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## Role of Ativisha in Kaumarbhritya: A critical review

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### Abstract

An essential medication stated in Ayurveda is called Ativisha, or *Aconitum heterophyllum* Wall ex Royale. It has been mentioned in the Classical Ayurvedic scriptures in a number of formulations. In terms of diarrhoea, the results are noteworthy. Deepan, Ativisha's Pachan Karmas are useful in the treatment of a number of illnesses. It is a beneficial digestive tonic. The purpose of this study is to gather and assess the various therapeutic qualities of ativisha, with a focus on the plant's significance in treating juvenile illnesses. It is an extremely valuable medication that is described in several Ayurvedic texts, including Nighantus, Brihadrayee, Laghutrayee, and Chikitsagrantha. In classical writings, ativisha is also known as "Sishubhaishjaya," signifying that it is the most effective treatment for children.

**Keywords:** Ativisha, Brihadrayee, Sishubhaishajaya, *Aconitum heterophyllum*

### Introduction

*Aconitum*, commonly known as aconite, is a genus of angiosperm plants that includes 250 species. In the Northern Hemisphere's hilly regions, these perennial herbs grow. They thrive in the well-drained, moisture-retaining soils found in mountain meadows. The majority of species have a deadly character and need to be treated carefully. *Aconitum heterophyllum*, popularly known as "Atees," is one of the many species in the genus *Aconitum* that is extensively dispersed in the Himalayan highlands and has important therapeutic properties<sup>[1, 2]</sup>.

**Therapeutic Uses**<sup>[3, 4, 5]</sup> It is used for the management of diseases of nervous system, digestive system, fever and rheumatism traditionally. The seeds are used as a diuretic. The leaves of Ativisha, mixed with rock salt are applied locally. The seeds along with honey are applied topically for soothing effect in tonsillitis. Simply inhalation of roots is highly beneficial in the management of headache. It is also effective in blood-pressure as its main constituent Atisine produces marked hypotensive effect. It is prescribed in malarial fevers as an adjuvant. According to Acarya Charaka<sup>[6]</sup> Ativisha Jvar, Prameh, Pandu, Kushtha, Urahkshat, Shvayathu, udar, Arsha, gulma, Visuchika, raktastrav, Atisaar, Grahani, Pravahika, Aananah, Aruchi, Kamala, Hrudrog, Kas, Shwas, balrog Sushrut Samhita<sup>[7]</sup>, In Chikitsasthan Ativisha is used in aamashaygatvaat, Kushtha, Vishamjvar, Hrudrog, Unmad, Apasmar, Pandu, Visarpa, Kandu, According to Vagbhata<sup>[8]</sup> Ativisha is useful in Atisthaulya, Hrudrog, Kamala, Shwitra, Shwas, Kas, Galgrah, Buddhi, Smruti, agnimandya. In Sharirsthan Ativisha in combination used in Aamgarbhastrav, dosh strav and vedana shaman after abortion. In Chikitsasthaan Jvar, Mandagni, Atisaar, Kshatkas, Hrudrog, Kaphajraktastrav, Pliha, Meh, Agnimandya, Arsha, Kushtha, atisaar, Grahani, Gudabhransh, Gudashool, Pravahika, Aam, Chhardi. Kalpa- Sudarshana churna, Balchaturbhadra churna<sup>[9]</sup>, Rasnerandadikwatha and Panchatiktakaguggulu Ghrita, Shaddharan Churna<sup>[10]</sup> Mahvishagarbha Taila, Rodhrasava, Shiva Gutika, Lakshminarayana Rasa, RasnairandadiKvatha Churna, Balchaturbhadraka churna.

Classification Kingdom-Plantae Order-Ranunculales

Family: Ranunculaceae Genus – *Aconitum*

Botanical name: *Aconitum heterophyllum* Wall.

Distribution: Himalayan region

Common name: Ativisha, Ativish, Atees herb, Atees plant

### Name in other Languages

Sanskrit: Ativisha, Shukalkanda, Bhangura, Ghunvallabha, Kashmira, Sishubhaishjaya

Gujarati: Ativish Telugu: Atibasha Marathi – Ativish

Ayurvedic Properties Rasa: Tikta, Katu Guna –Laghu, Ruksha Virya – Ushna

Vipaka: Katu

Dosha karma: Pacifies Vata, Pitta and Kaphadosha

**Synonyms**

Ativisha, Shuklakanda, Ghunavallabha, Aruna, Shringi, Vishwa, Shishubhaishajya, Bhangura, Mahaushadha, Prativisha, Kashmira, Atisaraghni, Shofapaha.

**Part Use**

1. Roots 2. Tubers

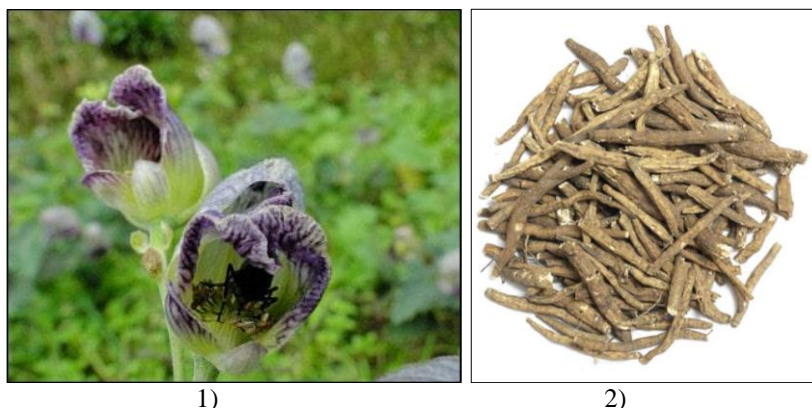
**External uses**

The crushed leaves of Aconiyum, mixed with rock salt are applied focally. The seeds crumpled in honey are applied locally on throat and in tonsillitis. Inhalation of roots by nose is beneficial in headache, especially migraine.

