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## State of the art towards management of Atisara (Diarrhoea) with special reference to Dhanvantari Nighantu

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### Abstract

Allopathic drugs having limitation on the management of Atisara (Diarrhoea) because there are so many adverse effect and antibiotic resistance, so we can not use these medicines for long time. So it needed so search for herbal remedies in ayurvedic scripture like Dhanvantari Nighantu. Out off 703 drugs total 13 drugs having Atisaraghna (antidiarrhoeal) property which belongs to different vargas. Result shows that out off 13 drugs 6 drugs are belonging from Guduchyadi varga (4.68%), 4 drugs are from Shatpushpadi varga (7.4%), 2 drugs are from Chandanadi varga (2.53%) and 1 drug from Karviradi varga (1.33%).<sup>[1]</sup> Out of these 13 drugs some are useful for Amatisara and some are for Pakvatisara.

**Keywords:** Atisar, Dhanvatari nighantu, diarrhoea, antibiotic

### Introduction

Dhanvantari Nighantu is one of the important collections of herbs with their properties and synonyms in Ayurveda. This must have been prior to 11<sup>th</sup> century A. D. but some authors said that it might be between 10<sup>th</sup> to 13<sup>th</sup> century A.D. this nighantu is written by Mahendra Bhaugika In this nighantu for the first time the drugs are classified as Aushadhidravya or on the basis of medicinal property. During this period the numbers of aushadhi dravya were many. It was necessary to have a systematic study of these drugs <sup>[2]</sup>. Therefore in this nighantu the drugs are divided into seven varga on the basis of their action. They are as: Guduchyadi varga, Shatpushpadi varga, Chandanadi varga, Karviradi varga, Amradi varga, Suvarnadi varga and Mishrakadi varga. In Rajnighantu, Narhari Pandit uttered that a physician without the knowledge of Nighantu, a scholar without the knowledge of Vyakaran and a soldier without Aayudha all these three being laughed at in this world.

Atisara (diarrhea) originated initially from the sacrifice of cow and bulls performed by prashadhra <sup>[3]</sup>. Factors are responsible for the causation of Atisara are- excessive consumption of food, which are heavy for digestion, very fatty, rough, hard liquid, hard and cold, consumption of poison, fear, suppression of natural urges and suffering from krimi dosha <sup>[4]</sup>. In modern scenario atisara can be correlated to Diarrhea. Diarrhea is defined by the World Health Organization as having 3 or more loose or liquid stools per day, or as having more stools than is normal for that person. Pathogens frequently associated with infectious diarrhea are some bacterias, viruses, protozoans, etc. sign and symptoms associated with Diarrhoea may include- loose watery stools, abdominal cramps, abdominal pain, fever, blood in stool, bloating, nausea, urgent need to have a bowl movement.

**Material and Method:** Study of 13 drugs from 7 vargas of Dhanvantari nighantu having Atisaraghna (antidiarrhoeal) property. Out of seven vargas antidiarrhoeal drugs are present in four vargas.

S. No.	Name of the Varga	Total no. of drugs	Percentage (%)
1.	Guduchyadi Varga- Pratham Varga	Ativisha, Musta, Balak, Patha, Shyonak, Avartaki	6/128=4.68%
2.	Shatpushpadi Varga	Kutaja, Indrayava, Jeerakam, Madhusharkara	4/54=7.4%
3.	Chandanadi Varga	Jatiphala, Dhataki	2/79=2.53%
4.	Karviradi Varga	Raktapadi	1/75=1.33%

S. No.	Drug name	Family	Action of drug	References
1.	Ativisha ( <i>Aconitum heterophyllum</i> Wall.)	Ranunculaceae	Amaatisarghan	Dh. Ni. Guduchyadi Varga 10
2.	Musta ( <i>Cyperus rotundus</i> Linn.)	Cyperaceae	Atisarghan	Dh. Ni. Guduchyadi Varga 41
3.	Balak ( <i>Coleus vetiveroides</i> )	Labiatae	Atisarghan	Dh. Ni. Guduchyadi Varga 47
4.	Patha ( <i>Cissampelos pareria</i> Linn.)	Menispermaceae	Atisarghan	Dh. Ni. Guduchyadi Varga 71
5.	Shyonak ( <i>Oroxylum indicum</i> Vent.)	Bignoniaceae	Atisarghan	Dh. Ni. Guduchyadi Varga 113
6.	Avartaki ( <i>Cassia auriculata</i> Linn.)	Caesalpinaceae	Atisarjita	Dh. Ni. Guduchyadi Varga 197
7.	Kutaj ( <i>Holarrhena antidysenterica</i> Linn.)	Apocynaceae	Atisarghan	Dh. Ni. shatpushpadi varga 14
8.	Indrayava ( <i>Holarrhena antidysenterica</i> Linn.)	Apocynaceae	Atisarghan	Dh. Ni. shatpushpadi varga 16
9.	Jeeraka ( <i>Cuminum cyminum</i> Linn.)	Umbelliferae	Atisarghan	Dh. Ni. shatpushpadi varga 67
10.	Madhusharkara		Atisarnashini	Dh. Ni. shatpushpadi varga 103
11.	Jatiphala ( <i>Myristica fragrans</i> Houtt.)	Myristicaceae	Atisarghan	Dh. Ni. Chandanadi Varga 34
12.	Dhataki ( <i>Woodfordia fruticosa</i> Kurz.)	Lythraceae	Atisarghan	Dh. Ni. Chandanadi Varga 90
13.	Raktapadi ( <i>Mimosa pudica</i> Linn.)	Leguminosae	Pittaatisarnashini	Dh. Ni. Karviradi Varga 98

