



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. *Sadangpaniya* 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*, *Sadand-paniya* 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*, *sannipataja Jwara*.^[5] *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 mithyayoga* (improper application of oleation, sudation), *Abhighaat*(Trauma), *Rogothana prapakata* (at the occurrence of disease), *Sharma* (fatigue), *Kshaya* (wasting of body tissues),

Ajeerna (indigestion), visha (poison), satmya viparyaya (ingestion of unwholesome food), rutu viparyaya (not following the seasonal regimen), oushadhi pushpa gandha (inhale the medicated flowers), shoka (grief), nakshatrapeeda (the curse of stars), abhichar (improper social behavior), abhishap (curse from other people), manasika abhishang (psychological disturbances), Apprajata (not having normal labor), ahita sevana prajata (not following the postnatal care), stanyaavataran (lactation).^[6]

Purvarupa (Prodromal sign)

Aalasya, nayanarava, jrumbha, klama, bhakta dwesha, gourava, avipaka, aasyavairasya, balahani, varnahani, alpa sheela vaikruta 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.

Table 3: Rasapanchaka of Sadangpaniya.

Herb	Rasa	Guna	Veerya	Vipaka	Prabhava	Doshaghta
Musta	Tikta, katu kashaya	Ruksha Laghu	Sheeta	Katu	Grahi, Dipana, Pachana, Lekhana	Kapha-Pitta Hara
Parpatak	Tikta	Laghu	Sheeta	Katu	Trishna Nigrahana, Grahi	Kapha-Pitta Hara
Usheera	Tikta, Madhur	Ruksha Laghu	Sheeta	Katu	Pachana, Stambhana	Kapha-Pitta Hara
Chandan	Tikta, Madhur	Ruksha Laghu	Sheeta	Katu	Varnya, Dahaprashaman	Kapha-Pitta Hara
Udichya	Tikta	Ruksha Laghu	Sheeta	Katu	Deepan, pachan, hrallas	Kapha-Pitta Hara
Nagar	Katu	Guru, Ruksha Tikshana	Ushna	Madhur	Deepana, Bhedan	Vata-Kapha Hara

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 kashay (astringent). Tikta rasa is superior to mitigate the Jwar, 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 madhura 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, aakash and agni mahabhutas. These properties are useful in the depletion of aama. Due to these properties, it is useful in santarpanottha Jwara.

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

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 Apartapan, Kashayapaan, Abhyanga, Sneha, Sweda, Pradeha, Parisheka, Lepana, Vaman, Virechana, Aasthapana, Anuvasan, Nasya, Dhupa, Dhuma and Sarpi Pana in Chronic fever.^[18,19]

Shadangpaniya

The Sadangpaniya prepared with six medicinal herbs viz., Musta,^[10] Parpatak,^[11] Usheera,^[12] Chandana,^[13] Uddichya,^[14] Nagar.^[15] Rasapanchaka and Doshagnata are described in table no 3.

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 chills) shadanga paneeya is useful as it contain ushna veerya drug also. Sadangpaniya is useful in vishaja Jwar 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.

Herb	Pharmacological action
Musta	Trishna Nigrahana
Parpatak	Dah Prashaman
Usheera	Aamapachana
Chandan	Pachana with Pittashaman
Uddichya	Dah Prashaman
Nagar	Aamapachana, Agnideepana

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

The cyperus rotundus tubers from that the isolation of patchoulone, caryophyllene or-oxide, 10, 12-peroxy-calamenene and 4, 7-dimethyl-1-tetralone has been done. These compounds had shown antiprotozoal activities because of the higher effectualness at EC₅₀ 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 shown 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.

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

Fumaria indica (parviflora) possesses 2 major phytochemicals Narlum icine and Oxysanguinarine, 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 aureus 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 aureus 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, Chrysoporium Indicum and Botrydiplodia 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.

Grammar Check Re-write Again DISCUSSION

Jwar is described in Ayurveda separately. Rasawaha and Swedavaha Strotas 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, pittaj- virechana, kaphaja – mruudu prachachardhana.

The paneeya has been mentioned in charaka samhita in Jwara as, as Ushna jala in vata kapha Jwara, Tiktaka 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. Parpataka is efficacious in the inhibition of the dengue virus (DENV). Usheera is efficacious in fever due to yeast. Uddichhya is effective against S.aureus, Diplococcus pneumonia, Chrysoporium Indicum and Botrydiplodia sps. The Santalum album is effective against Methicillin-resistant Staphylococcus aureus and antimitotic resistant Candida species Herpes simplex virus Type 1e, H3N2 virus, Bacillus subtitles, 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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