A REVIEW STUDY OF SADANGPANIYA IN JWAR CHIKITSA

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ABSTRACT

In today's era, diseases are increasing rapidly and medical facilities are becoming expensive. In such a situation, diseases can be avoided through Ayurvedic remedies and at the same time, cheap treatment of many diseases is also available in Ayurveda. Fever is a minor disease but sometimes it takes terrible form. Allopathic has a lot of side effects of antibiotics and anti-pyretic due to which, in diseases like fever, Ayurveda should be preferred. Sadang-paniya is herbal medicine which is beneficial in fever as well as is very effective in burning, extreme thirst, fatigue. Fever is called Jwar in Ayurveda and Jwar is described in Ayurveda as a separate disease. In this article, along with Ayurvedic view of Jwar, Sadang-pania will study in detail.

KEYWORDS: Fever, Jwar, Sadand-paniya, anti-pyretic.

INTRODUCTION

Through Ayurveda, we get to know not only medical knowledge but also ways of living life. Ayurveda not only helps to maintain health but also cures the disease. At the time of birth and death fever is present. In Ayurveda fever is Jwara, which is considering an important disease as it afflicts the body, mind and senses. In Ayurveda, Jwara has been described with its etiology, sign symptoms and managing principle.1,2 Many treatments for fever have been described. As Agni Dushti is the main cause in the manifestation of Jwara. Along with medication, routine and food also contribute to the treatment of Jwar. According to Ayurveda, Jwar is caused due by the weakness of Jatharagni and the formation of Ama. In Ayurveda, many diet Plans and medicines have been described as per the condition of Jwara. Sadangpaniya is a medicated water that is made by six medicinal herbs i.e. Musta, Parpatak, Usheera, Chandana, Uddichya, Nagar. It is useful in Jwar, Pipasa (Thrust), Kshram(weariness). All these diseases are very annoying and due to Ama dosha and Pitta Dosha. There is a lot of cost in the treatment of these diseases and treatment is also difficult. But Ayurveda gives very simple and easy treatment for all these diseases, which saves money.

AIM AND OBJECTIVE

To determine more clear vision on Sadangpaniya in all types of Jwar.

MATERIAL AND METHODS

Conceptual Study Materials are Ayurvedic books, Ayurveda text, journals, the internet & advice from the learned experts.

Observations

Ayurveda considers the origin of Jwara is from lord Shiva. Jwara is considered as supreme among all the diseases named by a different name in the different creature,3,4 Jwar is a disease and a symptom in other diseases.

Nidana (Causative factor)

The Strotas involved in the occurrence of Jwara are Rasavaha and Swedavaha. Nidana, samprapti and laxanas have been described separately for vataj, pittaja, kaphaja, Dwandaja, samipataja Jwara.5,6 Guru Ahara and Pragyapradh are also causing of Jwar. The common causative factor for all kinds of Jwara has been described in Ayurveda i.e. Snehadi karma mithiyayoga (improper application of oleation, sudation), Abhiahaat(Trauma), Rogothana prapakata (at the occurrence of disease), Sharma (fatigue), Kshaya (wasting of body tissues),

KEYWORDS: Fever, Jwar, Sadand-paniya, anti-pyretic.
Ajeerna (indigestion), visha (poison), satmya viparayaya (ingestion of unwholesome food), rutu viparyaya (not following the seasonal regimen), oshadhi pushpa gandha (inhale the medicated flowers), shoka(grief), nakshatrapeeda (the curse of stars), abhichar (improper social behavior), abhishap (curse from other people), manasi avihshang (psychological disturbances), Apprajata (not having normal labor), aha sevan prajata (not following the postnatal care), stanyavahana (lactation). [6]

**Purvarupa (Prodromal sign)**
Aalasaya, nayanasrava, jumbha, klama, bhakta dwesha, gourava, avipaka, aayyavairasya, balahani, varnahani, alpha sheela vaikrura are purvaroop of Jwara. [7] Jambha in Vataj Jwar, Nayan Daha (burning sensation in eyes) in Pittaja Jwara, and no desire for food in Kaphaja Jwara are a specific prodromal signs.