S. no.	Name of drug	Rasa	Guna	Virya	Vipaka	Doshaghnata
1.	Ativisha ( <i>Aconitum heterophyllum</i> Wall.)	Katu and Tikta		Ushna		Kapha-pittahar
2.	Musta ( <i>Cyperus rotundus</i> Linn.)	Tikta and Kashaya		Ati shita virya		Shleshma-raktajeeta
3.	Balak ( <i>Coleus vetiveroides</i> )	Tikta		Shita		Pitta-shleshmajeeta
4.	Patha ( <i>Cissampelos pareria</i> Linn.)	Tikta				Tridosh shamani (kapha-pittahar)
5.	Shyonak ( <i>Oroxylum indicum</i> Vent.)	Tikta		Shita		Pitta-kaphahar
6.	Avartaki ( <i>Cassia auriculata</i> Linn.)	Kashaya		Shita		Tridoshahar
7.	Kutaj ( <i>Holarrhena antidysenterica</i> Linn.)	Katu, Tikta, Kashaya	Ruksha	Shita		
8.	Indrayava ( <i>Holarrhena antidysenterica</i> Linn.)	Katu, Tikta		Ushna		Tridoshahar
9.	Jeeraka ( <i>Cuminum cyminum</i> Linn.)	Katu	Ruksha			Vatahar
10.	Jatiphala ( <i>Myristica fragrans</i> Houtt.)	Kashaya, Katu		Ushna		
11.	Dhataki ( <i>Woodfordia fruticosa</i> Kurz.)	Katu		Ushna		Raktanuta
12.	Raktapadi ( <i>Mimosa pudica</i> Linn.)	Katu		Shita		Raktanuta

