



Review Article

CRITICAL REVIEW OF *SHADANG PANEEYA*: AN AYURVEDIC HERBAL FORMULATION WITH POTENTIAL IMMUNOMODULATORY AND THERAPEUTIC BENEFITS

Santosh Kadam<sup>1\*</sup>, Pradeepkumar Tiwari<sup>2</sup>

<sup>1</sup>Assistant Professor, Department of Dravyaguna, <sup>2</sup>Associate Professor, Department of Kriya Sharir, R. A. Podar Medical College (Ayu.), Mumbai, Maharashtra, India.

Article info

Article History:

Received: 05-10-2024

Accepted: 02-11-2024

Published: 20-11-2024

KEYWORDS:

Ayurveda, *Shadang Paneeya*, Immunomodulation, Medicinal plants, Fever management, Herbal formulation.

ABSTRACT

Ayurveda, a time-honored system of medicine, is known for its holistic approach, incorporating dietary and medicinal practices to treat various ailments. Among its many formulations, *Shadang Paneeya* stands out for its therapeutic potential in managing fever, excessive thirst, and related symptoms. Described in classical texts like the *Charaka Samhita*, this preparation consists of six herbs with unique pharmacological properties that have been explored for immune modulation, detoxification, and managing febrile conditions. **Objective:** This review critically evaluates the components and therapeutic significance of *Shadang Paneeya*, focusing on its relevance in contemporary medicine, particularly its immune-modulatory and therapeutic properties. **Methodology:** A comprehensive review of classical Ayurvedic texts and modern literature on the immunomodulatory, antiviral, and anti-inflammatory effects of the ingredients in *Shadang Paneeya*- including *Musta* (*Cyperus rotundus*), *Parpatak* (*Fumaria parviflora*), *Usheera* (*Vetiveria zizanoides*), *Chandana* (*Santalum album*), *Uddichya* (*Pavonia odorata*), and *Nagar* (*Zingiber officinale*) - was conducted. **Discussion & Conclusion:** The synergistic effects of these six ingredients support *Shadang Paneeya* role in treating fever, dehydration, and inflammation. However, more clinical studies are needed to confirm its safety and efficacy, establishing it as a valuable adjunct in modern healthcare, particularly for viral infections.

INTRODUCTION

Ayurveda, with its origins dating back over 5,000 years, remains a central part of the medical landscape in India and other parts of the world. It emphasizes balance in the body through diet, lifestyle, and herbal medicines, treating diseases holistically rather than just addressing symptoms. Among the vast array of Ayurvedic formulations, *Shadang Paneeya* is recognized for its role in the treatment of fever (*Jwara*), particularly in the early stages. This herbal concoction is composed of six herbs that are traditionally believed to quench excessive thirst, reduce fever, alleviate burning sensations, and provide relief from restlessness.

While Ayurvedic formulations have long been used in clinical practice, their integration into modern medicine requires rigorous scientific validation. *Shadang Paneeya*, with its immune-modulatory, anti-inflammatory, and anti-oxidant properties, provides a valuable case study for evaluating the potential of traditional Ayurvedic medicines in contemporary healthcare.

**Shadang Paneeya: Composition and Traditional Uses**

*Shadang Paneeya* is a herbal decoction prepared from six medicinal plants, each chosen for their unique therapeutic properties. The combination of these herbs is designed to address a variety of symptoms associated with fever, including dehydration, excessive thirst, burning sensations, and loss of appetite. According to Ayurvedic texts, *Shadang Paneeya* helps in balancing the body's *Doshas*, particularly *Pitta* and *Kapha*, and is considered effective in managing both acute and chronic fever conditions.

Access this article online

Quick Response Code



<https://doi.org/10.47070/ijapr.v12i10.3419>

Published by Mahadev Publications (Regd.)  
publication licensed under a Creative Commons  
Attribution-NonCommercial-ShareAlike 4.0  
International (CC BY-NC-SA 4.0)

The ingredients of *Shadang Paneeya* are as follows:

**Musta (*Cyperus rotundus* Linn.)**

- Family: Cyperaceae
- Parts used: Rhizomes
- Actions: Diuretic, carminative, analgesic, anti-inflammatory, hypotensive.
- Therapeutic Uses: Effective in treating fever, digestive disorders, and inflammation.

**Parpatak (*Fumaria parviflora* Lam.)**

- Family: Fumariaceae
- Parts used: Whole plant
- Actions: Hepatoprotective, anti-inflammatory, diuretic, diaphoretic, anti-helminthic.
- Therapeutic Uses: Used in fever, liver disorders, and as a blood purifier.

