

DRUG REVIEW ON “SHARAPUNKHA”

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ABSTRACT

Immunity plays a very important role in the general complex of mechanisms of insusceptibility, also the many years' experience in the use of vaccines i.e. immunizations contributed much to the decrease in mortality. To boost immunity *Ayurveda* describes *Rasayana Chikitsa*, it is the restorative remedy for promotion of health, longevity, and immunity. So *Rasayana* told by the *Ayurveda* are useful in the conditions like, immune compromised diseases. *Sharapunkha* is one of the plant origin drugs, which had been mentioned for its varied benefits in the classical literature of *Ayurveda*. Various *nighantus* have mentioned that the drug *Sharapunkha* is having *Rasayana*, *Vajeekarana*, and *pleehaghna* property in it.

Key words: *Sharapunkha*, review of the drug, classical background

INTRODUCTION

Ayurveda, the knowledge of life science bestowed health and longevity in the form of preventive and curative measures. The curative aspects are mainly covered by *Dravya chikitsa* (treatment using drugs). As diseases are born with human, there is always a search for safest curative drugs. *Sharapunkha* is one of the plant origin drugs, which had been mentioned for its varied benefits in the literature of *Ayurveda*. Its leaf, root, whole plant is being used in many diseases such as Spleenomegaly, Scrofula, Gulma, Cough, Worms along with this it can also be used in Wound healing, Rat poisoning, difficult labour, Retention of semen etc. There are many drugs are mentioned as *Rasayana* in *Ayurvedic* classics. Among them *Tephrosia perpurea Pers* is the one. It is having *Tikta-Kashya Rasa*, *Laghu Guna*, *Ushna Veerya* and *Katu Vipaka*.

“*Sharapunkha katushna cha krimivatarujapaha | Shweta twesha gunadhya syat prashasta cha rasayane*”// mentioned by *Raja nighantu*

DRUG REVIEW:

SAMHITA KALA: In *Sushruta Samhita Kalpasthanas* 7th chapter *Sharapunkha* is mentioned to be used in ‘*Alarka visha*’. *Sharapunkha 1 karsha and Dhattura half karsha*. This remedy will destroy *Alarka vish* (Rabis) just like the wind destroy the clouds. The drug should be given internally with *Tandulodak* or with *Tandula* (rice) ¹ *Acharya Vagbhata* has also described *Sharapunkha*, in the treatment of Scrofula. *Sharapunkha* root pounded with rice water is used as snuff or paste.² It cures dirty wounds, scrofula, poison and organisms. Also in rat poisoning, powder of *Sharapunkha* should be taken with buttermilk.³

NIGHANTU KALA^{4,5,6,7} Table no.1 VARGA

NIGHANTU	VARGA
<i>Raj nighantu</i>	<i>Shatavhadi varga</i>
<i>Bhavaprakash nighantu</i>	<i>Guduchyadi varga</i>
<i>Nighantu adarsha</i>	<i>Palashadi varga</i>
<i>Priya nighantu</i>	<i>Shatapushpadi varga</i>
<i>Madanpal nighantu (Materia medica)</i>	<i>Abhayadi varga</i>

HABITAT:^{8, 9} The drug Sharapunkha found throughout India, especially in Southern India. It grows on hard stony ground and it is too difficult to be rooted.

COLLECTION:¹⁰ The best season for collection of root is Greeshma and Shishira ritu.

SANSKRIT NAME:¹¹ 'SHARAPUNKHA'

Shara is derived from – "Shru Gi Hrinse + Hridho rap" dhatu meaning Bana i.e. Arrow

Punkha is derived from – "Punka i.e Khana + Da" dhatu meaning kandmoola.

SYNONYMS:^{4, 5, 6, 7, 9, 10, 14, 15} Table no.2 SYNONYMS

BOTANICAL NAME:¹² Tephrosia perpurea Pers, Tephrosia – Tephros (Greek) Ash grey

Perpurea – Perpurea (Latin) Purple.

SYSTEMIC POSITION:¹³

Kingdom: Plantae, Division : Angiospermae, Class: Diacotyledonae, Subclass : Polypetaly, Series: Calyciflorae, Order: Rosales, Family : Leguminosae, Sub family : Papilionaceae/ Fabaceae, Genus: Tephrosia, Species : Purpurea

Sr.no	Synonyms	RN	PN	BN	NA	PVS	MN	IMM	WI	AN
1	<i>Sharapunkha</i>	+	+	+	+	+	+	+	+	+
2	<i>Kandapunkha</i>	+	--	--	--	--	--	--	--	--
3	<i>Banapunkha</i>	+	--	--	--	--	--	--	--	+
4	<i>Ishupunkha</i>	+	--	--	--	--	--	--	--	+
5	<i>Shwetaadhya</i>	+	--	--	--	--	--	--	--	--
6	<i>Seetasayaka</i>	+	--	--	--	--	--	--	--	--
7	<i>Seetapukha</i>	+	--	--	--	--	--	--	--	--
8	<i>Swetapunkha</i>	+	--	--	--	--	--	--	--	--
9	<i>Shubhrapunkha</i>	+	--	--	--	--	--	--	--	--
10	<i>Swetasharapunkha</i>	+	--	--	--	--	--	--	--	--
11	<i>Pleehashatru</i>	--	--	+	--	--	--	+	--	--
12	<i>Neelivrikshakriti</i>	--	--	+	+	--	--	+	--	--
13	<i>Pleehari</i>	--	--	--	+	--	+	--	--	--
14	<i>Mashika</i>	--	--	--	--	+	--	--	--	--
15	<i>Trishtika</i>	--	--	--	--	+	--	--	--	--
16	<i>Kalashaka</i>	--	--	--	--	--	+	--	--	--
17	<i>Kalaka</i>	--	--	--	--	--	+	--	--	--

