

SANJEEVANI VATI IN AYURVEDIC THERAPEUTICS WITH SPECIAL REFERENCE TO SAMPRAPTI BHANG

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ABSTRACT

Sanjeevani Vati is an Ayurvedic formulation (yoga) which consists of ten drugs namely, Haritaki, Bibhitak, Amalaki, Vatsnabha, Vidanga, Shunthi, Pippali, Vacha, Guduchi and Bhallataka. The first reference of this formulation is found in Sharangdhara Samhita. The herbs in this formulation are mixed together with the help of process known as Bhavana (impregnation) with the help of Gomutra and administered in the form of Vati (pills/tablets) along with Adraka swaras. Sharangdhara advocated its use in diseases namely, Jwar (Fever), Visuchika (Gastrenteritis), Gulm and snake bite but the drug is traditionally used successfully in wide variety of diseases like common cold, indigestion, stomach ache, worm infestation, cough, etc.

The term "Sanjeevani" literally means 'life' and the one which gives life is known as "Sanjeevani". The question arises what is the reason which gives the combination of these simple drugs of Ayurveda such a unique 'life saving' property'. The contributing factors seems to be the synergistic effect of the constituting drugs as well as the special effect of the Bhavana process which is known as 'Samyog prabhava' in Ayurvedic texts. Acharya Charak has mentioned that rational combination (Samyoga) of different drugs can transform even a drug of low potential to a highly potential drug and vice-versa.

This article deals to find out the important Gunas (properties) of the individual drugs and the possible effects of their combinations which are responsible for the wide and life saving indications of Sanjeevani Vati.

KEY WORDS: Sanjeevani, Bhavana, Samyoga, Swaras, Kwath, Phanta, Hima, Kalka

INTRODUCTION

Ayurveda is a science which deals with various herbal (Kashtha), mineral (Ras) as well as herbomineral preparations to combat diseases. In Ayurveda, pharmacy (Kalpanavigyana) is a well advanced branch. Various formulations ranging from simple basic preparations viz. Swaras (fresh juices), Kalk (wet bolus), Kwath (decoction), Phant (hot infusion), Hima (cold infusion), Churn (powder) to complex ones like Arka (distillation), Sneha (medicated oils), Avaleha (linctus), Pills of different sizes (Vati, Gutika, Modak) etc. Ayurvedic therapeutics uses single drugs in various Kalpnas (formulations) and in combinations of different drugs as well. Number of Yogas has been mentioned in Ayurveda in which drugs are combined in different ratios with a purpose of getting desired effects¹. To make a drug suitable for preparation of formula or to get the desired effect, it is undergone different processes known as Samskaras².

Another very unique process used in Ayurveda is the process known as "Bhavana" (Impregnation). In this process, a drug or mixture of drugs in powdered form is triturated with a liquid till all liquid portions are absorbed completely³. This unique process exclusively mentioned in Ayurveda mixes the drug completely, breaks the complicated chemical molecules into easily absorbable simpler ones thus augmenting the potency of medicines to many folds. The formulations formulated by ancient Acharyas seem to have strong scientific basis which is very well evident from the surprising results they produce. In some Yogas, Acharyas have combined the drugs which have similar properties so that they synergise the effect of each. eg. in Trikatu, Pippali, Marich and Shunthi synergise each other to make trikatu a very potent Deepan and Pachan drug. In other type of Yogas, Acharyas have used drugs which antagonize one or more property of one or more drugs used in combination.

Thus, there are many advantages of using a drug in combination rather than single drug. Some of the examples can be quoted as under:

1. Potentiation of drug action : The potentiation may be needed in many cases such as when Doshas are excessively aggregated, single drug may not be able to pacify all the vitiated Doshas, in such cases combination of drugs having similar Doshic effects may give the desired result.
2. In Dwandaj or Tridoshaj diseases : In these cases, use of combination in which constituent drugs have action on different different desired Doshas will have double fold beneficial effect.
3. In prevention of adverse effect or severe drug reactions: By combining the drugs with antagonistic actions undesired effect of the drug can be removed as well as potency of desired effect can be increased to many folds.
4. To increase the bioavailability⁴.

Regarding management of particular disease, Ayurveda advocates the principle of Samprapti vighatan which means that to cure a disease, physicians should choose such a drug or combination which acts at different levels of the pathogenesis of the disease thus terminating the further progression of the causative factors to vitiate the body components and take the form of disease. This needs a thorough understanding of the causative factors, vitiated doshas, body components (dhatu, mala, srotas, agni etc.) involved as well as of the different properties of the drugs and formulations which can be utilized to combat a particular disease.