**Samprapti**
The vitiated Doshas when pulls out the Aamaashaya ushma into Rasavaha and Swedavaha Strotas. The obstruction occurs in a Strotas, Agni get diminished, and manifest the Jwara.

**Samanya Jwara Chikitsa**
The principles of Jwara chikitsa have been described in Ayurveda which is Laghu Aparatapana, Kashayapaapan, Abhyanga, Sneha, Sweda, Pradeha, Parishika, Lepana, Vaman, Virechana, Aasthapana, Anuvasan, Nasya, Dhupa, Dhuma and Sarpi Pana in Chronic fever. [18][19]

**Shadangpaniya**

**Table 3: Rasapanchaka of Sadangpaniya.**

<table>
<thead>
<tr>
<th>Herb</th>
<th>Rasa</th>
<th>Guna</th>
<th>Veerya</th>
<th>Vipaka</th>
<th>Prabhaya</th>
<th>Doshaghunta</th>
</tr>
</thead>
<tbody>
<tr>
<td>Musta</td>
<td>Tikta, katu</td>
<td>Ruksha Laghu</td>
<td>Sheeta</td>
<td>Katu</td>
<td>Grahi, Dipana, Pachana, Lekhana</td>
<td>Kapha-Pitta Hara</td>
</tr>
<tr>
<td>Parpatak</td>
<td>Tikta</td>
<td>Laghu</td>
<td>Sheeta</td>
<td>Katu</td>
<td>Trishna Nigravana, Grahi</td>
<td>Kapha-Pitta Hara</td>
</tr>
<tr>
<td>Usheera</td>
<td>Tikta, Madhur</td>
<td>Ruksha Laghu</td>
<td>Sheeta</td>
<td>Katu</td>
<td>Pachana, Stombhana</td>
<td>Kapha-Pitta Hara</td>
</tr>
<tr>
<td>Chandan</td>
<td>Tikta, Madhur</td>
<td>Ruksha Laghu</td>
<td>Sheeta</td>
<td>Katu</td>
<td>Varnya, Dhapraashaman</td>
<td>Kapha-Pitta Hara</td>
</tr>
<tr>
<td>Udichya</td>
<td>Tikta</td>
<td>Ruksha Laghu</td>
<td>Sheeta</td>
<td>Katu</td>
<td>Deepan, pachan, hrallas</td>
<td>Kapha-Pitta Hara</td>
</tr>
<tr>
<td>Nagar</td>
<td>Katu</td>
<td>Guru,Ruksha Tikshana</td>
<td>Usnha</td>
<td>Madhur</td>
<td>Deepana, Bhedan</td>
<td>Vata-Kapha Hara</td>
</tr>
</tbody>
</table>

The overall analysis of the drugs among Shadanga paneeya is as follows.

**Rasa**
Among the six drugs the predominant rasa is tikta (bitter), then madhura (sweet) and followed by katu (pungent) and kashaya (astringent). Tikta rasa is superior to mitigate the Jwara, Pipasa as it does the aamapachana, aamashayakleda nashaka, agni deepaka. Shadanga paneeya is having dominancy of tikta rasa, therefore useful to counteract the samprapti of Jwara. As per Doshaja predominance, tikta mitigate the pitta dosha, Kashaya mitigates the kapha dosha and madhara mitigate the vata dosha. Therefore on analysis of rasa combination of shadanga paneeya, it is useful in all kinds of Jwara.

**Guna (Properties)**
Among the six drugs, the predominant guna is laghu, ruksha, followed by guru and teekshna. Laghu and Ruksha guna having the predominance of vayu, aakasha and agni mahabhusas. These properties are useful in the depletion of aama. Due to these properties, it is useful in santarpanotha Jwara.

