



## A CRITICAL APPRAISAL OF SANJEEVNI VATI IN THE CONTEXT OF AYURVEDA

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### ABSTRACT

Sanjivani Vati is a widely practised potent formulation of Ayurveda having broad-spectrum therapeutic activities. Various Acharyas have mentioned this formulation in their respective texts with a slight change in ingredients. It is formulated by processing ten herbs including Shuddha Bhallatak and Shuddha Vatsnabha with the Bhavana (Levigation) of Gomutra (Cow urine). Sanjivani Vati is one of the commonly used preparation containing very safe and easily available Herbal drugs. It is first mentioned in Sharangdhara Samhita and used in Jwara (Fever), Visuchika (Gastro-enteritis), Gulma (Painful abdominal lump), Ajirna (Indigestion) and Sarpadamsa (Snake bite). This Ayurvedic formulation is commonly practiced to treat various gastrointestinal disorders mainly arises from Mandagni and Mandagni leads to Ama (Undigested Food Residue) formation in the body. This review article aims to compile a review of Ayurvedic literature, and clinical studies that Ayurvedic scholars have done on Sanjivani Vati.

**KEYWORDS:** Sanjeevni Vati, Vatsnabh, Vishuchika, Sarpdansha, Sannipataj Jwara.

### INTRODUCTION

Ayurveda system of Medicine is a great proponent of the use of natural drugs prepared by plants, animal's products & minerals. As this system accepted that every substance in the universe has potential to become drug so it has been advocated their uses in diseases by this system since long. History of using these natural drugs is very old; perhaps it is since origin of life on the earth. It is very long period to substantiate its credentials.

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 Jwara (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.

Polyherbal formulations are collection of therapeutic entities that are formulated and prepared on the basis of the healing properties of individual ingredients with respect to the condition of diseases. Such herbal constituents with diverse pharmacological activities principally work together in a dynamic way to produce maximum therapeutic benefits with minimum side effects.<sup>[1]</sup>

Currently, polyherbal formulations are employed for the treatment of various types of diseases in order to achieve enhanced therapeutic effects. In the present review we have included of polyherbal formulation Sanjivani Vati, firstly mentioned in Ayurvedic scripture Sharangdhara Samhita, prescribed for the treatment of Ajirna, Visuchika, Gulma, Sarpadamsa and Sannipataj Jwara.<sup>[2]</sup>

Sanjivani Vati is a combination of herbal drugs and Cow urine that helps to mitigate the diseases and strengthen the body by improving the immune power. Since many decades Sanjivani Vati have been recommended in the treatment of diseases of diverse origin as it comprises such herbal drugs that acts Rasayana; rejuvenator of all body tissues. In the Ayurvedic text, it is recommended in Ajirna, Gulma, Visuchika, Sarpadamsa and Sannipata. It is widely used in high grade fever like typhoid & malaria, helpful in allergic rhinitis, diarrhea due to GI

infections & worm infestation. Basically, it improves the Vata, Kapha and Vata-Kapha dominant conditions.

**Table 1: Ingredients of Sanjivani Vati as per different texts.<sup>[3]</sup>**

Group	Name of textbooks	Ingredients
1	Sarangdhar Samhita, Nighantu Ratanakar, Yoga Chintamani, Yoga Ratanakar, Vaidya Rahasya, Sidha Yoga Sangraha, Ayurveda Sara Sangraha, Rasa Tantra Sara, Ayurvedic Formulary of India and Pharmacopial Standard of Ayurvedic Formulation.	Vidanga, Nagara, Pippali, Haritaki, Amalaki, Vibhitaki, Vaca, Guduchi, Bhallataka Vatsanabha and Gomutra
2	Vaidya Chintamani, Vrihat Yoga Tarangini, Vrihat Nighantu Ratanakar and Basavragiyam	Replaced Amalaki with Chitraka

## DRUG REVIEW

**Table 2: Rasa panchaka of Sanjivani Vati.**

Sr. Nu.	Dravya	Rasa	Guna	Vipaka	Virya
1.	Haritaki <sup>[4]</sup> (Terminalia chebula)	Panchrasa (Lavan absent)	Laghu, Ruksha, Sara	Madhura	Ushna
2.	Bibhitaki <sup>[5]</sup> (Terminalia bellirica)	Kasaya	Ruksha, Laghu	Madhura	Ushna
3.	Amalaki <sup>[6]</sup> (Embllica officianalis)	Panchrasa (Lavan absent)	Lagu, Ruksha, Sheet	Madhura	Sheet
4.	Shunthi <sup>[7]</sup> (Zingiber officianale)	Katu	Laghu, Snigdha, Tikshna, Grahi	Madhura	Ushna
5.	Pippali <sup>[8]</sup> (Piper longum),	Katu, Tikta Madhura	Laghu, Snigdha, Tikshna, Sara	Madhura	Anusna
6.	Vidanga <sup>[9]</sup> (Embllica ribes)	Katu, Tikta	Laghu, Ruksha, Tikshna	Katu	Ushna
7.	Vacha <sup>[10]</sup> (Acorus calamus)	Katu, Tikta	Laghu, Tikshna	Katu	Ushna
8.	Guduchi <sup>[11]</sup> (Tinspora cardifolia)	Tikta, Kasaya	Laghu, Snigdha, Grahi	Madhura	Ushna
9.	Shudha Vatsanabha <sup>[12]</sup> (Aconitum ferox)	Madhura	Ruksha, Tikshna, Laghu, Vyavayi, Vikasi	Madhura	Ushna
10.	Shudha Bhallataka <sup>[13]</sup> (Semicarpus anacardium)	Madhura, Kasaya, Katu, Tikta	Laghu, Snigdha, Tikshna, Grahi	Madhura	Ushna
11.	Gomutra <sup>[14-15]</sup>	Katu, Lavana, Tikta, Kasaya, Kshara	Tikshna, Laghu	-	Ushna

