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A Scientific Review on *Sanjivani Vati* with special reference to its Pharmacological Actions, Therapeutic Indications and Pharmaceutics

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ABSTRACT

Ayurveda is a complete science of health based on the empirical scientific knowledge that covers all the aspects of life. Since the commencement of life, materials found on the earth have been the major source for drugs. These materials have been one of the basic components that constitute the framework of Ayurvedic drugs. The clinical efficacy of Ayurvedic preparations is well validated by its long history of uses, although various herbal, mineral and herbo- mineral drugs are being screened to validate and document their therapeutic uses on widely accepted protocol of modern science as well as Ayurveda.

Sanjivani vati is a well-known Ayurvedic preparation is being used to treat disorders of the gastrointestinal tract, respiratory tract, fever, and inflammatory joint disorders. This review makes available substantial information on *sanjivani vati* regarding pharmaceutics and therapeutics aspects, available in various Ayurvedic classical books. It also highlights the pharmacological property of contents used in the preparation of *Sanjivani vati* to substantiate and emphasize the broad spectrum of uses.

KEYWORDS

Sanjivani vati, Sarangdhar samhita, Ayurveda



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INTRODUCTION

Since many centuries plants and minerals have been used as a drugs and remedies for treatment of various diseases in India as they have great potential for combating the diseases and adverse conditions emerged during pathogenesis. Now-a-days the interest of people is increasing to accept Ayurvedic drugs for health benefits. As Ayurvedic drugs are natural and have been used since long so it is assumed that these are pharmacologically effective and have low or no side effects. This logic is flourishing among population. Many Ayurvedic drugs have become so popular that these are used such as an OTC (Over the counter) products. *Chyvanprash*, *Sitopaladi Churna*, *Triphala churna*, *Chandraprabha vati*, *Sanjivani vati* are few examples. People have become aware about benefits of such Ayurvedic drugs through experiences. *Sanjivani vati* is used in daily practices for mostly *Jvara* (Fever) and *Agnimandya* (Low digestive fire). Physician use it for the treatment of various other diseases as it is very potential for combating the diseases of different origin. *Sanjivani vati* has been found to exhibit such a quality which helps to enhance the resistance of body against the disease.

It is quoted first time by *Sarangdhar* in his *samhita* where this formulation is written

under *vati kalpana* (Tablet section). *Sanjivani Vati* comprises herbal drugs and an animal product (Cow urine) which restores body's own capability to fight with ailments i.e. helps to strengthen the immune system and rejuvenate the body. It contains *Vidang* (*Embelia ribes*), *Sunthi* (*Zingiber officinalis*), *Pippali* (*Piper longum*), *Pathya* (*Terminalia chebula*), *Amalaki* (*Emblica officinalis*), *Vibhitaki* (*Terminalia bellerica*), *Vaca* (*Acorus calamus*), *Gudduci* (*Tinosporia cordifolia*), *Bhallataka* (*Semicarpus anacardium*), and *Visa* (*Aconitum heterophyllum*) in equal amount. Cow urine a very essential component is used here to levigate the ingredients and as binder agent to make pills. It is stated in the text that the weight of the pills should be one *Gunja* i.e. (125mg). It is mentioned that it should be used in the *Ajeerna*, *Gulma*, *Visuchika*, *Sannipata* and *Sarpadansta*. Determination of its dose is a special feature which makes it unique. *Sarangadhar* mentioned its dose that depended upon diseases i.e. one pills for *Ajeerna* and *Gulma*, two for *Visuchika*, three in *Sarpadansta* & four in *Sannipata* condition with the *anupan* of *Adraka swarasa* (juices)¹. Generally a single adult dose is mentioned in the formulary of any preparation and thereafter it is advised to evaluate the doses for man to man according to various factors such as *Desha*,

Dushya, Bala, Kala, Agni, Prakriti, Vaya, Satva, Satmya, and Ahara. Desha, Dushya, Bala, Kala, Agni, Prakriti, Vaya, Satva, Satmya, and Ahara all these factors are assessed during patient's examination and dose fixation².

Pandit Shri Harishastri dadhichi has mentioned that the dose of *Sanjivani vati* would be fixed as per the age of patients i.e. between 0-2 year- 1 pill, 3-10 year- 2 pills, 11-32 years- 3 pills and >32 years- 4 pills³. It is considered as an important medicine which could be used in almost any diseases with the use of specific *anupana* (vehicle for that drug).