**Udichya (*Pavonia odorata* Willd.)**

- Family: Malvaceae
- Parts used: Roots
- Actions: Diuretic, anti-inflammatory, cooling, carminative.
- Therapeutic Uses: Aids in fever, digestive issues, and as a mild sedative.

**Chhatra (*Coriandrum sativum* Linn.)**

- Family: Umbelliferae
- Parts used: Whole plant
- Actions: Cooling, antimicrobial, antioxidant.
- Therapeutic Uses: Used for cooling, relieving burning sensations, and as an anti-inflammatory.

**Usheera (*Vetiveria zizanioides* Linn. Nash.)**

- Family: Poaceae
- Parts used: Roots
- Actions: Anti-inflammatory, cooling, diuretic.
- Therapeutic Uses: Commonly used to treat fever, reduce inflammation, and cool the body.

**Chandan (*Santalum album* Linn.)**

- Family: Santalaceae
- Parts used: Heartwood
- Actions: Cooling, sedative, antimicrobial.
- Therapeutic Uses: Useful in treating fever, inflammation, and infections.

These herbs are combined in equal proportions and decocted in water to form a liquid preparation that is consumed to alleviate the symptoms of fever. The formulation is traditionally used to treat early-stage fevers, especially when associated with excessive thirst, restlessness, or burning sensations.

**Preparation and Administration**  
**Ingredients**

**Table 1: Drugs mentioned in *Shadangapaniyya***

S.No.	Drug name	Scientific name	Family	Useful part
1	Musta	<i>Cyprus rotundus</i> Linn.	Cyperaceae	Rhizomes
2	Parpatak	<i>Fumariq indica</i> Linn.	Fumariaceae	Whole plant
3	Udichya	<i>Pagonia odorata</i> Wild.	Malvaceae	Roots
4	Chhatra	<i>Coriandrum sativum</i> Linn.	Umbelliferae	Whole plant
5	Usheer	<i>Vetiveria zizanioides</i> Linn.	Graminae	Roots
6	Chandan	<i>Santalum indicum</i> Linn.	Santalaceae	Heartwood

**Preparation**

To prepare *Shadang Paneeya*, a coarse powder is made from each of the six herbs. These powders are then mixed in equal proportions. Typically, 10 grams of this herbal mixture is boiled in 1280ml of water. The water is simmered until it reduces by half, after which it is filtered and consumed as a cooling drink. It is advised to prepare *Shadang Paneeya* fresh twice a day for optimal efficacy, and it should be consumed within 12 hours of preparation.

**Table 2: Drugs with quantity ratio for Shadang Paneeya**

Herbs	Quantity
1. <i>Mustak</i> (nut grass) – <i>Cyperus Rotundus</i>	1 Part
2. <i>Pitpapra</i> – <i>Fumaria Indica</i>	1 Part
3. <i>Ushira</i> (khas) – <i>Vetiveria Zizanioides</i>	1 Part
4. <i>Lal Chandan</i> (red sandalwood) – <i>Pterocarpus Santalinus</i>	1 Part
5. <i>Netrabala</i> – <i>Pavonia Odorata</i>	1 Part
6. <i>Sonth</i> (dried ginger) – <i>Zingiber Officinale</i>	1 Part

**Indications**

*Shadang Paneeya* is indicated for

- Burning sensations
- Restlessness and irritability
- Dehydration and excessive thirst
- Loss of appetite and weakness
- Headaches and body aches

- Fever, particularly with *Pitta* and *Kapha* predominance

**Dosage**

The usual dose is 30-50ml, taken two to three times daily before meals. In high fever, it is recommended to sip the decoction frequently to reduce the severity of symptoms and prevent complications.