**Table 3: Karma of Sanjivani Vati ingredients.**

S.no.	Dravya	Karma
1	Haritaki (Terminalia chebula )	Tridosahara, esp. Vathar, Deepan, Pachana, Vatanuloman, Mutral, Dahaprashman, Krimighna, Jwaraghna, Medhya, Rasayan
2.	Bibhitaki(Terminalia bellirica)	Tridosahara, esp. Kaphahar, Deepan, Anuloman, Krimighna, Kasa-swasahar, Dahaprashman, Jwaraghna
3.	Amalaki (Embllica officianalis)	Tridosahara, esp. Pittashamak, Deepan, Rochana, Anuloman, Triptighna, Mutral, Krimighna, Dahaprashman, Jwaraghna, Bhedana, Rasayan
4.	Shunthi (Zingiber officianale)	Kapha-vata hara, Deepan, Pachana, Rochana, Shoolhara, Triptighna, Vatanuloman, Shwashar, Grahi
5.	Pippali(Piper longum)	Kapha-vata hara, Deepan, Pachana, Rochana, Vatanuloman, Krimighna, Mradurechaka, Triptighna, ShoolAnaha-hara, Kashar, Shwasahar, Jwaraghna, Rasayana
6.	Vidanga (Embllica ribes)	Kapha-vata hara, Deepan, Pachana, Anuloman, Mutrajanan, Triptighna, Krimighna, Shool-Anaha-hara, Rasayan
7.	Vacha [(Acorus calamus)	Kapha-vata hara, Deepan, Pachana, Anuloman, Triptighna, Krimighna, Swedjanan, Mutrajanan, ShoolAnaha-hara, Medhya, Sheetprashman, Kasa-swasahar, jwaraghna
8.	Guduchi (Tinspora cardifolia)	Tridosahara, Deepan, Pachana, Anuloman, Krimighna, Triptighna, Jwaraghna, Dahaprashman, Rasayana
9.	Shudha Vatsanabha (Aconitum ferox)	Swedjanan, Mutrajanan, Sannipata Jwaraghna, JangamVishaghna Kapha-vata hara,
10.	Shudha Bhallataka	Kapha-vata hara, Deepan, Pachana, Krimighna, Grahi, Yakreetuttejak

	(Semicarpus anacardium)	Sheetprashman, Vishaghna, Swedajanan, Chedana, Bhedana, Medhya, Rasayana
11.	Gomutra	Kapha-vata hara, Deepan, Pachana, Vatanuloman, Krimighna, Shool-Anaha-hara Medhya, Purgative, Vishagna, Bhedana

