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NIRGUNDIYADI GULIKA – A REVIEW

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ABSTRACT:

Background- *Agadatantra* is one among the *Ashtangas* that deals with diagnosis of poisons bites and stings of different species along with its treatment. *Lootha* (spider) is one of them. Many *Agada Yogas* are described by *acharyas* for managing *Lootha* visha. *Nirgundyadi Gulika* is one among the *Agada Yogas* described in the book *Kodasseri Margam* in context of *Lootha visha. Kodesseri Margam* is one among the traditional books available in *Agadatantra*. This book exclusively deals with different type of poison and its traditional treatment. We could identify several *Agada Yogas* in this book that were not discussed by *Brihatrayees*. This book contains mainly 2 parts, first part is called as *Vishanukramaneeka* which contains symptoms of different bite and its traditional treatment. Second part is called *Prayogamargam* which contains *Anubhootayogas* of Sri Trikkariyoor Sivarama Iyyer. **Objectives:** 1.To study the pharmacological and therapeutic action of *Nirgundyadi Gulika.* 2. To study the pharmacological and therapeutic action of each ingredient of *Nirgundyadi Gulika.* **Materials and methods-** The whole study is based on literary review collected from *AyurvedSamhita and Kodesseri Margam.* **Conclusion-** The ingredients of *Nirgundiyadi Gulika* having Antiinflammatory, Antifungal, Antimicrobial, Anti-oxidant, Diuretic action. *Nirgundiyadi Gulika's* pharmacological and therapeutic effects, as well as those of each constituent, will be covered in this review article.

Keywords: *Nirgundiyadi Gulika, Kodasseri Margam, Lootha visha*

INTRODUCTION

Agadatantra is One among the *Ashtangas,* primarily addresses poisonous bites and stings, including those caused by *Sarpa (Snake), keeta (insect), Lootha (spider), vrscika (scorpion)* etc. Likewise addresses its treatment. *Lootha* is one among these and is regarded as one of the primary *visha*. The *doshaavasthaa* of *Lootha* is *pitta kaphaadhika tridosha*. That means *pitta kapha lakshanas* will be predominantly seen [1]. The main symptoms of *Lootha visha* are round shape rashes with white, black, red, yellow or bluish in colour, lesions will be soft elevated, its centre is black or blue and its edges resembles like net. It spreads like *visarpa*, swollen with burning sensation, painful, fever, ulceration, exudation, sloughing, destruction of muscle tissue [2]. These symptoms are only seen after half day[3].

In the context of *Lootha visha* various *Agada Yogas* are described and these can be used for treatment. *Nirdundyadi Gulika* is one among the formulation described in the text book *Kodasseri Margam* by Sri Dr. Trikkariyoor Sivarama Iyyer. This article is biased on the textual review and descriptions related to *Nirgundyadi Gulika* were collected from the text *Kodasseri Margam* [4].

The ingredients of *Nirgundyadi Gulika* as described in *Kodasseri Margam* along with *Rasapanchaka* (table no 1).

OBJECTIVE

1.To study the pharmacological and therapeutic action of *Nirgundyadi Gulika.*

2. To study the pharmacological and therapeutic action of each ingredient of *Nirgundyadi Gulika.*

METHODE OF PREPERATION [5]

Nirgundi, Sariva, Usira, Kushta, Hrivera, Tagara, Chandana, Slesmataka, Padmaka, Patala taken in equal quantity and triturated in *Gojihva swarasa* and make *guika* of *gunja pramana* and taken with *Gojihva swarasa*.

Table 1- *Rasapanchaka* of ingredients of *Nirgundiyadi Gulika* [6,7,8]

Sl.no	*Dravya*	*Rasa*	*Guna*	*Veerya*	*Vipaka*	*Karma*	*Doshaghnata*
1	*Nirgundi*	*Katu, Tiktha*	*Laghu, Rooksha*	*Ushna*	*Katu*	*Krimighna, Vishapaha*	*Vatakapa hara*
2	*Sariva*	*Madhura, Tiktha*	*Guru, Snigdha*	*Shita*	*Madhura*	*Vishapaha, Grahi*	*Tidosha hara*