Aims and Objectives

1. To search and re-evaluate Sanjeevani Vati in various Ayurvedic literatures with references
2. To understand the Ayurvedic pathogenesis (Samprapti) of the diseases mentioned in the indications of Sanjeevani vati.

3. To find out the important Gunas (properties) of the individual drugs and the possible effects of their combinations which are responsible for breaking the pathogenesis of the diseases at different levels (Samprapti Vighatana).

MATERIALS AND METHODS

This article is based on a review of Ayurvedic texts. Materials related to Sanjeevani Vati and other relevant topics have been collected. The main Ayurvedic texts used in this study are Charak Samhita,

Sushruta Samhita, Bhav Prakash, Bhaishajya Ratnavali etc and available commentaries on these. We have also referred to the modern texts and searched various websites to collect information on the relevant topics.

Properties of the constituent drugs of Sanjeevani vati

Some of the properties of the constituent drugs of Sanjeevani vati which contribute for its actions are given below:

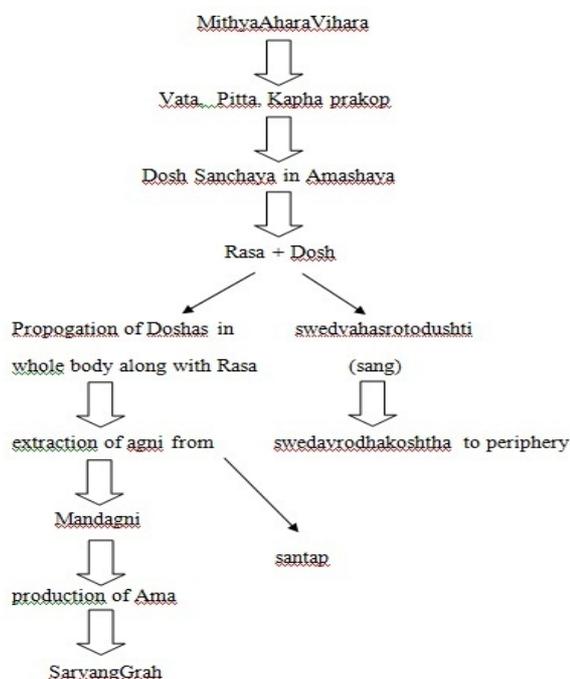
Drug	Guna	Doshic Action	Contributing property
Vatsnbh ⁵	Ruksha, Tikshna, Laghu, Vyavayi, Vikasi Madhur ras Madhur vipak Ushna virya	Kaphvata shamak	Swedjanan Mutrajanan Jwaraghn
Vidang ⁶	Laghu, Ruksh, Tikshna Katu, Kashay ras Katu Vipak Ushn virya	Kaphvat shamak	Krimighn Deepan Pachan Anuloman Mutrajanan
Pippali ⁷	Laghu, Snigdha, Tikshna Katu Ras Madhur Vipak Anushnshit virya	Kaphvat shamak	Krimighn Deepan Vatanuloman Kashar, shwasar, Mutral, Jwaraghn
Shunthi ⁸	Laghu, Snigdha Katu ras Madhur vipak Ushn virya	Kaphvat shamak	Deepan Pachan Vatanuloman Ampachan Shwasar Jwaraghn
Haritaki ⁹	Laghu, Ruksh Panchras(Lavan absent) Madhur Vipak Ushn Virya	Tidoshshamak Esp. vathar	Deepan Pachan Vatanuloman Krimighn Shwasaghn Mutral Jwaraghn
Amalaki ¹⁰	Guru, Ruksh, Sheet Panchras(Amla absent) Madhur Vipak Sheet virya	Tidoshshamak Esp. Pittshamak	Dahprashman Rochan deepan Anuloman Shwasaghn Mutral Jwaraghn
Bibhitaki ¹¹	Ruksh, Laghu Kashay ras Madhur vipak Ushn virya	Tidoshshamak Esp. Kaphhar	Deepan Anuloman Krimighn Jwaraghn
Gurachi ¹²	Guru, snigdha Madhur Tikta, kasaya Ushna	Tridosh shamak	Deepan pachan Anuloman Krimighna Jwaraghna+dahprashman, kaphagna
Vacha ¹³	Laghu, tichhra Ushda Katu, tikta	Kapha Vata samak	Deepan Triptigna Krimighna Anuloman Kasa –swasahar Mutrajanan(ushda+tichhna) Swedajanana→jwaghana(sannipata jwara)
Bhallatak ¹⁴	Laghu, snigdha Madhur Tikta, kasaya Ushna Katu	Kapha Vata samak	Sheetprashman Vishagna Deepan-pachan Krimighna Chedan(kaphanisharak) Swedajanana Yakreetutajak

