

**RESEARCH ARTICLE ON PATHA WITH SPECIAL REFERENCE TO  
STANYASHODHANA FROM THE VIEW OF SAMHITA A  
LITRERARY REVIEW**

**Ajaya D. Yerne<sup>1\*</sup>, Arun U. Bhatkar<sup>2</sup> and Mrunal R. Akre<sup>3</sup>**

<sup>1</sup>Principal, Sarvapalli Radhakrishnan Ayurveda Medical College, Hospital and Research  
Institute, Bhopal (M.P.)

<sup>2</sup>Asso. Prof. and HOD, Samhita Siddhanta, Government Ayurveda College & Hospital,  
Nagpur (M.S).

<sup>3</sup>Assist. Prof, Dravyaguna, Global Institute of Ayurveda, Rajkot (Gujrat).

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**\*Corresponding Author**

**Dr. Ajaya D. Yerne**

Principal, Sarvapalli  
Radhakrishnan Ayurveda  
Medical College, Hospital  
and Research Institute,  
Bhopal (M.P.)

**ABSTRACT**

Patha is one of the significant Ayurveda medicine which help in recovering impurities of mother milk during lactational period, Patha is indicated as Stanyashodhana, digestive, appetite stimulant as well as healing medicine in abscess i.e. vranropana. It is one of the best drug from *Stanyashodhanamahakashaya*, which means Galacto purifies during breast feeding. Also it is one of the best drug from *jwarharamahakashaya* which is useful in treatment of different types of fever. This review of *Cissampopareira. Linn* through its various indications are in use, controlled trial are needed to determine its real efficacy. The Patha plant, its properties, mechanism of action & clinical uses are briefly reviewed in this article.

**KEYWORDS:** *Patha, Stanyashodhana, Cissampelos pareira.*

**INTRODUCTION**

*Patha* is the most effective drug in case of impurities in human mother milk ie. in stanyadoshas during breast feeding to a new born baby. It is helpful in wound healing, skin diseases, can be apply internally and externaly. It is diuretic also useful in treatment of urine infections. It also works on insect bites as forensic medicine, helps in curing worms infestation, also in vishamjwara, only scattered information exploring the drug is available

and there is need to assemble it. So to revalidate the therapeutic claims of *Patha* in the light of contemporary experimental and clinical studies this review was carried out.

Literature- *Samhitas*, *Nighantus* and contemporary Text and Online studies available on *Patha*. The current work appears to be first of its kind and can be considered as a reference standard for future studies.

## MATERIAL AND METHODOLOGY

### Search criteria

Information collected from Vedic literature, also from *Brihatryai-Charak Samhita*, *Sushrut Samhita* and *Vagbhatta, Laghutrayai – Madhav Nidana, Sharangdhar Samhita*, and *Bhavprakash*; and various *Nighantus* and few published review articles, journals and research articles reference of these were collected.

### Methodology

All **Brihatryai- Charak and Vagbhatta Samhita** mentioned *Patha* as best Galactopurifiers in various stanyadoshas, works as best smriti and buddhiwardhaka i.e. brain tonic, also in menstrual disorders etc. along with other therapeutic attributes. Moreover Charaka has expounded.

### *Stanyashodhana mahakashaya i.e*

**Galacto–** Purifiers in various disorders due to its *Katu & Tiktaras, Laghu, Ushna Guna* has described in *Samhita*. *Sushrut Samhita* has considered *Stanyashodhan* explained in *Mustadigana* and best *vranropana* also.

### Systemic classification of *patha*

#### *Ayurveda*

#### *Classificaion*

**Charaka-** *Sandhaniya, Jwarhar, Stanyashodhan*

**Sushruta-** *Mustadi, Ambhastadi, Aragwadhadi, Pippalyadi, Patoladi, Bratyadi.*

**Vagbhatta-** *Mustadi, Aragvadhadi, Ambhashtadi, Patoladi, Vatsakadi*

**In vedic literature patha is describe as Pata with synonyms like-** *Uttanparna, Devajuta, Sahamana, Sahiyas, Shasvata. Vedic text cotated it as Vireyavati, Vishaghna, Rakshogna, Medya, Kamyas, Garbhasthapan. Rigveda mentioned it as Vashikarana and Saptanibandhana. In Atharvheda it is utilized it as Medya that conquers debatets.*

