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# A Brief Review of *Atisarahara Dravyas* in *Bhavaprakasha Nighantu*

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## ABSTRACT

*Atisara* is a condition where watery stool are passed in excess several times a day through anus. *Ayurvedic* literature records it as both a symptom and an independent disease. *Atisara* can be correlated with diarrhea. *Bhavaprakasha Nighantu* is one among the *laghutrayees*, has described about 426 dravyas. Among 426 dravyas, 34 herbs are described as *Atisarahara dravyas*, Beside this *saraloha* from *loha varga*, *Vileshaya* from *mamsa varga*, *Ajadugdha* from *dugdha varga*, *takra* from *takra varga*, *gomutra* from *mutra varga*, *madhu* from *madhu varga*, *madhu khand* from *ikshu varga* were also indicated in *Atisara*. In *Ayurveda* classic various drugs are described for the treatment of *Atisara*, so here attempt was made to enlist and analyse the drugs indicated in *Atisara* from *Bhavaprakasha Nighantu*.

**Key Words** *Bhavaprakasha, Atisarahara*

Received 20<sup>th</sup> August 22 Accepted 18<sup>th</sup> September 22 Published 10<sup>th</sup> November 2022

## INTRODUCTION

*Atisara* is a condition where watery stool are passed in excess several times a day through anus<sup>1</sup>. Although diarrhea is not considered as a disease on its own in conventional medicine, *Ayurvedic* literature records it as both a symptom and an independent disease. Diarrhea is a problem, not only of the developing world, but also of the western world<sup>2</sup>. According to the world Health Organization (WHO), diarrhea affects 3-5 billion people per year worldwide and cause 5 million deaths per annum<sup>2</sup>. Diarrhea can be defined as a gastrointestinal disorder in which there is rapid transit of gastric contents through the intestine, which is characterized by abnormal fluidity and high frequency of fecal evacuation,

usually semisolid or watery fecal matter, three or more times/day<sup>3</sup>. Intestinal infection is the most common cause of diarrhea world wide<sup>4</sup>.

*Bhavaprakasha nighantu* (16<sup>th</sup> AD) of *Sri Bhavamishra* commentary by Prof K C Chuneekar, edited by Late Dr G S Pandey . 23 vargas were explained in this text. 34 *Atisarahara dravyas* are indicated till *shaka varga*. Beside this *saraloha* from *loha varga*<sup>5</sup>, *Vileshaya* from *mamsa varga*<sup>6</sup>, *Ajadugdha* from *dugdha varga*<sup>7</sup>, *Takra* from *takra varga*<sup>8</sup>, *gomutra* from *mutra varga*<sup>9</sup>, *madhu* from *madhu varga*<sup>10</sup>, *madhu khand* from *ikshu varga*<sup>11</sup> were also indicated in *Atisara*. 34 *Atisarahara dravyas* were listed and tabulated in table no 1. Number of drugs in vargas, rasa, veerya, dosha karma,

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gunas were listed and tabulated in table no 2,3,4,5,6 respectively.

**Table 1** List of plants having the Athisarahara properties

Sl no	Dravya	Botanical Name	Family	Dosha karma	Karma	Varga and sloka no
1	Pippali	<i>Piper Longum</i>	Piperaceae	Vata Kapha	Atishara hara	Harithakyadi-69
2	Jeeraka	<i>Cuminum Cyminum Lin</i>	Umbelliferae	Kapha	Atishara hara	Harithakyadi-85
3	Chandra shura	<i>Lepidium Sativum Linn</i>	Lepidium	Tridosha	Vata sleshma Atishara	Harithakyadi-97
4	Indrayava	<i>Holarrhena Antidysenterica</i>	Apocyanaceae	Kapha	Atisara	Harithakyadi-159
5	Machika	<i>Tamarix gallica</i>	Tamariaceae	-	Pakwa Atisara	Harithakyadi-168
6	Dhataki	<i>Woodfordia Fruitiosa/ Woodfordia Floribunda</i>	Lytharaceae	-	Atishara hara	Harithakyadi-187
7	Manjista	<i>Rubia Cordifolia</i>	Rubiaceae	-	-	Harithakyadi-191
8	Ativisha	<i>Aconitum Heterophyllum Wall</i>	Ranunculaceae	-	Kapha Pitta Atisara	Harithakyadi-214
9	Lodhra	<i>Symplocos Racemosa Roxb</i>	Styraceae	Kapha Pitta	Atishara hara	Harithakyadi-216
11	Rala	<i>Shorea Robusta</i>	Dipterocarpaceae	Tridosha	Atishara hara	Karpooradi -49
12	Sughanda Bala	<i>Valleriana Wallichii</i>	Valerianaceae		Atishara hara	Karpooradi-83
13	Priyangu	<i>Callicarpa Macrophylla Yahl</i>	Verbenaceae	Vata Pitta	Atishara hara, Rakta Atisara	Karpooradi-103
14	Patala	<i>Stereospermum Suaveolens</i>	Bignonaceae		Pitta Atisara	Guduchyadi-22
15	Shalaparni	<i>Desmodium Gangeticum</i>	Fabaceae	Tridosha	Atishara hara	Guduchyadi-32
16	Prushnaparni	<i>Uraria Picta</i>	Fabaceae	Tridosha	Rakta Atisara	Guduchyadi-35
17	Mudgaparni	<i>Vigna Trilobata/Phaseolus trilobus</i>	Fabaceae	Tridosha	Atishara hara	Guduchyadi-54
18	Kutaja	<i>Holarrhena antidysenterica</i>	Apocyanaceae		Atishara hara	Guduchyadi-118
19	Bala	<i>Sida Cordifolia Linn</i>	Malvaceae	Vata	Mutra Atisara	Guduchyadi-145
20	Shatavari	<i>Asparagus Racemosus</i>	Liliaceae	Tridosha	Atishara hara	Guduchyadi-186
21	Pata	<i>Cyclea Peltata/Cissampelos Pariera Linn</i>	Menispermaceae	Vata Kapha	Atishara hara	Guduchyadi-192
22	Sariva	<i>Hemidesmus indicus</i>	Asclepidaceae	Tridosha	Atishara hara	Guduchyadi-238
23	Lajjala	<i>Mimosa Pudica Linn</i>	Mimosaceae	Kapha Pitta	Raktha pitta Atisara	Guduchyadi-273
24	Mayura Shika	<i>Adiantum incisum</i>	Polypodiaceae	-	Pitta sleshma Atisara	Guduchyadi-309