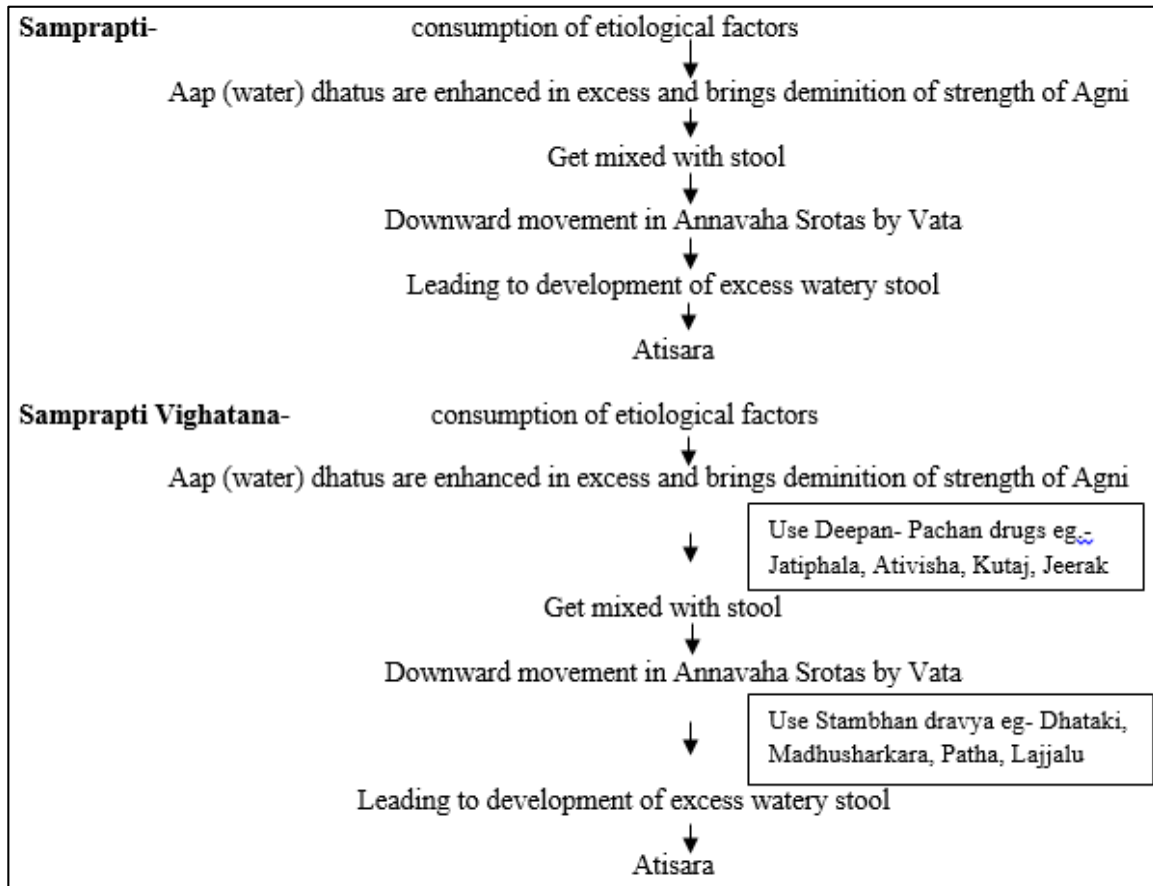
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S. No.	Name of Drug	Physiological activity of drug	References
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3.	Patha ( <i>Cissampelos pareria</i> )	Anti-microbial activity	Ngoci Njeru, S. Ramadhen Mussa, Ngari Mwaniki, Screening for Anti-microbial activity of <i>Cissampelos pareria</i> L. Methanol root extract, "European Journal Of Medicinal Plant" 2014 Jan, Vol. 4(1): 45-51.
4.	Shyonak ( <i>Oroxylum indicum</i> )	Anti-microbial activity	Deka DC Kumar, <i>Oroxylum indicum</i> - A Medicinal plant of north east India: An overview of its nutritional, remedial and prophylactic properties, "Journal Of Applied Pharmaceutical Sciences" May 2013, Vol. 3(4): S104- S112.
5.	Kutaj ( <i>Holarrhena antidysenterica</i> )	Anti-diarrheal activity	M Pase Prashant Pratiba, Polyherbal formulation and it's roll in alleviating signs of dirrhoea in broiler birds, "International Journal Of Sciences, Environment And Technology", 2017 Vol. 6. No.2, 1430-1437.
6.	Jeerak ( <i>Cuminum Cyminum</i> )	Anti-microbial activity	Hoi-Seon-lee, Caninaldehyde Aldose Reductase and $\alpha$ -Glucosides inhibitor derived from <i>Cuminum Cyminum</i> L. seeds, "Journal Of Agriculture And Food Chemistry" Feb 23, 2005, Vol. 53: issue 7: 2446-2450.
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9.	Raktapadi ( <i>Mimosa pudica</i> )	Anti-bacterial activity	Rekha Rajendra Sundaranjan, Preliminary Phytochemical Analysis and Anti-bacterial activities of <i>Mimosa pudica</i> Linn. Leaves, "International Journal Of Pharma And Bio Sciences", 2010, Vol.1 No.1, 1-8.

## Discussion

Some of the above mention drugs are shita in virya and some of them are ushna in virya. All drugs have different Rasa, Guna, Virya and Vipaka. By these different properties some are having Amatisaraghna property and some having

Pakvatisaraghna property. Action of Shita virya is Stambhana that control Pakvatisar and by the action of Shoshana ushna virya drugs control Amatisara. Because of these properties above mention drugs can break the samprapti (pathogenesis) of Atisara.



A number of disease and condition can cause diarrhea including viruses, bacteria and parasites, protozoans. Common bacterial causes of diarrhea include campylobacter, salmonella, shigella and E.coli. When traveling in developing countries, diarrhea caused by bacteria and parasites is often called traveler's diarrhea. Dhanvantari nighantu describes seven vargas. Drugs of Dhanvantari nighantu is studied for their Atisaraghna property. Total 13 drugs having Atisaraghna property which belongs to different vargas. Result shows that out off 13 drugs 6 drugs are belonging from Guduchyadi varga (4.68%), 4 drugs are from Shatpushpadi varga (7.4%), 2 drugs are from Chandanadi varga (2.53%) and 1 drug from Karviradi varga (1.33%).

### Conclusion

Hetu, Linga (symptoms), Aushadh are the three important pillars for treatment of any disease among them. Aushadh dravyas are the key element of Dhanvantary nighantu. Aushadh dravyas are first time accepted in Dhanvantari nighantu by Mahendra Bhaugika. Out off 7 vargas, four vargas and from 703 drugs only 13 drugs having Atisaraghan (antidiarrhoeal) property from which some drugs have Amatisaraghna property and some have Pakvatisaraghna property. Result of this study is very beneficial to treat Atisara as we can achieve the best result in treating Atisara only when we know about the both forms of Atisara and usable drugs in respective stages. From that point of view in Dhanvantari nighantu the drugs have described in very systematic manner. So our study can give a great help to treat Atisara in respect to different stages. By these drugs we can make formulation for the treatment of Atisara (Dirrhoea) either it may be Amatisara or Pakvatisara because out off 13 drugs some are Deepan-Pachan and Upshoshak of Aap dhatu and some drugs are having Stambhan property because these drugs are Kashaya in rasa in and Shita in Virya.

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