

SARIVADYASAVA: A MEDICO REVIEW

*Dr. Geeta Parulkar

India.

Article Received on
03 Oct. 2016,

Revised on 23 Oct. 2016,
Accepted on 13 Nov. 2016

DOI: 10.20959/wjpr201612-7435

*Corresponding Author

Dr. Geeta Parulkar

India.

INTRODUCTION

“Sarivadyasava” is an Ayurvedic medicine in liquid form. It is used for the treatment of many skin diseases, like Psoriasis, Eczema and Vitiligo etc. Also, it is indicated in Prameha (Urinary disorders/Diabetes) and Vatarakta (Gout). The main ingredient of Sarivadyasava is ‘Sariva’ (*Hemidesmus indicus*), information about it just below:

Characteristics of Sariva

Botanical name: *Hemidesmus indicus*.

Family: Asclepidaceae.

Vernacular names

- **Hindi:** Anantamul.
- **English:** Indian Sarsaparilla.
- **Marathi:** Upalsari.

Synonyms

Ananta, Anantamula etc.

Classical Categorization

- **According Charakasamhita:** It acts as Jwarahara, Dahaprashamana, Purishasangrahaniya, Stanyashodhana, Madhura skandha.
- **According to Sushrutasamhita:** It is mentioned in Sarivadi, Vidarigandhadi, Vallipanchamula ganas.
- **According to Vagbhatasamhita:** It is mentioned in Sarivadi gana.

Major Chemical Constituents

Hyperoside, Rutin, Desinine, Hexatriacontane, Beta-sitosterol, Hemidesminine,

Hemidesmine-1, Hemidesmine-2.

Properties

- **Rasa:** Madhura, Tikta.
- **Guna:** Guru, Snigdha.
- **Virya:** Shita.
- **Vipaka:** Madhura.
- **Karmas:** Tridosahara, Grahi.

Indications

Beneficial in Jwara(Fever), Kandu(Itching), Prameha(Urinary disorders/ Diabetes), Kasa (Cough), Shwasa(Asthama), Pradara(Gynaecological disorders), Aruchi(Anorexia) and Atisara(Diarrhoea).

Previous Research on Sariva

(As per Ayush Clinical Research Publication)

- The aqueous Extract caused a slight increase in the urinary flow in rats (Satoskar et al., 1962).
- The PE, chloroform and alcoholic extracts of roots showed anti-bacterial activity agaisned Staph. Aureus, Staph. Adbus, Sal. Typhosa, Vib. Cholera, Esch. Coli etc. (ICMR Bulletin, 1972).
- The antiviral activity may be due to the presence of interferon-like factors in the plant (Babbar et al., 1970).
- The root is used as anti-leprotic(Gupta, 1981).
- It showed immunomodulator activity and immunosuppressant activity. It decreased the phagocytosis in experimental studies. (Atal et al., 1986).
- Anti-convulsant activity of extract of root of Decalepis hamiltoni W.A. (Sweta Sariva) in mice by Shirishkumar D. and others Deerghayu International, 2003, Vol.19~03(3), Pp. 232~236.

Ingredients of Sarivadyasava: (including Sariva)

Sariva- Indian Sarsaparilla- Hemidesmus indicus- {main content} **Musta-** Cyperus rotundus
Lodhra- Symplocos racemosa **Nyagrodha-** Ficus benghalensis **Ashwattha-** Ficus religiosa
Shati- Hedychium spicatum **Padmaka-** Prunus cerasoides **Patha-** Cissampelos pariera

Guduchi- *Tinospora cardifolia* **Ushira-** *Vetiveria zizinooides* **Shweta Chandana-** *Santalum album*

Rakta chandana- *Pterocarpus marsupium* **Yavani-** *Trachyspermum ammi* **Katurohini-** *Picrorhiza kurroa* **Patra-** *Cinnamomum tamala* **Sthula Ela-** *Amomum subulatum* **Kushtha-** *Saussurea lappa* **Svarnaparni-** *Cassia angustifolia* **Haritaki-** *Terminalia chebula*

Additional Charecteristics of Other Ingredients in Sarivadyasava

i] Previous work on Mustaka

- The Hypolipidemic effect of the drug was studied in 30 clinical cases and found that it effectively reduces serum Cholesterol levels and serum Triglyceride levels (Ansari, 1994).
- In a clinical report of 30 cases, *Cyperus rotundus* (1 gm to 2 gm twice daily orally) showed significant weight reduction and total serum Cholesterol lowering effect. (Simhadri, 1998).
- The effect of *Cyperus rotundus* of Lipid disorders which extensively studied (Tridev and Mann, 1980, Nityanand and Kapoor, 1981; Karnick, 1992, Bambhole and Jiddewar, 1984).

ii] Previous work on Lodhra

- Spinastreol obtained from *S. spicata* at a dose of 25 mg/kg exhibited significant anti-inflammatory activity (J.Res.Ay. and siddha, 7:146, 1986).

iii] Previous work on Nyagrodha

- The aqueous extract of (bark) was found to reduce the blood sugar in normal as well as alloxan diabetic rabbits (Shrotri and Aiman, 1960).

iv] Previous work on Aswattha

- Beta-sitoseryl-D-glucoside, showed hypoglycemic activity which compared favorably which that of tolbutamide (Ambike and Rao, 1967).