18	<i>Manika</i>	--	--	--	--	--	--	--	--	+
19	<i>Sayakapunkha</i>	+	--	--	--	--	--	--	--	--
20	<i>Banaparni</i>	--	--	--	--	+	--	--	--	--

ETYMOLOGICAL DERIVATION:

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- *Sharapunkha* – After pulling apart a single leaf by holding its two ends, it will separate in two parts taking the shape of arrow's feathered hind. So it is called as Sharapunkha.
- *Neelivrikshakriti* – Its herb resembles to the Neeli herb.
- *Neelikakritipatra* – Its leaf resembles to the leaves of Neelika.
- *Shimbiphala* – It belongs to leguminosae family and the herb gives small legumes.

- *Baanapunkha* – After pulling, the leaf separates in the shape of arrow's feathered hind.
- *Ishupunkhika* -- After pulling, the leaf separates in the shape of arrow's feathered hind.
- *Rakthapushpa*— It flowers in red colored small flowers.
- *Pleehari* – It is one of the best medicines in spleen and liver diseases.
- *Pleehashatru* -- It is one of the best medicines in enlargement of spleen.
- *Manika (neelika)* – It resembles like Neeli.

VERNACULAR NAME: ^{8,9}Table no.3 VERNACULAR NAMES

Bengali	<i>Sarphoka, Ban-nilgachh</i>
English	<i>Purpal tephrosia</i>
Gujarati	<i>Thila, Jhila, Ghila</i>
Hindi	<i>Saraphonkha</i>
Kannada	<i>Kaggi</i>
Marathi	<i>Sharapunkha</i>
Malayalam	<i>Kozhinnila, Kazunnilla</i>
Oriya	<i>Kolothiyapokha, Soropokha</i>
Panjabi	<i>Sarapankha, Jhojhru</i>
Tamil	<i>Kolluk-kay-velai</i>
Telugu	<i>Tella vanpali, Vempali</i>

TYPES OF SHARAPUNKHA: ^{4, 5, 6, 7, 10}Table no.4 TYPES

Name of Text	Types
<i>Raja Nighantu</i>	<ul style="list-style-type: none"> i. <i>Sweta sharapunkha</i> ii. <i>Raktha sharapunkha</i> iii. <i>Kantakipunkha</i>
<i>Bhavaprakash Nighantu</i>	<ul style="list-style-type: none"> i. <i>Sharapunkha</i> ii. <i>Sweta sharapunkha</i>
<i>Priya Nighantu</i>	<i>Sharapunkha</i>

<i>The wealth of India</i>	i. <i>T. purpurea</i> iii. <i>T. spinosa</i> v. <i>T. vogelii</i> vii. <i>T. grandiflora</i> ix. <i>T. hookeriana</i> xi. <i>T. tinctoria</i>	ii. <i>T. singapou</i> iv. <i>T. villiosa</i> vi. <i>T. bractiolata</i> viii. <i>T. hirta</i> x. <i>T. incana</i> xii. <i>T. uniflora</i>
<i>Nighantu Adarsha</i>	i. <i>Shweta</i> ii. <i>Raktha</i>	

MORPHOLOGY: ¹⁷

- Plant type – It is perennial herb. A copiously branched, sub erect, herbaceous Perennial plant with slender firm terete glabrescent branches
- Leaves – 6 to 12.5mm long, short petioles
- Leaflets – Opposite, usually numerous (rarely 1-3), parallel veined, often silky beneath
- Stipules – Salacious leaflets 13 to 21, narrowly oblanceolate, green and glabrescent above, glaucous and obscurely silky beneath.
- Raceme – 6.5 to 12.5 cm long, all leaf opposed.
- Flower – Fascicled, pedicles short, bracteolate, minute.
- Calyx – As long as the pedicels, densely silky, teeth linear, as long as the tube
- Corolla – Red, thinly silky
- Style – Glabrescent
- Stigma – Pedicillate
- Pod – Long, glabrescent, slightly curved, 6 – 8 seeded
- Petals – Clawed, standard, sub orbicular, wings obliquely, obviate open or oblong
- Stamens – Diadelphous when the flower is fully open
- Anthers – Obtuse, uniform
- Ovary – Sessile, ovules many
- Root – Is 6 to 10cm long, whitish in color, lees branched, slightly hard in consistency.

