As we analyse these formulations *Ardraka Swarasa, Nirgundi Swarasa* is the main *Anupana* while patient having *Ama Jwara* or *Nava Jwara*. *Ardraka* and *Nirgundi* have *Deepana* and *Amapachana* properties as we mentioned earlier. (Table no 5)

Table 5: Anupana

| S No. | Yoga | Anupana mentioned in Sahasrayogam |
|-------|-------------------------------|--|
| 1. | <i>Agnikumara Rasa</i> | Honey and <i>Sunthi choorna</i> in <i>Amajwara</i> <i>Ardraka Swarasa</i> and <i>Nirgundi Swarasa</i> in <i>Kapha Jwara</i> <i>Ardraka Swarasa</i> in <i>Peenasa, Prathishaya,</i> <i>Lavanga kashaya</i> or <i>Lavanga choorna</i> in <i>Agnimandya,</i> <i>Pippali kashya</i> and <i>Ardraka Swarasa</i> in <i>Sannipatha Jwararbha.</i> |
| 2. | <i>Aanada rasa</i> | Coconut water |
| 3. | <i>Anandabhairava Gulika</i> | <i>Jambheera swarasa</i> |
| 4. | <i>Kanaka sundaram gulika</i> | |
| 5. | <i>Kodashari gulika</i> | |
| 6. | <i>Chandabhaskara Rasa</i> | <i>Guda</i> |
| 7. | <i>Jwarankusha Rasa</i> | |
| 8. | <i>Tapa Jwaramatra</i> | <i>Naaree ksheera, Sharkara</i> |

| | | |
|-----|-------------------------------|---|
| 9. | <i>Maha Jwarankusham</i> | |
| 10. | <i>Ramabana gulika</i> | |
| 11. | <i>Ramachandeshwara rasa</i> | |
| 12. | <i>Rogathrayari Rasa</i> | <i>Ardraka swarasa in Navajwara</i> <i>Sannipatha Jwara in Kiratatikta Maricha kashaya</i> |
| 13. | <i>Vettumaran gulika</i> | <i>Ardraka swarasa in Jwara</i> <i>Jeeraka kashaya in Vayukshobha</i> <i>Chandra mulika swarasa in Chardi</i> <i>(Pazhanthenga neeru) Coconut water in Mootraghata</i> <i>Garlic juice in Gulma</i> |
| 14. | <i>Sheetamatanga simham</i> | Sugar |
| 15. | <i>Sarva roga kulanthakam</i> | <i>Sheets jala, Ardraka swarasa</i> |
| 16. | <i>Soochimukha rasam</i> | |
| 17. | <i>Suryaprabha</i> | |

When discussing *Vettumaran gulika* 'Pazhangenga Neeru' (coconut water) is told, because here *Mootraghata* is associated with *Jwara*, in that condition even if tender coconut is *Vastishodhana* cannot give because of its *Amatwa*. In *Sarva Roga Kulanthakam* cold water is told as an *Anupana* which is opposite to the *Jwara*.

CONCLUSION

Total 70 *Gutika Yoga* are explained in *Sahasrayogam*, 38 out of them are with *Jwara* as an indication. 17 out of them contain *Vatsanabha* as an ingredient. *Vatsanabha* is an excellent drug of choice for *Jwara* as it has *Swedasanjanana, Deepana, Pachana* actions. Most of these *Yoga* contains *Hingula* or *Parada* and *Gandhaka* as ingredients. A detailed examination of the *Yogas* mentioned in *Jwara* reveals that they are all excellent combinations of drugs with antipyretic, antibacterial, and antiviral properties. From these, we can understand ancient physicians has given much care to selecting drugs, during their preparation (*Bhavana*) and administration (*Anupana*) of each of these formulations for achieving maximum results. And the drugs like *Sarpa Pitta, Bhanga* are not much available for medicinal preparations due to Government restrictions. Studies on these drugs are also very few. Nowadays most of them are not available in the market, many of them are unfamiliar with standard practice. So potency of these formulations in the management of *Jwara* is not much known to society. Especially in this current Covid scenario, our healthcare system must adopt these medications for the wellbeing of the community.

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Cite this article as:

KV Reshma Phalgunan, Madavi Subhashchandra. Review of Jwarahara Gutika Yogas Containing Vatsanabha In Sahasrayogam. International Journal of Ayurveda and Pharma Research. 2021;9(11):70-78.

<https://doi.org/10.47070/ijapr.v9i11.2175>

Source of support: Nil, Conflict of interest: None Declared

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