3	*Usira*	*Tiktha Madhura*	*Laghu, Rooksha*	*Shita*	*Katu*	*Vishapaha, Pacana, Stambhana*	*Kapha pitha hara*
4	*Kushta*	*Tikta, Katu, Madhura*	*Laghu, Rooksha*	*Ushna*	*Katu*	*Lekhaniya, Vrsya*	*Vata kapha hara*
5	*Hrivera*	*Tikta, Kashaya, Madhura*	*Laghu, Rooksha*	*Shita*	*Madhura*	*Depana, Pachana*	*Pitha kapha hara*
6	*Tagara*	*Tiktha, Katu Kashsya*	*Laghu, Snigdha*	*Ushna*	*Katu*	*Vishagna*	*Kapha vata hara*
7	*Chandana*	*Tiktha, Madhura*	*Laghu, Ruksha*	*Shita*	*Katu*	*Vishapaha, Varnya,*	*Kapha pitha hara*
8	*Slesmataka*	*Madhura, Kashaya*	*Guru, Snigdha*	*Shita*	*Madhura*	*Vishapaha, kesya*	*Kapha pitha hara*
9	*Padmaka*	*Kashaya, Tiktha*	*Laghu, Snighda*	*Shita*	*Katu*	*Vishapaha, Vedanastapana*	*Kapha pittahara*
10	*Patala*	*Tikta,Kshaya*	*Laghu, Rooksha*	*Anushna*	*Katu*	*Hridhya, kanthya*	*Tridosha hara*
11	*Gojihva*	*Madura, Tiktha*	*Laghu, Snigdha*	*Shita*	*Madhura*	*Mutrala, Ropana, Hrdya*	*Vata pitha hara*

Table 2 – Drug review [9,10,11,12,13,14,15,16,17,18,19]

Sl.no	Dravya	Latin name	Family	Chemical Constituents	Pharmacological action	Therapeutic action
1.	*Nirgundi*	*Vitex negundo Linn*	Verbinaceae	viridiflorol, beta-caryophyllene, sabinene, 4-terpineol, gamma-terpinene	Analgetic, Hepatoprotective, Anti-inflammatory, Antibacterial, Antifungal,	*Vishapaha, Krimighna, Kushtagna, Rugavaha, Meadhya, Keshya,*

					Antimicrobial, Antioxidant, and Anticancer properties	*Vranaropana, Chaksusya, Deepana.*
2.	*Sariva*	*Hemidismus indicus*	Asclepidaceae	Hyperoside, rutin, desinine, hexatriacontane, beta-sitisterol, henidesminine, hemidesmin-1 and hemidesmin-2	Demulcent, Diuretic, Antiallergic, Anti-inflammatory, Antimicrobial, Anti-oxidant, Anti-carcinogenic, Anti-leprotic	*Vishapaha, Varnya, Shukrala, Kushagna, Grahi, Vishamajwaraharа, Kandunha, Amahara*
3	*Usira*	*Vetiveria zizanoides Linn*	Graminae	Allokhusiol, benzoic acid, cyclocapacamphene, epikhusinol, epizizanal,2-epizizanal, beata-eudsmol,eugenol, isokhusimol, isovetiselinenol, khusimene, khusimyl acetate, khusinodiol, khusinol, khusitoneol, vojujenol, levojunenol, vanillin, vertiselinenol,	Antifungal, Diuretic	*Vishapaha, Pachana, Stambhana, Dahahara, Madahara, Jwarahara, Trushnahara Asrajit, Daurgandhyahara Mutrakrichrahara, Kushtanut, Vranahara*
4	*Kushta*	*Saussuria lappa CB Clarke*	Asteraceae	costol, taraxas-terol, costunolide, dehydro costuhactone, custosterol, sesquiterpenes,	Anti-ulcer, Anti-convulsant, Anti-cancer, Hepatoprotective, Anti-arthritic,	*Shukrala, Vatasrahara, Kasahara, Kushtahara, Shwasahara,*

				Ar-curcumene, isodihydrocostuslactone, Costus-lactone	Anti-viral, Anti-oxidant.	*Hikkahara, Jwarahara*
5	*Hrivera*	*Pavonia odorata*	Malvaceae	ageratochromene, palmitic acid, hexahydro farnesyl acetone, b-eudesmol and b-caryophyllene oxide ageratochromene, palmitic acid, hexahydrofarnesyl acetone, b-eudesmol and b-caryophyllene oxide	Anti-bacterial, Anti-fungal, Anthelmintic, Antitumour, Anti-inflammatory, Antimicrobial	*Deepana, pachana, visarpahara,*
6	*Tagara*	*Valeriana wallichii DC*	Valerianaceae	Hydroxyvaleranone, acctoxyvaleranone, linarin isovalerate, didrovaltratum, Valerosidatum, valtrate, acevaltrate	antispasmodic, analgesic, antidepressant, anxiolytic, anticonvulsant, antiepileptic, neuroprotective, antibacterial, antiviral, cytotoxic, and antitumor effects	*Vishapaha, Chakushya, Shirorogahara*
7	*Chandana*	*Santalum album*	Santalaceae	alpha-santalol, santenol, teresantalol, nor-tricyclockasantalal, santanone, teresantalic acid,	Blood purifier, Anti-inflammatory, Analgesic, Cardiotonic, Antiseptic,	*Rakta Prasadana, Vrushya, Dahahara, Antardaha Pittasrahara,*