LITERARY EXPLORATION

Sanjivani Vati in different texts: -The authors of *Vrihat Yoga Tarangini, Nighantu Ratanakar, Vrihat Nighantu Ratanakar, Ayurveda Sara Sangraha, Vaidya Chintamani, Yoga Chintamani, Rasa Tantra Sara, Yoga Ratanakar, Yoga Maharnava, Vaidya Rahasya, Basavragiyam, and Chikitsa Kram Kalpavalli* – also described *Sanjivani vati* in their texts. Ayurvedic Formulary of India (AFI) quoted reference of *Sarangadhar samhita*.

Table 1 Comparative description of *Sanjivani Vati* in the context of pharmaceutical aspects as per different classical text

S. No.	Name of Text	Ingredients used in the preparation	Pills Size	Doses	Anupana
1.	Sh.S.	<i>Vidanga, Nagara, Pippali, Haritaki, Amalaki, Vibhitaki, Vaca, Guduchi, Bhallataka Vatsanabha, Gomutra</i>	<i>Gunjabha</i>	1-4 tabs. As per diseases	<i>Adraka Swarasa</i>
2.	Bs. ⁴	<i>Chitraka</i> in place of <i>Amalaki</i> , rest contents are Similar	- Do -	- Do -	- Do -
3.	V.C. ⁵	<i>As Basavrajyiam</i>	- Do -	- Do -	- Do -
4.	V.R. ⁶	<i>As Sharangadhara</i>	- Do -	- Do -	- Do -
5.	V.Y.T. ⁷	<i>As Basavrajyiam</i>	- Do -	- Do -	- Do -
6.	Y.C. ⁸	<i>As Sharangadhara</i>	- Do -	- Do -	- Do -
7.	Y.R. ⁹	<i>As Sharangadhara</i>	- Do -	- Do -	- Do -
8.	Y.T. ¹⁰	<i>As Basavrajyiam</i>	- Do -	- Do -	- Do -
9.	N. R. ¹¹	<i>As Sharangadhara</i>	- Do -	- Do -	- Do -
10.	V.N.R. ¹²	<i>AsBasavrajyiam</i>	- Do -	- Do -	- Do -
11.	AFI. ¹³	<i>As Sharangadhara</i>	No Pill size	125mg	<i>Adraka Swarasa, Warm Water</i>
12.	Sy.Y.S. ¹⁴	<i>As Sharangadhara</i>	<i>Gunjabha</i>	1-4 tabs. As per diseases	<i>Adraka Swarasa</i>
13.	A.S.S. ¹⁵	<i>As Sharangadhara</i>	1-1Ratti	1-3 tabB.D.	<i>Adrakha and Honey</i>
14.	R.T.S. ¹⁶	<i>As Sharangadhara</i>	1-1 Ratti	1-3 tab BD Or QID	Water

Sh.S.-Sarangdhar samhita, Bs.-Basavragiyam, V.C.- Vaidya Chintamani, V.R.-Vaidya Rahasya, V.Y.T.-Vrihat Yoga Tarangini, Y.C.-Yoga Chintamani, Y.R.-Yoga Ratanakar, Y.T. -Yoga Tarangini, N.R.-Nighantu Ratanakar, V.N.R. –Vrihat Nighantu Ratanakar, AFI. –Ayurvedic formulary of India, PSAF.-Pharmacopeial standards of Ayurvedic formulation, Sy.Y.S. –Sidha Yoga Sangraha, A.S.S.-Ayurveda Sara Sangraha, R.T.S. –Rasa Tantra Sara

It is observed from the Table No.1 that one group of authors used *Citraka* while others used *Amalaki* in their formulary. *Kashiram* the Sanskrit commentator of *Sharangadhara samhita (Gudarthadipika)* depicts that in the paucity of *Bhallataka* one can use *Bakuchi*. Some people have allergy with *Bhallataka* and its preparation so *Rakta chandana* can be used as a substitute for such patient. All authors have unanimous opinion on method of preparation, therapeutic uses, pills size, doses & *anupana* of *Sanjivani vati*.