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25	<i>Shallaki</i>	<i>Boswellia Serrata Roxb</i>	Bursuraceae	-	<i>Pitta sleshma Atisara</i>	Vatadi- 23
26	<i>Jigini</i>	<i>Lannea Coromandelica</i>	Anacardiaceae		<i>Vata Atisara</i>	Vatadi-43
27	<i>Mocha rasa</i>	<i>Salmali Malabarica Schott</i>	Bombacaceae	<i>Kapha Pitta</i>	<i>Atisara</i>	Vatadi-57
28	<i>Sharavot</i>			-	<i>Vata sleshma Atisara</i>	Vatadi-64
29	<i>Amra</i>	<i>Magnifera indica</i>	Anacardaceae	<i>Vata</i>	<i>Atisara</i>	Aamradiphala-18
30	<i>Ksudra karjura</i>	<i>Phonexi Sylvestris Roxb</i>	Arecaceae	<i>VataKapha</i>	<i>Atisara</i>	Aamradiphala-119
31	<i>Changeri</i>	<i>Oxalis corniculata</i>	Oxalidales	<i>Kapha Vatahara</i>	<i>Atisara</i>	Shaka varga-24

## RESULTS AND DISCUSSION

*Bhavaprakasha Nighantu* mentioned 426 drugs . out of which, 34 drugs are indicated in *Atisara* and maximum number of *Atisarahara* drugs are from *Guduchyadi varga*. Beside this *saraloha* from *loha varga*, *Vileshaya* from *mamsa varga*, *Ajadugdha* from *dugdha varga*, *takra* from *takra varga*, *gomutra* from *mutra varga*, *madhu* from *madhu varga*, *madhu khand* from *ikshu varga* were also indicated in *Atisara*.

Most of the *sthavara dravyas* have *tridosha hara karma*, possess *guru* and *ruksha guna* , *seetha virya*, *kashaya* and *madhura rasa*. *Kashaya rasa* have *stambhana karma*, *madhura rasa* pacify the *vata dosha* which in return reduces the motility.

## CONCLUSION

*Atisara* is a condition where watery stool are passed in excess several times a day through anus. *Atisara* is co-related with diarrhea. Diarrhea is the second most common cause of death in children younger than five, which made to focus on *Atisarahara dravyas*. In *Bhava prakasha*, 32 *dravyas* were indicated for *Atisara*. In that most of them are *sthavara dravyas* , easily

available and have proved as antidiarrheal. In *Ayurveda* classic various drugs are described for the treatment of *Atisara*, so here attempt was made to enlist and analyze the drugs indicated in *Atisara* from *Bhavaprakasha Nighantu*.

**Table 2** No of drugs under the vargas

Name of varga	No of drugs
<i>Harithakyadi varga</i>	09
<i>Karpooradi varga</i>	03
<i>Guduchyadi varga</i>	11
<i>Vatidi varga</i>	04
<i>Amradi phala varga</i>	02

**Table 3** Rasa in number of drugs

Rasa	No of drugs
<i>Kashaya</i>	09
<i>Katu</i>	08
<i>Amla</i>	03
<i>Tikta</i>	08
<i>Madhura</i>	09

**Table 4** Drugs showing ushna and sheeta veerya

Veerya	No of drugs
<i>Ushna</i>	08
<i>Sheeta</i>	15

**Table5** The dosha karma in number of drugs

Dosha karma	No of drugs
<i>Tridosahara</i>	07
<i>Kapha hara</i>	02
<i>Vata hara</i>	02
<i>Kapha pitta hara</i>	03
<i>Kapha vata hara</i>	03

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**Table 6** The guna in number of drugs

<b>Guna</b>	<b>No</b>
<b>Ruksha</b>	05
<b>Guru</b>	07

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