**Table 4: Research studies about ingredients.**

Dravyas	Research Studies
<b>Haritaki (Terminalia chebula)</b>	Antimicrobial activity <sup>[16]</sup> , Hepatoprotective, Antispasmodic, Antisecretory, Antiinflammatory <sup>[17]</sup> , Gastroenteritis, Immunomodulatory <sup>[18]</sup> , Antioxidant <sup>[19]</sup> , Antibacterial activity against salmonella typhi, helicobacter pylori <sup>[20]</sup> Antiamoebic <sup>[21]</sup> , Anti-viral activity
<b>Bibhitaki (Terminalia bellirica)</b>	Antioxidant <sup>[22]</sup> , Antispasmodic, Antimicrobial <sup>[23]</sup> , hepatoprotective <sup>[24]</sup> , antiulcer activity <sup>[25]</sup> antibacterial activity <sup>[26]</sup> , antifungal, Antiviral, Antimalarial <sup>[27]</sup> , Immunomodulatory <sup>[28]</sup> , Astringent, Antiinflammatory, Eye disorder <sup>[29]</sup>
<b>Amalaki (Emblca officianalis)</b>	Antidiarrhoea haemorrhage <sup>[30]</sup> , Adaptogenic <sup>[31]</sup> Hepatoprotective <sup>[32]</sup> Hypocholesterolemic <sup>[33]</sup> , Antioxidant <sup>[34]</sup> , Antiulcerogenic <sup>[35]</sup> , Antipyretic, Analgesic, Antiviral, Antiinflammatory, Antifungal activity, Hypolipidemic activity <sup>[36]</sup> , Immunomodulatory, Antistress, Antimicrobial, Anabolic activity <sup>[37]</sup>
<b>Shunthi (Zingiber officianale)</b>	Anti-emetic activity <sup>[38]</sup> , Anti-ulcer activity <sup>[39]</sup> , Anti-inflammatory activity <sup>[40]</sup> , Antipyretic and Analgesic activity <sup>[41]</sup> , Stimulate the appetite <sup>[42]</sup> , Antioxidative property, Hypolipidaemic activity <sup>[43]</sup> , Immunomodulatory <sup>[44]</sup> , Thermogenic activity <sup>[45]</sup> , Antiviral activity <sup>[46]</sup> , Carminative <sup>[47]</sup>
<b>Pippali (Piper longum)</b>	Bioavailability enhancer, Digestive, In treatment of bronchitis and also Hepatoprotective agents <sup>[48]</sup> , Antidepressant activity <sup>[49]</sup> , Analgesic activity <sup>[50]</sup> Immunomodulatory <sup>[51]</sup> Stomachic, Thermogenic, Hypocholesterolaemic and Carminative <sup>[52-53]</sup> , Intestinal disorder <sup>[54-55]</sup> , Antibacterial <sup>[56]</sup> , Antiallergic activity <sup>[57]</sup> Antinflammatory activity <sup>[58]</sup> , Antidysenteric <sup>[59]</sup> , Bioenhancer <sup>[60]</sup>
<b>Vidanga (Emblca ribes)</b>	Antihelmintic <sup>[61]</sup> , Antidyslipidemic, Antioxidant activity <sup>[62]</sup> , Analgesic property <sup>[63]</sup> , Anti-inflammatory drug to relieve rheumatism and fever <sup>[64]</sup> , Dyslipidemia <sup>[65]</sup> , antiulcer <sup>[66]</sup> , carminative <sup>[67]</sup> , purgative <sup>[68]</sup> , antimicrobial <sup>[69]</sup>
<b>Vacha (Acorus calamus)</b>	Antimicrobial <sup>[70]</sup> , immunomodulatory <sup>[71]</sup> , anticonvulsant <sup>[72]</sup> , antioxidant <sup>[73]</sup> , anticellular <sup>[74]</sup> , antispasmodic, carminative <sup>[75]</sup> , antiulcer <sup>[76]</sup> , tranquilizer <sup>[77]</sup> , antianxiety <sup>[78]</sup> , antibacterial, antianalgesic, antiinflammatory, antipyretic <sup>[79]</sup>
<b>Guduchi (Tinspora cardifolia)</b>	antileprotic, antistress, anti-malarial activities <sup>[80-81]</sup> , antiinflammatory <sup>[82]</sup> , hypolipidaemic <sup>[83]</sup> , antioxidant <sup>[84]</sup> , antiulcer <sup>[85]</sup> , immunobiological activity <sup>[86]</sup> , hepatic disorder <sup>[87]</sup> , stomachic, diuretic <sup>[88]</sup> , antispasmodic, antipyretic <sup>[89]</sup> , antiallergics <sup>[90]</sup> , hepatoprotective <sup>[91]</sup>
<b>Shudha Vatsanabha (Aconitum ferox)</b>	stimulant activity, Sedative, antimicrobial, anti-inflammatory <sup>[92]</sup> , antiperiodic, analgesic, antitussive, antidiarrhoea, dyspepsia, anti- poisonous activity <sup>[93]</sup>
<b>Shudha Bhallataka (Semicarpus anacardium)</b>	antihelmintic, antifungal, cardiovascular activity <sup>[94-95]</sup> , antioxidant activity <sup>[96]</sup> , anti-inflammatory activity, antimicrobial <sup>[97]</sup> , immunomodulatory, antimutagenic effect, Antiasthmatic
<b>Gomutra</b>	Antimicrobial and Germicidal properties, Antioxidant Property and Immuno-modulating activity, Used in Constipation, Thyroid and Skin diseases like eczema, ringworm, and itching, Acne, Blood Disorders, Respiratory Disorders, Gastrointestinal Disorders, Endocrine Disorders, Ophthalmic Disorders, Psychiatric Disorders, Urological Disorders, Asthma, Kidney Shrinkage, Hepatic Disorders and Cancer etc Aurum hydroxide and copper present in urine act as antidotes for various poisons in the body as certain poisons can be refined and purified if soaked in gomutra for 3 days, Bio-enhancing Property, Anti free radicals.

**CONCLUSION**

It is formulated by processing ten herbs including Shuddha Bhallatak and Shuddha Vatsnabha with the Bhavana (Levigation) of Gomutra (Cow urine). Sanjivani Vati is one of the commonly used preparation containing very safe and easily available Herbal drugs. It is first mentioned in Sharangdhara Samhita and used in Jwara (Fever), Visuchika (Gastro-enteritis), Gulma (Painful

abdominal lump), Ajirna (Indigestion) and Sarpadamsa (Snake bite). This Ayurvedic formulation is commonly practiced to treat various gastrointestinal disorders mainly arises from Mandagni and Mandagni leads to Ama (Undigested Food Residue) formation in the body.

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