Preparation of *Sanjivani Vati*:-

Table No. 2 depicts the name of ingredients of *Sanjivani vati* (plant and animal product), their used parts and physical form. Fine powder of each herbal drug in equal quantity is levigated with sufficient amount of cow urine in mortar. After proper levigation, pills of appropriate size and shape is prepared and dried in shade.

It is recommended that *Bhallataka* and *Vatsanabha* should be used in purified form as these have been described as poisonous drugs in the Ayurvedic texts. *Bhallataka*'s fruit is a poisonous part of the tree. It has sharp irritant oil content and if it comes in contact to skin it produces edema and ulcer on skin so it is utmost necessary to purify it before its use. Reducing the amount of irritant oil by adsorption process through *Istika churna* (brick powder) is the method

used for purification of *Bhallataka*¹⁷. Root of *Vatsanabha* is a poisonous part. Fomentation of its root with the help of cow urine in presence of sun rays is the method used for its purification¹⁸.

Ingredients of *Sanjivani Vati*:-

Table 2 Ingredients of *Sanjivani Vati* and their usable part

S. No.	Name of Drug	Botanical Name	Part used	Form of Part used
1.	<i>Vidanga</i>	<i>Embalia ribe</i>	Fruit	Powder
2.	<i>Sunthi</i>	<i>Zingiber officinale</i> Rosc.	Rhizome	Powder
3.	<i>Pippali</i>	<i>Piper longur</i> Linn.	Fruit	Powder
4.	<i>Haritaki</i>	<i>Terminalia chebula</i> Retz	Fruit rinc	Powder
5.	<i>Amalaki</i>	<i>Embalica officinalis</i> Gaertn.	Fruit rinc	Powder
6.	<i>Vibhitaki</i>	<i>Terminalia bellirica</i> Ro	Fruit rinc	Powder
7.	<i>Guduchi</i>	<i>Tinospora cardifolia</i>	Stem	Powder
8.	<i>Bhallataka</i>	<i>Semicarpous anacardium</i>	Fruit	Powder
9.	<i>Vaca</i>	<i>Acorus calamus</i>	Root	Powder
10.	<i>Vatsanabha</i>	<i>Aconitum ferox</i>	Root	Powder
11.	Cow urine		Urine	Urine

Pharmacological properties and therapeutic actions of ingredients of *Sanjivani Vati*:-

Every content has one or two unique therapeutic action apart from their other properties; *Vidanga* has *Kriminasana* quality; *Sunthi* is *Amadosahara*; *Pippali* *Sulaprasamana*; *Haritaki* *Sarvadosaprasamana* and *Anuloman*; *Amalaki* *Rasayana*; *Vibhitaki* *Kaphapittajita* and *Bhedaka*; *Vaca* *Medhya*; *Guduchi* *Jvaraghna*, *Rasayana*

and *Raktasodhaka*; *Bhallataka Vatahara* and *Kaphahara*; *Vatsanabha Tridosahara*. Cow urine has an ample of health benefits. It is *Kaphavatanut* and *Virechaka*.

Table 3 Pharmacological properties and actions of ingredients of *Sanjivani Vati* as per Ayurveda

S. No	Ingredients	Pharmacological Property (Virya)	Therapeutic Actions defined in Ayurvedic literature
1.	<i>Vidanga Usna</i>		<i>Dipana, Vatakaphahara, Anulomana and Kriminasana</i>
2.	<i>Sunthi²⁰ Usna</i>		<i>Dipana, Pacana, Anulomana, Amadosahara, Vatakaphahara and Hridya</i>
3.	<i>Pippali² Usna</i>		<i>Dipana, Pacana, Vatanulomana, Vatahara, Kaphahara, Rucya and Sulaprasamana</i>
4.	<i>Haritak Usna</i>		<i>Sarvadosaprasamana, Dipana, Anulomana, Hridya and Medhya</i>
5.	<i>Amalaki Sita</i>		<i>Caksusya, Tridosajita, Vrsya and Rasayana</i>
6.	<i>Vibhita⁴ Usna</i>		<i>Kaphapittajita, Bhedaka, Kriminasana, Caksusya, Kesya and Kasahara</i>
7.	<i>Vaca²⁵ Usna</i>		<i>Dipana, Pacana, Vatahara, Kaphahara, Kanthya, Krimihara, Malamutravisodhani, Vam and Medhya</i>
8.	<i>Guduch Usna</i>		<i>Dipana, Tridosasamaka, Sagrahi, Balya, Jvaraghna, Rasayana and Raktasodhaka</i>
9.	<i>Bhallata^{a27} Usna</i>		<i>Dipana, Vatahara, Kaphahara, Pacana, Chedaka, Bhedaka and Medhya</i>
10.	<i>Vatsana^{ha28} Usna</i>		<i>Tridosahara, Rasayana, Svaha and Pittasantapkara</i>
11.	<i>Cow uri²⁹ Usna</i>		<i>Kaphavatanut, Dipana and Virechaka</i>