Guru property is useful in nourishment as it is having prithvi and aapa mahabhutas predominance. Due to this guna it is useful in kshataj, kshajay and vataj Jwara. Teekshna guna by its nature works rapidly in the body.

Therefore the combination of these properties in shadanga paneeya is applicable in all kinds of Jwara.

**Veerya (Active Principle)**
The predominance of sheeta veerya is present among the drugs of shadanga paneeya along with the lesser proportion of ushna veerya. Jwara is a disease of ushna in nature therefore sheeta veerya drugs are useful in it. Also in conditions like sheetapurvak Jwara (fever with chillis) shadanga paneeya is useful as it contain ushna veerya drug also. Sadangpaniya is useful in vishaja Jwara due to Sheet virya.

**Vipaka**
Sadanga paniya having Katu and madhura vipaka with dominancy of katu vipaka. As katu vipaka does the aamapachana, aamashayakleda nashaka which is useful in all types of Jwara. Madhura vipaka is useful in vataj, bhayaja, and shokaj Jwara. Therefore the vipaka of shadanga paneeya is present in such a way that it is useful in all types of Jwara.

**Karma (Pharmacological action)**
So here the combination involved in shadanga paneeya is effective in dengue, typhoid and exhibiting antimalarial effect. These drugs are also exhibiting the antimicrobial effect by which they are useful in pyrexia caused by the infections of those microbes. Advance researches have also revealed the antipyretic effect of these drugs.
<table>
<thead>
<tr>
<th>Herb</th>
<th>Pharmacological action</th>
</tr>
</thead>
<tbody>
<tr>
<td>Musta (Cyperus rotundus Linn.)</td>
<td>Trishna Nigrahamana</td>
</tr>
<tr>
<td>Parpatak</td>
<td>Duh Prashaman</td>
</tr>
<tr>
<td>Usheera</td>
<td>Aamapachana</td>
</tr>
<tr>
<td>Chandan</td>
<td>Pachana with Pittashaman</td>
</tr>
<tr>
<td>Udichya</td>
<td>Duh Prashaman</td>
</tr>
<tr>
<td>Nagar</td>
<td>Aamapachana, Agnideepana</td>
</tr>
</tbody>
</table>

**Musta (Cyperus rotundus Linn.)**[^16]

The cyperus rotundus tubers from that the isolation of patchoulenone, caryophyllene or-oxide, 10, 12-peroxycalamenene and 4, 7-dimethyl-l-tetralone has been done. These compounds had shown antiprotozoal activities because of the higher effectualness at ECso 2.33 × 10 6 M. The Cyperaceae oil had shown the antibacterial activity among varied microorganisms. The microorganisms viz., klebsiella pneumoniae, Proteus Vulgaris, true bacteria pyogenes, E. coli and P. aeruginosa, S.Aureus were studied by victimization inhibition zone methodology (Aromatogram). The MIC and MBC for every microorganism were calculable. The oil of cyperus rotundus was show associate degree effectualness over the bacterium, during which effectualness was a lot of among the Gram-positive bacterium, as compared to the gram-negative bacterium. The bacterium results in infection within the body. Any infection within the body results in fever, as musta has shown medicinal drug activity for varied microorganisms the drug is beneficial for fever.

**Parpatakata (Fumaria parviflora Lam.)[^17]**

Fumaria indica (parviflora) possesses 2 major phytochemicals Narlum icine and Oxyssanguinarine, these 2 area units efficacious within the inhibition of breakbone fever virus (DENV). The binding affinity is over eight kcal/mol against DENV4- NS4B. These phytochemicals area unit extremely reactive within the binding the pocket of DENV4- NS4B, supported ELUMO, EHOMO and band energy gap.

**Usheera (Vetiveria zizanoides (Linn.) Nash.)[^18]**

Extract of Vetiveria zizanoides at seventy-five mg, 150mg and three hundred mg/ weight unit dose had shown the many reductions within the elevated temperature that was occurred thanks to the shot of yeast suspension (10ml/kg body weight).