*Varieties*

*Charaka has mentioned 2 varieties*

*Laghuatha*

*Rajpatha*

**Botanical****Cissampelos pareira**

**Kingdom-** Plantae

**Sub kingdom-** Spermatophyta

**Division-** Angiospermia

**Class-** Dicotyledonae

**Sub- Division-** Thalamiflorae

**Natural order-** Menispermaceae

**Genus-** Cissampelos

**Species-** Pareira

**Family-** Menispermaceae

***Morphology***

*Cissampelos pareira* Linn (family: Menispermaceae) is a perennial climbing herb/shrub with small greenish-yellow flower. It belongs to the genus *Cissampelos*, of which 30-40 species are distributed in the tropical and subtropical world. One species is found in India.<sup>[1]</sup> It was first described from Latin America, but actually occurs throughout the tropics. *Cissampelos pareira*, commonly known as *Bhatindupat* in Punjab, is a perennial climbing shrub with small greenish-yellow flowers, palatte or orbicular-reniform, ovate-sub-reniform leaves with truncate cordate base, glabrous, or hairy above up to 3-12 cm long. *Cissampelos pareira* is very widespread and locally common. It is used locally to cure gastrointestinal complaints such as diarrhea, dysentery, ulcers, colic, intestinal worms and digestive complaints, and also urogenital problems such as menstrual problems, venereal diseases, infertility, uterine bleeding, and threatening miscarriage.<sup>[2]</sup> A rhizome decoction or leaves are also widely taken or externally applied as febrifuge and stomachic, and against cough, heart trouble, rheumatism, jaundice, snake bites, and skin infections such as sores, boils, scabies, and childhood eczema.<sup>[3,4]</sup> Tribal people in India use the plant to prevent pregnancy.<sup>[5,7]</sup>

### Controversy

In the market, three plants *Cissampelos pareira*, *Cyclea peltata*, and *Stephania japonica* (Fam. Menispermaceae) are being used as a source of Patha. Standardization problem of *Cissampelos pareira* is encountered in proper identification of the source plant.

The compounds isolated from *C. pareira* includes alkaloids such as bebeerine, bebecrine, buxine, cissampareine, cissamine, cycleanine, d-4"-O-methylbebeerine, dehydrodicentrine, dicentrine, grandirubine, haytinin, haytidin, isochondrodendrine, isoimerubrine, isularine, pareirubrine A and B, pareirubrine, pareitropone, and tetrandine; flavone cissampeloflavone; quercetin such as 2-(3,4-dihydroxyphenyl)- 3,5,7-trihydroxy-4H-chromen-4-one; fatty acids such as linoleic acid, arachidic acid and stearic acid; sterols such as  $\beta$ -sitosterol and other compounds including bulbocaprine, corytuberine, curine, cyclanoline, dimethyltetrandrinium, laudanosine, magnoflorine, menismine, norimeluteine, norruffscine, nuciferine, and quercitol.<sup>[8,9,10,11,12,13]</sup> phenols, alkaloids, flavonoids, saponins, tannins, terpenoids, sterols, cardiac glycosides, phylobatannins, resins, and sterols, and free and bound anthraquinones present in *C. pareira*.<sup>[14]</sup>

### Synonyms<sup>[15]</sup>

**Sanskrit:** Ambhashtaki

**Assamese:** Tuprilata

**Bengali:** Akanadi, Patha

**English:** Velvet leaf

**Gujrati:** Kalipath, Karondhium, Karondium, Venivel, Karedhium

**Hindi:** Patha, Padh, Akanadi

**Kannada:** Pahadavela, Agalushunthi

**Kashmiri:** Pad

**Malayalam:** Patha

**Marathi:** Pashadvel, Paharrel, Pahadavel, Padali

**Oriya:** Kanabindhi, Patha

**Punjabi:** Patha

**Tamil:** Vatta tiruppi

**Telugu:** Adivibankatiga, chiru boddi, Boddi tiga

### Identity, Purity and Strength

Foreign matter Not more than 2 per cent.

Total Ash Not more than 7 per cent.

Acid-insoluble ash Not more than 1 per cent.

Alcohol-soluble extractive Not less than 11 per cent.

Water-soluble extractive Not less than 13 per cent.

**Constituents:-** Alkaloids, saponin and quaternary ammonium bases, flavonol and sterol.

### **Properties and Action**

**Rasa:** Katu, Tikta

**Guna:** Laghu, Ushna

**Virya:** Ushna

**Vipaka:** Katu

**Karma:** Bhagnasandhakar, Grahi, Raktashodhaka, Vishaghna, Tridoshashamana, Stanyasodhana

**Therapeutic uses:-** Balroga, Atisaarjra, Chardi, Jvara, Kasa, Stanyadushti, Kushta

DOSE - 3-6 g of the drug in powder form.