It has abundant mineral and chemical constituents attributed with different biochemical roles in the body. It also acts as bio enhancer to increase the efficacy of other drugs of the compound. Table No. 3 illustrates the comprehensive information

on Pharmacological properties and actions of ingredients of *Sanjivani Vati* as per Ayurvedic classical books.

Most of the ingredients have *Usna virya* property except *Amalaki* that have *Sita virya*. *Sanjivani Vati* is best prescribed in *Agnimandaya* due to its *Usna virya* and *Dipan- Pacan* property. It can be used in almost every disease as *Agnimandaya* is supposed to be the main causative factor of all diseases. It is used in *Vatakaphaja* or *Tridosaja roga*. It is advocated that its use in *Pittaja roga* and people of *Pitta* predominance *Prakruti* must be very cautiously. Apart from their common uses, *Sanjivani Vati* is also used for *Krimihara*, *Jvaraghna*, *Medhya* and *Rasayana* therapeutics actions widely.

Therapeutic indications of *Sanjivani Vati*:-

In the text, *Sanjivani vati* has been prescribed in especially *Ajeerna*, *Gulma*, *Visuchika*, *Sarpadansta* & *Sannipata*. It has excellent capacity to cure the *Kosthagata vyadhi* (Gastrointestinal) especially *Ajeerna* (Indigestion), *Agnimandhya* (suppression of digestive fire), *Shoola* (Abdominal pain), *Gulma* (abdominal distension) and *Visuchika* (dysentery) empowered by its unique combination of ingredients. Most of its component helps in restoring and maintaining the healthy milieu of abdomen. *Jvara* (fever) and

Pratishya (common cold) are second most condition where it is prescribed extensively. It is widely used in various other ailments such as *Kasa* (cough), *Krimi* (worm infestation) and *Sandhigata vata* (joint disorder) especially *Amavata*

(Rheumatoid arthritis) etc. By its *Rasayana*, *Balaya*, *Medhyay* and *Hridaya* properties it also strengthen the vital organ of the body and help in combating the diseases. The table no. 4 describes its indications according to different Ayurvedic books.

Table 4 Therapeutic indications of *Sanjivani Vati* mentioned in different Ayurvedic Classics

S.No.	Name of Text	Name of Diseases
1.	Sh.S.,Bs.,V.C.,V.R., V.Y.T., Y.C., Y.R., V.T., N.R., V.N.R., A.F.I.	<i>Ajeerna, Gulma, Visuchika, Sarpadansta, Sannipata</i>
2.	Sy.Y.S.	<i>Ajeerna, Gulma, Visuchika, Sarpadansta, Sannipata</i>
3.	A.S.S.	<i>Jwara, Shoola, Visuchika, Gulma, Sarpadansta</i>
4.	R.T.S.	<i>Jwara, Ajeerna, Krimi, Gulma, Udarashoola, Visuchika, Kasa, Sannipata</i>

Pharmacological activity of ingredients of *Sanjivani Vati*:-

Sanjivani Vati has wide range of medicinal and pharmacological applications. According to the different sources (Table No. 5) that depicted pharmacological activity of its ingredients, it is considered

especially Analgesic, Antispasmodic, Carminative, Anti-diarrhoeal, Gastro-protective, Antitussive, Emmenagogue, Stimulant, Stomachic, Vermifuge, Anti microbial, Antipyretic and Immuno-modulator.