v] Therapeutic uses of Padmaka

- Useful in Hikka-Shwasa (Respiratory diseases).
- Useful in Raktapitta (Bleeding disorders).

vi] Therapeutic uses of Patha

- Useful in Atisara (Diarrhoea), Chardi (Vomiting), Shula (Pain), Jwara (Fever), Kushtha (Skin diseases), Kandu (Itching) and Yoniroga (Gynaecological disorders).

vii] Previous work on Guduchi

- Guduchisatwa was administered in a dose of 500 mg three times a day to 40 patients suffering from fever. Relatively long term treatment of the patients was needed to get the best results (Kumar and Srivastava, 1995).
- In a clinical trial Guduchi (powder 1-3 gm t.i.d. and leaf juice 10 ml t.i.d.) was administered orally of 15 days in 20 patients suffering from jaundice. The results showed significant improvement (Shyamsundar, 1976).
- In other clinical trials its effect: Twakrogas i.e. Skin disorders (Dwivedi, 1989).
- Administration of aqueous extract of roots (2.5 and 5 g/kg for 6 weeks) significantly reduced the serum and Tissue Cholesterol, Phospholipids and free fatty acids in alloxan Diabetic rats. The root extract (5 g/kg). showed highest Hypolipidemic effect (Prince et al; 1999).

viii] Therapeutic uses of Ushira

- Useful in Raktapitta (Bleeding disorders).
- Useful in Chardi (Vomiting).

ix] Therapeutic uses of Chandana

- Useful in Prameha (Urinary disorders / Diabetes).
- Useful in Chardi (Vomiting).

x] Previous work on Yavani

- The essential oil and total oils of *C. coticum* caused a marked fall in blood pressure of cats. (Mukharjee et al., 1967).
- When *C. coticum* seed powder was fed (1 Hypocholesterolaemic % mixed with powdered rabbit feed) for four weeks to normal albino rabbits, Hypotriglyceridaemic and Hypophospholipidaemic effect were observed from the first week itself. (In. J. Med. Res. 1986,83,p.).

xi] Previous work on Katuki

- Alcoholic extract showed protection against CCL4 –induced Hepatotoxicity. Marked regression of SGOT, SGPT and Alkaline phosphatase levels are noticed (Pandey and Chaturvedi, 1968).
- Water soluble fraction of 90% alcoholic extract exhibited smooth muscle relaxant laxative (in rats) and Choloretic (indigos) activities (Das and Raina 1967).
- The 50% ethanolic extract revealed Diuretic activity in rats (Dhar et al., 1973).
- P. kurroa has also been claimed to have led to beneficial results in the management of Bronchial asthma (Rajaram, 1976).
- Anti-inflammatory activity of Kutaki is reported (Phytothe. Res. 1993, 7, 402).

xii] Therapeutic uses of Talisapatri

- Useful in Aruchi (Anorexia).
- Useful in Kasa (Cough).
- Useful in Raktapitta (Bleeding disorders).

xiii] Therapeutic uses of Ela

- Useful in Mutrakricchra (Difficulty in passing urine).

xiv] Previous work on Kushtha

- Delactonized oil and some lactone fractions of the oil exhibit Hypotensive, Spasmolytic and Bronchodilatory effects (Chopra, 1958, Dutta, 1960).
- It has shown significant effect in reducing blood sugar levels of obese diabetics (Upadhyay O.P., et al., 1996).
- The Hypolipidemic action of ethyl acetate soluble fraction of the alcoholic extract of T. chebula stem in normal and Triton-treated rats is reported (Khanna et al., 1993 and Amrithaveni et al., 2001).
- Bala haritaki is found to be effective in reducing the levels of total lipids, serum TG, serum cholesterol, LDL and VLDL significantly. on the other hand level of HDL is increased significantly (Sood and Sharma 2000)

Uses of Sarivadyasava

According to Bhaishajyaratnavali, it is used in the treatment of Vatarakta (Gout), Prameha

(Urinary disorders/Diabetes) and Twakrogas (Skin diseases).

Dose: 10-30 cc with 100 cc Ushnodaka (lukewarm water) once or twice a day, after food.

Previous work done on Sarivadyasava

(According to Ayush Clinical Research Publication)

- A clinical study to evaluate the efficacy of Jalaukacharana and Sarivadyasava in Yuvanapidika (Acne Vulgaris) by Rathod Motilal and Kamath Shrilata International Research journal of Pharmacy, 2012, Vol.3(7), Pp. 215~217.

PRACTICAL WORK WITH OBSERVATION

50 patients suffering from Eczema screened by physical examination in outdoor patient department and advised to take Sarivadyasava 30 cc twice a day with 100 ml Ushnodaka (lukewarm water) after some food for three months. It has shown remarkable results in 75% cases in Vaivarnya (Discoloration), Strava (Secretion), Kandu (Itching) and Shotha (Local Inflammation/ Swelling) after completion of treatment.

CONCLUSION

‘Sarivadyasava’ is a nice solution for eradication of Eczema, which is easily available in market.

REFERENCES

1. Bhaishajyaratnavali, Pramehapidaka Adhikara - Shloka 22-27.
2. Dravyaguna Vijnana by Dr. J.L.N. SASTRY, 2nd, Adhyaya 75.
3. Ayush Clinical Publication Research.