### **Main Yog and Its uses**

Some important Yog in which Patha is used as one of the best contain for treatment in various diseases. They are as follows:-

The main use of Patha is Galacto purifies which means milk of feeding mother during post natal care get purified with help of stanyashodhana Mahakashaya. It also purifies blood also called rakshodhana and works on Vat, Pitta, Kapha shaman.

It is considered in Tiktaskandha and Kashaya skandhana drugs, kushtadhy tail in kushthavyadhi, jwornashakkashaya in jwara as well as vishamjwornashakkwath in vishamjwara, in shakwarg.

Patha is used in Hingwadichurna, kapha pramehnashak yog and pitta pramehnashak yog in pramehalso, Lodhrasav and Madhvasav, kanakshiri tail, Mahatiktak ghrut, Pathadichurna pathadikwath and yog.

Mahapanchgvy ghruth, Urahkshatchikitsa, punarnavadhyarishta, Krushnadichurna, Kshargudika, Trayushnadhyachurna, Arshovednanashak yog, Anuloman Yog, chavyadighrut, Nagaradhya Ghrut, Tritiyapipalyadhighrut, Phalarisht, Dwiphalarisht, Kanakarisht in

Raktarshriberadighrut, Sunishnak Changerighrut, Abhayadi churna, Pippalyadhya churna, Chandanadhya churna, Nagradhya churna, Vachadhyadhi Churna, Agnidipakdravya, Pippalimuladhyakshar, Duralabhadhya kshar, Chaturth avum Pancham kshar, Vyoshadhyaghurut, Pathadhyasav, Tryuushdhyaghurt, Pathadikalk, Dwipanchmulyadhi ghrut, Guduchyadhi ghrut, Kaasmardadi ghrut, Jeevantyadhileh, Atisaarupyogishaak, Paramagad (Vachadiyog), Amrutghrut, Pashanbhedadi churna, Patadhi tail, tejovhyadi churna, Kalak churna, Katukadhikwath, Mukhpak Prakshalanarth, Swarnshiryadhichurna, Piluparnyadhitail, Vidangadhi tail, Hemantkalik virechan, Koshatkadi niruh basti, Panchmuladi basti, Raasnadi niruh basti, etc.

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3/199;3/201;3/204;3/212;5/79;6/27;6/28;6/32;6/42;7/103;7/113;7/144;8/126;8/128;10/20;  
11/16;12/34;12/40;12/43;14/63;14/70;14/91;14/99;14/100;14/101;14/108;14/111;14/149;  
14/154;14/154;14/160;14/196;14/231;14/238;15/103;15/106;15/125;15/129;15/134;15/13  
5;15/142;15/146;15/174;15/180;15/187;15/189;16/119;16/122;17/106;17/38;18/39;18/11  
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6/87;26/145;26/188;26/190;26/194;26/201;26/204;27/33;27/36;27/40;30/90;30/266;30/27  
6;30/277;
5. Kalpasthan:-1/25;7/56;
6. Siddhisthan;-3/54;3/57;3/59;4/18;12/53;

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35;20/4;22/24;22/53;22/54;22/74;37/12;37/15;37/36;38/59;38/64;38/105
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40/153;41/47;42/49;42/111;52/29;52/34;52/38;52/42;57/10;61/35

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4. Kalpasthan-2/26; 4/17;4/35;4/37
5. Uttarsthan-1/45;2/10;2/24;2/25;2/35;2/37;2/46;2/76;3/53;7/21;22/9;22/38;22/49;22/50;22/56;22/74;22/98;22/99;28/34;28/30;28/19;34/45;35/21;36/71;37/28;37/74;39/155

**DISCUSSION**

While studying the literature of Patha, it was found that Patha is used in many general health condition to cure different type of skin diseases, very useful in wound healing, as it is bitter in taste. It is a natural good digestive tonic as well as best in worms infestation. It can be used as good blood purifies and anti-inflammatory, appetite stimulant. It can be used as best galacto purifies. Patha is one of the important drug explained by Acharyas. It is described in Sandhaniya, jwarhar, stanyashodhan, Mustadi, Ambashthadi, Patoladi, Vatsakadi, etc with numerous synonyms and basonyms.

**CONCLUSION**

Patha is a common drug used in many Ayurvedic preparations which needs to be focused. So all the available literature was studied and compiled in brief for scholars, students and researchers so as to save time and increased the value of work. It is used as appetizer and many more products can be prepared by the *Cissampelos pareira*.

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