Table 5 Pharmacological activity of ingredients of *Sanjivani Vati* as per the different modern texts

S. No.	Ingredients of <i>Sanjivani Vati</i>	Pharmacological activity as per modern literature
1.	<i>Embalia ribes</i> ³⁰	Analgesic, Anthelmintic, Anti-anxiety, Antibacterial, Ascaricidal, Antinematodal, Anticancer, Antifungal, Anti-histaminic
2.	<i>Zingiber officinale</i> ³¹	Antioxidant, Antimicrobial, Growth promoter and Immuno-stimulant
3.	<i>Piper longum</i> ³²	Anti tumor, Anti-diabetic, Antimicrobial, Anti inflammatory, Hepato-protective, Anti arthritic, Anti apoptosis, antioxidant, ant infertility, Anti-stress
4.	<i>Terminalia chebula</i> ³³	Antibacterial, Anthelmintic, Antiviral, Antifungal, Antimutagenic & Anti-carcinogenic, Anti-amoebic, Anti-plasmodial, Antioxidant, Anti-arthritic, Wound healing activity, Anti-diabetic, Retino-protective and Radio-protective.
5.	<i>Embalica officinalis</i> ³⁴	Antioxidant, Anti-hyperthyroidism, Gastro-protective, Immuno-modulator, Hepato-protective, Prevention of cataract, Anti-diarrhoeal, Anti-tussive, Antipyretic, Anti-analgesic, Prevention of atherosclerosis, and Hyperlipidemia.
6.	<i>Terminalia bellirica</i> ³⁵	Analgesic, Antihypertensive, Antispasmodic, Bronchodilator, Antimicrobial, Anti-diarrheal, Antioxidant, Anticancer, Antiulcer, Wound healing, Immuno-modulator, Hepato-protective.
7.	<i>Acorus calamus</i> ³⁶	Antibacterial activity, Antifungal, Antiulcer and Cytoprotective activity, Antispasmodic activity, Anticonvulsant activity, Antitumour activity, Antioxidant activity, Anti-inflammatory activity, Bronchodilatory effect,



		Antidiabetic activity, Antihepatotoxicactivity, Anti mutagenic activity, Hypolipidemic activity, Insecticidal activity, Antidiarrheal activity, Anti cancer activity.
8.	<i>Tinospora cardifolia</i> ³⁷	Anti cancer/ Anti tumor activity, Anti inflammatory activity, Anti diabetic and Anti Hyperglycaemic activity, Anti oxidant activity, Antistress activity ,Antiulcer activity, Immuno modulatory activity, Hypolipidaemic activity, Hepatoprotective activity, Cognition (learning andmemory) activity, Antimicrobial activity.
9.	<i>Semicarpous anacardium</i> ³⁸	Analgesic activity, Hypoglycemic effect, Hepatoprotective effect, Anthelmintic activity, Neuroprotective activity, Anticancer activity, Anti-inflammatory activity, Antispermatogenic activity, Antioxidant activity, Anti microbial activity, Antiatherogenic activity, Hypolipidemic and Hypocholesterolemic activity, Memory enhancing and cardioprotective activity.
10.	<i>Aconitum ferox</i>	Analgesic activity ³⁹ , Anti-inflammatory activity ⁴⁰ , Antipyretic ⁴¹ , Hypoglycaemic ⁴² and Immuno-modulator activity ⁴³
11.	Cow urine ⁴⁴	Antioxidant , Anti-diabetic , Immuno-modulator effect , Antibacterial activity , Antifungal , Anticancer , Wound healing property , Anti-clastogenic , Hepato-protectiveand Bio-enhancing activity

CONCLUSION

Sanjivani Vati is widely used against the various diseases due to its diverse quality. In this review, we have attempted to congregate the various reference of *Sanjivani Vati* to explore its formulary and to describe the therapeutic indications comprehensively. Composition and therapeutic indications are found more or less similar in every reviewed text. *Sanjivani Vati* has *Usna virya*, *Dipana* and *Vatakaphahar* property and it act on *Agni* also. These properties are utilized in the treatment of various diseases by practitioners. However, more clinical trials should be conducted to support its therapeutic use. As per modern science the contents of *Sanjivani Vati* have Antioxidant, Anti inflammatory, Anti


microbial and Hepato-protective effect. The pharmacological actions of its contents described in modern text could be used as a subject for clinical studies for validating its rich therapeutic potential.

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