				alpha-and ß-santantalic acid.	Nervine tonic and Expectorant.	*Vishahara, Trushnahara, Krumighna, Shishira, Ahladana, Klamahara, Shramahara Shoshahara, Varnya,*
8	*Slesmataka*	*Cordia dichotoma*	Boraginaceae	Pyrrolizidine alkaloids, coumarins, flavonoids, saponins, terpenes and sterols	Antihelmintic	*Keshya, Vishagna, Vranahara, Grahi, Pachana, Krimigna, Asrajith*
9	*Padmaka*	*Prunus cerasoides*	Rosaceae	Puddumin A, genistein, genkwanin, cerasinone; Two chalcones-cerasidin & cerasin	*Antimicrobial, Diuretic, Antioxidant Cytotoxic*	*Visarpahara, Dahahara, Kushtahara, Vishahara, Trushnahara, Raktapittahara, Jwarahara, Chardihara, Garbha Samsthapana*
10	*Patala*	*Stereosprmum sauvealens DC*	Bignonaceae	Naphthoquinone lapachol 6-sitosterol, n-triacontanol, lapachol, dehydro-a-lapachone dehydrotectol	Antihyperglycemic and Antioxidant Antibacterial, Antiprotozoal, Anti-inflammatory	*Pavanajith, Asrajith, Trishnahara, Swasahara, Shophaara*
11		O*nosma*	Boraginacea	carbohydrates (52%),	Analgesic,	*Mutrala,*

		bracteatum Wall	e	glycosides (13%), flavonoids (15%) and phenolic compounds (20%)	Antioxidant, Antimicrobial, Antifungal, Antidepressant, Anti-Spasmodic, Anti-Inflammatory, Anti-Cancerous	*Vranaropna, Hridya, Vranahara, Jwarahara, Kushtahara, Premahahara.*