**Phytochemical constituents**

*Heterophyllum* possesses some phytochemical constituents which have medicinal values. The composites of *A. Heterophyllum* such as alkaloids, amide alkaloids, flavonoids,

flavonol glycosides, diterpenoid and norditerpenoid compounds were isolated and characterized with the help of chromatographic separation techniques and their structures were explained by the using nuclear magnetic resonance techniques. These compositions were the chief target of the medicinal chemists as they hold both medicinal and toxic nature. A complete study of the basic components of the roots of *A. Heterophyllum* has directed to the isolation of seven new diterpene alkaloids. The weak base fraction yielded heteratisine and three more alkaloids labelled as heterophyllisine, heterophylline and heterophyllidine. These compounds are lactone alkaloids which have structure relation to heteratisine. The strong base fraction produced two new alkaloids (atidine and F-dihydroatisine). The very strong base fraction yielded alkaloids designated as hetidine and hetisnone. The latter had been encountered earlier as a chemical transformation product of hetisine.



**Fig 1 and 2:** Ativisha Pushpa and Kanda

**Pharmacology**

Atisine (I) is much less toxic than aconitine and pseudoaconitine and consequently the species is often regarded as non-poisonous. Although the alkaloid atisine produce hypotension the whole aqueous extract of the root induced marked hypertension apparently through an action on the sympathetic nervous system. It is now confirmed that the alkaloid atisine is the important constituent of *A. Heterophyllum* which acts as antiperiodic aphrodisiac and tonic aconitine has action as the CNS CVS and respiratory system due to the presence of benzyl ester and OH-groups in the molecular structure <sup>[11]</sup> this system is present in the polyesters of *Celastrus paniculatus* and these esters have got similar action as aconitine. The similarity in the biological activities of the two ayurvedic drugs viz *A. heterophyllum* and *Celastrus paniculatus* <sup>[12]</sup> which may perhaps help the future pharmacologists to deep into the subject.

**Discussions**

Special use in pediatrics ailments: The drug holds a special position in Kaumarbhritya specialty, it is also referred as "Sishubhaishajya" <sup>[13]</sup> (best remedy for children) due to its common use in treatment of various diseases in children like fevers, diarrhea <sup>[14]</sup> indigestion, inflammation, helminthiasis and hyperlipidemia. Sudarshana churna, Balchaturbhadra churna, Rasnerandadi kwatha and Panchatiktakaguggulu ghrita are some of the popular multi-drug formulations used in kaumarbhritya in which ativisha is one of the main ingredients. Ativisha happens to be an important drug both individually and as a part of some essential preparations

covering a wide array of common pediatric ailments. According to this verse ativisha, kakrashringi and pippali should be powdered together and given with honey for licking in vomiting or ativisha alone can also be given to a child having cough, fever and vomiting. Balchaturbhadraavleha This avleha having musta, pippali, ativisha and kakrashringi as its main constituents. The powdered form of this avleha is given with honey for licking to the children suffering from fever, diarrhea, cough, dyspnea and vomiting. In the treatment of Diarrhea Decoction made of shunthi, ativisha, musta, sugandhabala and indrayava is best for all types of Atisaar (diarrhea) in children. Balchaturbhadra churna It is a most common used classical formulation for a number of childhood diseases, having ingredients nagarmotha, pippali, ativisha and kakrashringi, given with honey to manage fever, diarrhea, or fever along with diarrhea, kasa (cough) and swasa (dyspnea) and vomiting in children. In the treatment of Sushka Kasa (dry cough) Pushkarmoola, Ativisha, Kakrashringi, Pippali and Yavasa all taken in equal quantities and given in powdered form with honey to children suffering from five types of kasa mentioned in classical texts <sup>[15]</sup>. Nagarmotha, ativisha, vasa, pippali and kakrashringi all taken in equal quantities and made into a decoction or swasa and after cooling it, honey is added and given. It relieves all five types of kasa in children. In the treatment of Kasa and Swasa <sup>[15]</sup> Equal quantities of powdered form of pushkarmoola, ativisha, karkatshringi, magadhi, dhaniya and yavasa, given with honey relieves all types of swasa and kasa. In the treatment of Ksheeralasak <sup>[16]</sup> Decoction made of ativisha, patha, kutaki,

musta and kutha is used as a shaman chikitsa in treatment of ksheeralsaka (Gastroenteritis) in children.

### Conclusion

Ativisha is highly recommended and has shown to be a game-changer for many paediatric illnesses. As an appetiser, digestant, and astringent, it provides a stimulation to the digestive system. In cases of anorexia, dyspepsia, piles, diarrhoea, worms, and vomiting, it is effective in treating digestive diseases. When it comes to treating common childhood respiratory conditions like dry cough and dyspnea, ativisha, both by itself and in combination with other medications, has shown to be a remarkable cure.

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