The oil of the santalum album had shown an actual antibacterial effect against penicillin-resistant staphylococci auras and antifungal resistant fungus species. The oil additionally exhibits the inhibition against Herpes simplex virus sort one. The santol has shown the anti-influenza activity against the H3N2 virus. wood spirit extract of tree effective against Bacillus subtilis, typhoid bacillus, staphylococci aures and genus Pseudomonas aeruginosa and extremely active against Candida albicans.

**Uddichya (Pavonia odorata Willd.)**

Pavonia odorata has shown a nice anti- microorganism activity against S.aureus, bacterium respiratory illness, Chrysoporum Indicum and Botrydiploida sps.

**Nagar (Zingiber officinale Roscoe.)[^20]**

An ethanolic extract of Canton ginger was shown the medicament, analgesic, antipyretic, antimicrobial and hypoglycemic activities. In rats, the extract of Canton ginger had shown the reduction within the carrageenan-induced paw swelling and yeast-evoked fever. The zingiber officinale had shown the effectualness within the inhibition of the expansion of each Gram-positive and Gram-negative bacterium.

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[^16]: Manish et al. World Journal of Pharmaceutical and Life Science
[^17]: Usheera et al. Journal of Pharmaceutical and Life Science
[^18]: Parpatakata et al. Journal of Pharmaceutical and Life Science
[^20]: Nagar et al. Journal of Pharmaceutical and Life Science

**DISCUSSION**

Jwar is described in Ayurveda separately. Rasawaha and Swedavaha Srotas involve in the Samprapti of Jwar. The Jwar is originated from the stomach. Aam is the main cause of Jwar. The treatment principle as per prodromal signs, aamavastha has been described. its administration of specific medicine as per the dosha involvement in the prodromal stage has been described viz., vataj- pure ghee, pitaj- virechana, kaphha – mrudu prachachardhana.

The paneeya has been mentioned in charaka samhita in Jwara as, as Ushna jala in vata kapha Jwara, Tikkata shruta sheeta jala in madyaja and paittika Jwara, Shadanga Paneeya in all kinds of Jwara. Shadanga contains six drugs, viz., musta, parpatak, usheera, chandana, uddichya, nagar. The conceptual analysis of shadanga paneeya in context with their Rasa, Guna, Veerya, Vipaka, Karma highlights the applicability in all kinds of Jwara.

Shadanga contains six drugs, viz., musta, parpatak, usheera, chandana, uddichya, nagar. Every drug had shown the antimicrobial effect in a different spectrum. The microorganisms are responsible for the infection which in turn induces the fever. Hence the inhibition of the microorganism will control the infection and help in the reduction of fever.

The Cyperus rotundus was shown efficacy over the Gram-positive bacteria and Gram-negative bacteria. Parpatakata is efficacious in the inhibition of the dengue virus (DENV). Usheera is efficacious in fever due to yeast. Uddichhyaa is effective against S.aureus, Diplococcus pneumonia, Chrysoporum Indicum and Botrydiploida sps. The Santalum album is effective against Methicillin-resistant Staphylococcus aureus and antimiotic resistant Candida species Herpes simplex virus Type 1e, H3N2 virus, Bacillus subtilis, Salmonella typhi, Staphylococcus aureus and Pseudomonas aeruginosa, Candida albicans. Zingiber officinale had shown the reduction in yeast-induced fever and show the inhibition of the growth of both Gram-positive and Gram-negative bacteria.
Shown in researches the antipyretic effect ranging from dengue, malaria, typhoid to an exhibition of antimicrobial effect.

CONCLUSION

**Shadanga paneeya** is a unique combination of different herbs, which under its combination of different Rasa, Guna, Veerya, Vipaka useful in all kinds of Jwara. The combination possesses the antipyretic effect in all kinds of fever which are originating from the viral, bacterial and parasitic origin. Therefore this is to conclude that **shadanga paneeya** as the adjuvant medicated liquid is useful in all kinds of Jwara.

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