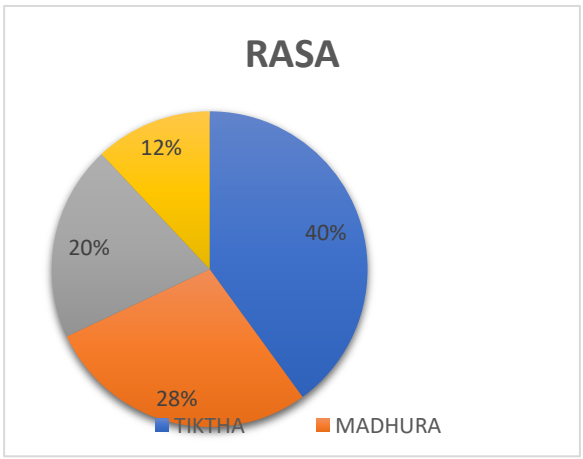

Diagram 1: Analysis of *rasa* of ingredients of *Nirgundiyadi Gulika*

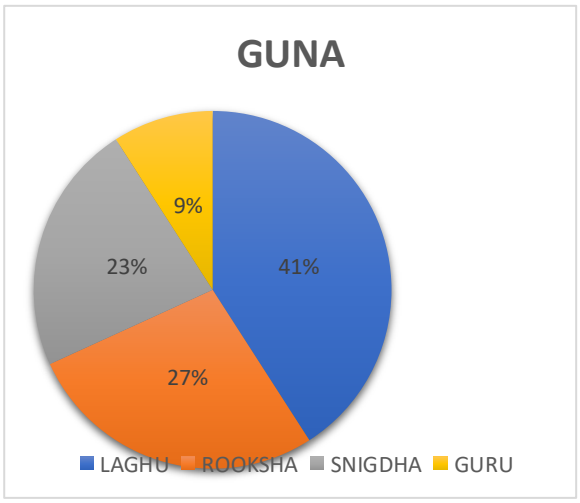

Diagram 2: Analysis of *guna* of ingredients of *Nirgundiyadi Gulika*

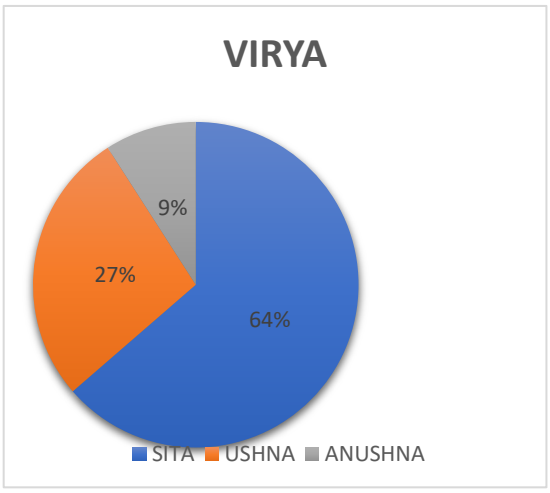

Diagram 3: Analysis of *virya* of ingredients of *Nirgundiyadi Gulika*

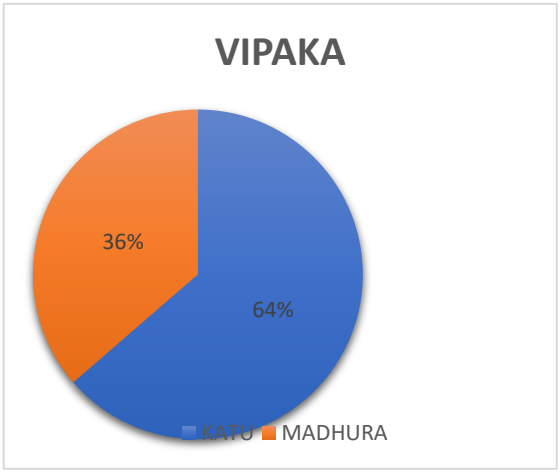

Diagram 4: Analysis of *vipaka* of ingredients of *Nirgundiyadi Gulika*

DISCUSSION

Nirgundiyadi Gulika is one among the formulations told in *Kodasseri Margam* in context of *Lootha Visha*, mainly contains 11 drugs.

Based on *Rasa* in this formulation about 28% of ingredients have *Madhura rasa,* 40% of ingredients have *Tiktha rasa*, and 20% of ingredients have *Kashaya rasa* and 12% of ingredients have *Katu rasa. Katu, Tikta, Kashaya rasa* are *Kapha dosha hara*. *Kashaya, Tikta, Madhura rasa* are *Pitta dosha hara* and *Madhura rasa* is *Vata dosha hara* [20].

Based on *Guna* in this formulation have 41% of ingredients have *Laghu Guna*, 27% of ingredients have *Rooksha Guna* and 23% of ingredients have *Snigdha Guna*, 9% of ingredients have *Guru, Laghu, Rooksha, and Tikshna Guna* aid in the rapid penetration of *Dravyas* to offer speedier effect on *Visha*.

Based on *Veerya* in this formulation, 63.3% of the ingredients have *Sheeta Veerya,* and its acts as *Pittahara*, *Sthambaka*, *Raktaprasadaka*. 27.27% of ingredients have *Ushna Veerya* and it's on *Kapha* and *Vata Dosha hara* helps for digestion of *Dravyas*. And 9% of ingredients have *Anushna sheeta Veerya* [21].

According to the *vipaka* in this formulation, 36% of the drugs have *madhura vipaka*, which maintains *Pitta* and *Vata dosha*, while 63% of the drugs contain *katu vipaka*, which calms the *Kapha dosha* [22].

Based on *doshagnatha* 46% of the drugs having *kaphapitha hara*,18 % of drugs are *kaphavata hara,* 18% of drugs are *tridosha hara*,9 % of drugs are *vatapitha hara* and 9% drugs are *kaphavata hara*.

Most of the ingredients in *Nirgundyadi Gulika* are *Vishagna, Hridya, Mutrala* etc. As it contains drugs like *Hrivera, Ushira*, and others, it serves as *Pachana Deepana* and keeps *Agni* at the cellular level. The *Vishagna* properties of medications like *Tagara, Sleshmata*, and others help to treat the symptoms of *lootha visha*.

CONCLUSION

Lootha damsha is a condition where the symptoms are only seen after *Ardha dina* (half day*)* [23]. So, in most of the cases it's difficult to identify the exact species of *lootha*. If a *Lootha* bites a person, it will result in *pitha kapha Pradana Tridosha kopa* [24]. In *Ayurveda* classics the main treatments told in context of *Lootha vishas* can be classified as *Shodana* and *Shamana chikithsa*. *Nirgundiyadi Gulika* is one such *Shamana* medication that can be given in management of *Lootha Visha*. Mainly *Acharya* told this yoga to administer internally with *Gojihva Swarasa*.

By this review of literature *Nirgundyadi Gulika* may be found to be one of the effective

formulations mentioned in *kodasseri Margam* in the treatment of *Lootha Visha*. All of the drugs stated above are secure, risk-free, widely accessible, and affordable. The purpose of this review is to offer comprehensive information on the pharmacological, therapeutic, and medicinal uses of *Nirgundiyadi Gulika*.

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