DISCUSSION

Probable mode of action of Sanjeevani vati

Among the contents of Sanjeevani Vati, the drugs Haritaki, Bibhitaki and Amalaki (commonly known as Triphala) are very well proved examples of Tridoshhara (Sannipathara) drugs. Further, if we review the Gunas of remaining seven drugs, all the seven drugs pacify Vata and Kapha doshas. This makes Sanjeevani vati an excellent Sannipathara drug with special action on Vata and Kapha Doshas.

Another important property of this Yoga is its Jwaraghna property. In the Samprapti of Jwar Roga¹⁵, the aggravated Doshas accumulated in Amashaya viciate Rasa Dhatu, propagate in whole body along with Rasa, obstruct Swedwah Srotas.



Thus a drug to pacify Jwar must have the capacity to remove Ama as well as to remove obstruction of Swedwah Srotas. The Shunthi used in this Yoga is among one of the best Ama Pachan drugs mentioned in Ayurveda. Besides Shunthi, all other drugs in Sanjeevani Vati which also contribute with Shunthi to give this Yoga an excellent property to digest and remove Ama Visha from the body as well as to further extinguish the weakened Agni.

Another drug Vatsnabh is very effective in removing obstruction of Swedwah Srotas and therefore has been mentioned in Swedjanan Varga. Similarly, Pippali, Shunthi, Bhallatak and Vacha because of their Katu and Usna gunas act on Swedvaha Srotas to generate sweating in the body. This Amaghna and Swedjanan property of Sanjeevani Vati along with Sannipathara property makes it a very effective remedy for Jwar specially Vata kaph dosh Pradhan Sannipat, the symptoms of which highly relate with that of typhoid fever.

Another important indication of Sanjeevani vati is Visuchika. As per Ayurveda, Ajirna is said to be the main cause of Visuchika¹⁶.

Mithyaaharviha (Asatmya Ahar, Adhyashan, infected water or food etc.)



Sanjeevani vati combat Visuchika by treating the Ajirna condition. The aforesaid mentioned Deepan Pachan properties of the contents of Sanjeevani Vati contribute in treating Ajirna and subsequently Visuchika. The symptoms of Visuchika mentioned in Ayurveda correlates with the digestive gastroenteritis. Gastroenteritis if not treated properly may lead to severe dehydration and acute renal failure, even death may occur in untreated cases. Ayurveda texts have also mentioned these conditions as Upadravas of Visuchika¹⁷. Among these Upadravas one is Mutraghat. This Mutraghat can also be very well treated by the administration of Sanjeevani Vati. Its

contents Vatsnabh, Vidang, Pippali, Haritaki, Amalki and Vacha have been mentioned to have Mutrajanan and Mutral properties which help in regaining normal renal functions.

Gulma is a disease in which vitiated vata either independently or in association with Kapha &/or Pitta get accumulated in Pakvashaya (in case of independent vitiation) or in Pittkaphashaya (when in association with Pitta or Kapha)¹⁸. This vitiated Vata instead of its normal downward movement starts moving towards upper parts of the body. Therefore, the main principal involved in the treatment of this disease involves pacifying the main responsible dosha that is vata by reversing its movement back towards downward. This can be done by the process known as Anuloman. Haritaki used in Sanjeevani vati is well known for its Anuloman property. Other drugs viz. Shunthi, Amalaki, Bibhitaki, Guruchi, Vacha also have the property of Anuloman; thus, this formulation is used in Gulma Roga.

Sanjeevani vati is also useful in snake bite and other poisons. The reason is the Vatsnabh and Bhallatak used in it. These are plants having poison like properties (Sthavar Visha) which acts as antidote to animal poison (Jangam Visha).

Last but not the least, Gomutra used for Bhavana in this formulation has Deepan, Swedal, Vatkapshamak, Krimighna as well as Vishaghna properties¹⁹. Thus it also enhances the desirable properties of Sanjeevani Vati to many folds.

CONCLUSION

Sanjeevani Vati has lifesaving property. Its deepan, pachan, anuloman, jwaraghn, vishaghna, krimighn etc. properties can be utilized to break the pathogenesis of above mentioned diseases at different levels.

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