PROPERTIES: ^{4, 5, 6, 14, 15} Table no.5 PROPERTIES

Text	NA	BN	RN	MN	PVS
<i>Rasa</i>	<i>Tikta, Kashaya</i>	<i>Tikta, Kashaya</i>	<i>Katu</i>	<i>Tikta, Kashaya</i>	<i>Tikta, Kashaya</i>
<i>Guna</i>	--	<i>Laghu</i>	--	<i>Laghu</i>	<i>Laghu, Ruksha, Tikshna</i>
<i>Virya</i>	<i>Ushna</i>	<i>Ushna</i>	<i>Ushna</i>	--	<i>Ushna</i>
<i>Vipaka</i>	<i>Katu</i>	--	--	--	<i>Katu</i>
<i>Prabhava</i>	--	--	--	--	<i>Pleehaghna</i>

KARMA: ¹² *DOSHA* – *Vata Kaphahara*, *DHATU* – *Rasa, Rakta*, *MALA* – *Purisha (Vermicidal)*

USEFUL PART: ^{4, 5, 6, 14} Table no.6 PARTS USED

Sr.no	Nighantu	Part
1	<i>NA</i>	Root

2	RN	Root
3	PVS	Root
4	BN	Root, panchanga

MATRA:¹² (Dose)

- Powder – 3 to 6 grams
- Juice – 12 to 24 ml
- Kshar – 1 to 2 grams
- Vishesa yoga: Sharapunkha kshara, Liv52

USES:³ **EXTERNAL:**

- Scrofula – Sharapunkha root pounded with rice water is used as snuff or paste. It cures dirty wounds, scrofula, poison, and organisms
- Accidental wounds – Juice coming out of the root of Sharapunkha chewed by teeth, that should be applied to the wound
- Difficult labour – The women delivers easily by keeping Sharapunkha roots within hair.
There comes no difficulty in labour, if the women takes Sharapunkha juice as snuff.
- Cough – Inhalation of the smoke of Sharapunkha is an excellent remedy for cough.
- Worms – Sharapunkha root pasted on abdomen expels worms
- For retention of semen – Root of white Sharapunkha kept in mouth and application of its paste made with sour gruel retains semen.

INTERNAL:

- Spleenomegaly – Root of *Sharapunkha* chewed and swallowed alleviates spleenomegaly. Paste of *Sharapunkha* should be taken with buttermilk, it cures the disorder.
- Wound healing – *Sharapunkha* mixed with honey heals all type of wounds.

- Rat poisoning – Powder of *Sharapunkha* seeds should be taken with buttermilk.
- Diseases of teeth – Crushed root of *Sharapunkha* kept under the teeth before brushing, controls the diseases of teeth.
- *Gulma* – Ash of *Sharapunkha* and *Haritaki* powder, both in equal quantity should be taken in dose of 2.5grams. It destroys *Gulma*.

CHEMICAL COMPOSITION:^{18, 19}

- Roots – Isolonchocarpin, pongamol, lanceolatin-A, lanceolatin-B, karanjin, karanjone, -sitosterol.
- Leaves - -sitosterol, lupeol
- Flowers – Delphinidin chloride, cyanidine chloride
- Seeds – Caffeic acid

ECONOMICAL IMPORTANCE:¹⁰

- The herb is cultivated as a green manure in paddy fields and in coconut and banana plantations in the other countries.
- The herb is said to be used as a fodder in India.
- The seeds are reported to be used as a substitute for coffee.
- The leaves yield a coloring matter, which gives excellent and comparatively fast shades.

DISCUSSION ON REVIEW OF LITERATURE

The overall survey of literature is that the plant is familiar to ancient *Acharyas* since time immemorial and is being therapeutically used for curing varying ailments like Spleenomegaly, Scrofula, *Gulma*, Cough, Worms along with this it can also be used in Wound healing, Rat poisoning, dif-

ficult labour, Retaintion of semen. A *Vagbhata* included it under the treatment of Scrofula. The detail description of *Sharapunkha* is available in different *Nighantus*. In *Raj Nighantu* it is included under *Shatavhadi varga* and described its three types and Guna Karma. In *Bhavaprakasha Nighantu*, it is included under *Guduchyadi Varga* and explained about its *Rogagnata*. In *Nighantu Adarsha Sharapunkha* is described in '*Palashadi Varga*'. In *Priya Nighantu* it is included under '*Shatapushpadi Varga*' along with etymology and derivation. In *Madanapala Nighantu* it is included under '*Abhyadi Varga*'.

Majority of *Acharyas* have accepted the *Rasa Panchaka* of *Sharapunkha* as –

- **Guna** – *Laghu*;
- **Rasa** – *Tikta Kashaya*;
- **Virya** – *Ushna*;
- **Vipaka** – *Katu*;
- **Prabhava** – *Pleehaghana*
- **Useful part** – *Panchanga, moola*. As per the definition of *Rasayana* in *Ayurveda* it is one of the way to boost the immunity. So the particular drug and its use as *Rasayana* is given. Also the *Tridoshas of Bala i.e. Ojas* are nothing but immune system disorders, such as – *Vistramsa* (Dislodged immunity), *Vyapata* (Immune disorder), *Kshya* (Diminished immunity)

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