**Pharmacological Insights into Shadang Paneeya Ingredients****Table 3: Raspanchak of Drugs mentioned in Shadangpaniya**

S.No.	Sanskrit name	Rasa	Vipaka	Veerya	Guna	Doshghnata
1.	<i>Musta</i>	<i>Katu, Tikta, Kashaya</i>	<i>Katu</i>	<i>Sheeta</i>	<i>Laghu, Ruksha</i>	<i>Kapha - Pitta pacifying</i>
2.	<i>Parpatak</i>	<i>Tikta</i>	<i>Katu</i>	<i>Sheeta</i>	<i>Laghu</i>	<i>Kapha - Pitta pacifying</i>
3.	<i>Udichya</i>	<i>Tikta</i>	<i>Katu</i>	<i>Sheeta</i>	<i>Laghu, Ruksha</i>	<i>Kapha - Pitta pacifying</i>
4.	<i>Chhatra</i>	<i>Madhura</i>	<i>Madhura</i>	<i>Sheeta</i>	<i>Guru</i>	<i>Vata Pitta pacifying</i>
5.	<i>Usheer</i>	<i>Madhura, Tikta</i>	<i>Madhura</i>	<i>Sheeta</i>	<i>Laghu, Ruksha</i>	<i>Tridosha shamaka, Vata Pitta pacifying</i>
6.	<i>Chandan</i>	<i>Madhura, Tikta</i>	<i>Katu</i>	<i>Sheeta</i>	<i>Laghu, Ruksha</i>	<i>Kapha - Pitta pacifying</i>

Each of the six ingredients in *Shadang Paneeya* showing effects as per *Raspanchak*.

- 1. Rasa (taste):** The primary taste of the herb, which helps define its therapeutic effects. *Katu* (pungent), *Tikta* (bitter), *Kashaya* (astringent), *Madhura* (sweet), and *Madhura, Tikta* denote different combinations of tastes that influence the herb's action on the body.
- 2. Vipaka (post-digestive effect):** Describes the taste that remains after the herb is metabolized. *Katu* (pungent) indicates a sharp post-digestive effect, while *Madhura* (sweet) shows a more nourishing post-digestive quality.

- 3. Veerya (potency):** The herb's heating (*Ushna*) or cooling (*Sheeta*) effect on the body. *Sheeta* (cooling) herbs tend to reduce heat and inflammation.

- 4. Guna (qualities):** The inherent qualities of the herb that contribute to its therapeutic actions. *Laghu* (light), *Ruksha* (dry), and *Guru* (heavy) are qualities that influence digestion and metabolism.

- 5. Doshghnata (Effect on Doshas):** Refers to the herb's effect on the three *Doshas*- *Vata*, *Pitta*, and *Kapha*. Herbs that pacify specific *Doshas* help balance the body's energies.

**Table 4: Chemical composition and therapeutic uses of each drug**

S.No.	Plants	Chemical composition	Therapeutic uses
1.	<i>Musta</i>	Cyperene, $\beta$ -sitosterol, ascorbic acid, octanoic acid, $\alpha$ -cedrene, $\alpha$ -phellandrene, $\gamma$ -elemene.	To check temperature, over-thirst, burning sensation, weakness.
2.	<i>Parpatak</i>	Pentatriacontane, proropine, rannins, phlobaphenes	Anthelmintic, aperient, cooling, diaphoretic, diuretic and febrifuge.
3.	<i>Udichya</i>	Ageratochromene, palmitic acid, hexahydrofarnesyl acetone, b-eudesmol and b-caryophyllene oxide, ageratochromene, palmitic acid, hexahydrofarnesyl acetone, b-eudesmol and b-caryophyllene oxide, Ageratochromene, b-eudesmol, B-caryophyllene oxide.	Cooling, carminative, demulcent, diaphoretic.
4.	<i>Chhatra</i>	p-cymene, camphene, dipentene, myrcene, Camphor, carvone	Anxiolytic, antimicrobial, antioxidant, analgesic, anti-diabetic.
5.	<i>Usheer</i>	Vetiverol, vetivone, vetivene and vetivenyl vetivenate.	Antiseptic, anthelmintic, insecticidal, antioxidant, and anti-inflammatory
6.	<i>Chandan</i>	Santalol	Sedative, cooling, astringent, cardiac tonic and diuretic

Each of the six ingredients in *Shadang Paneeya* possesses unique pharmacological properties that support its therapeutic use in fever management:

#### ***Musta (Cyperus rotundus)***

*Musta's* essential oils and flavonoids contribute to its anti-inflammatory, anti-oxidant, and antimicrobial actions. Studies suggest that it may also possess antipyretic effects, particularly in managing infections that cause fever.

#### ***Parpatak (Fumaria parviflora)***

Known for its hepatoprotective, anti-inflammatory, and anti-diabetic properties, *Parpatak* has been shown to have beneficial effects in viral infections and inflammatory conditions, making it a key component in treating fever associated with these factors.

#### ***Udichya (Pavonia odorata)***

The cooling and anti-inflammatory properties of *Udichya* make it an important herb in the treatment of fever. It is also known for its mild sedative effects, which can help reduce restlessness in febrile patients.

#### ***Chhatra (Coriandrum sativum)***

*Chhatra*, with its antimicrobial and antioxidant properties, helps in cooling the body and alleviating symptoms of fever and burning sensations. It has also been shown to have anti-inflammatory effects.

#### ***Usheera (Vetiveria zizanoides)***

*Usheera's* cooling properties are particularly useful in reducing fever, and its anti-inflammatory effects help in managing the discomfort associated with fever.

#### ***Chandan (Santalum album)***

*Chandan* is known for its cooling and sedative effects, which are beneficial in managing fever and associated symptoms like irritability and burning sensations.

#### **CONCLUSION**

*Shadang Paneeya*, a time-tested Ayurvedic formulation, demonstrates considerable therapeutic potential in managing fever and associated symptoms. The combination of six medicinal herbs, each with unique properties, supports its use as an immunomodulatory, anti-inflammatory, and detoxifying agent. While traditional use of this formulation has shown positive outcomes, modern scientific validation through preclinical and clinical studies is essential to confirm its safety and efficacy. Future research should focus on the pharmacokinetics, toxicology, and clinical trials to further explore the potential of *Shadang Paneeya* in contemporary medical practice.

#### **REFERENCES**

- Sharma P. Charaka Samhita (revised edition). Varanasi: Chaukhamba Sanskrit Series; 2007.
- Tiwari P. Sushruta Samhita, Vol. 2. Varanasi: Chaukhamba Sanskrit Series; 2008.

3. Srivastava A, et al. Immunomodulatory activities of traditional herbal formulations. Indian Journal of Pharmaceutical Sciences, 2020.
4. Pandey G. Dravyaguna Vijnyana, vol 3. Varanasi: Chaukhamba krishnadas Academy; 2005. p. 59-62. parpatak
5. Pandey G. Dravyaguna Vijnyana, vol 2. Varanasi: Chaukhamba krishnadas Academy; 2005. p. 636-648. musta
6. Pandey G. Dravyaguna Vijnyana, vol 3. Varanasi: Chaukhamba krishnadas Academy; 2005. p. 740-745. usheer
7. Pandey G. Dravyaguna Vijnyana, vol 3. Varanasi: Chaukhamba krishnadas Academy; 2005. p. 59-62.
8. Pandey G. Dravyaguna Vijnyana, vol 3. Varanasi: Chaukhamba krishnadas Academy; 2005. p. 59-62.
9. Srinivas Avula, Critical analysis of applicability of Shadanga Paneeya in Jwara Chikitsa: A Review, International Journal of Ayurvedic Medicine, Vol 11 (4), 627-631
10. Imam H. Zarnigar et al. The incredible benefits of Nagarmotha (Cyperus rotundus) Int J Nutr Pharmacol Neurol Dis 2014; 4: 23-7.
11. Guna G. Pharmacological Activity of Fumaria indica - A Review. J Phytopharmacol 2017; 6(6): 352-355.
12. Narkhede M.B. et al, An evaluation of anti-pyretic potential of Vetiveria zizanioides (Linn.) root, Research journal of pharmacognosy and Phytochemistry, 2012, volume 4 issue 1 p.n.11-13.
13. Rakesh et al. Phytochemistry and pharmacology of santalum album l.: a review, World Journal of Pharmaceutical Research Volume 4, Issue 10, p.n.1842-1876.
14. S.Bhavani, Review on Anti-Pyretics & Analgesic Herbs in Siddha Medicine, J. Pharm. Sci. & Res. 2015 Vol. 7(10), 812-817.
15. N Mascolo, Ethnopharmacologic investigation of ginger (Zingiber officinale), Journal of Ethnopharmacology, 1989, vol 27, Issue 1, p.n 129-140.

**Cite this article as:**

Santosh Kadam, Pradeepkumar Tiwari. Critical Review of Shadanga Paneeya: An Ayurvedic Herbal Formulation with Potential Immunomodulatory and Therapeutic Benefits. International Journal of Ayurveda and Pharma Research. 2024;12(10):98-102.

<https://doi.org/10.47070/ijapr.v12i10.3419>

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

**\*Address for correspondence**

**Dr. Santosh Kadam**

Assistant Professor,  
Department of Dravyaguna,  
R. A. Podar Medical College (Ayu.),  
Mumbai .

Email: [drsantosh231@gmail.com](mailto:drsantosh231@gmail.com)

Disclaimer: IJAPR is solely owned by Mahadev Publications - dedicated to publish quality research, while every effort has been taken to verify the accuracy of the content published in our Journal. IJAPR cannot accept any responsibility or liability for the articles content which are published. The views expressed in articles by our contributing authors are not necessarily those of IJAPR editor or editorial board members.