

VATSANABHA



## ✓ Regional Names of Vatsanābha

- **English** – Monks hood, Indian Aconite, Queen of poison, Womens bane, Leopardbane, Wolfbane, Mouse bane
- **Hindi** – Bachanag, Mitha zahar, Mitha vish
- **Kannada** – Vatsanabhi
- **Marathi/ Gujarati** – Vachnaag

## ✓ Botanical Name

- *Aconitum ferox* Wall.

Wallich, Nathaniel (1786-1854)

### *Aconitum* –

Greek akonitī "without dust," hence, "without a struggle, effortless," referring to the efficacy of the poison, is fanciful.  
(Merriam Webster Dictionary)

*Ferox* - wild, ferocious, cruel

## ✓ Family

- Ranunculaceae

## ✓ Nirukti – Basonym of Vatsanābha

- वत्सस्य निभिरिव नाभिरस्य इति वा ।

The tuber of Vatsanabha = umbilicus of the calf.

Or

- वत्सान् नभ्नाति ( णभ हिंसायाम् )

On consumption of Vatsanabha, the calf dies.

## ✓ Paryaya - Synonym

- Vatsanabhi
- Ksweda ( क्ष्वेडते मोहयति इति । )
- Garala ( गिरति जीवम् । )
- Marana
- Pranaharaka
- Visha
- Visham ugra
- Amruta
- Maha aushadha

## ✓ Reference in Nighantu and Brhatrayi

- Kaiyadeva Nighantu – **Sthavara Visha** (Mishraka Varga)
- Dhanwantari Nighantu – **Sthavara Visha** (Mishrakadi Varga)
- Bhava Prakash Nighantu – **Dhatu-Upadhatu-Rasa-Uparasa-Visha-Upavisha adi Varga**
- Raja Nighantu – **Maha Panchavisha** (Mishrakadi Varga)
- Charaka Samhita – **Sthavara Visha** (Ch.Chi.23/11)
- Sushruta Samhita – **Kanda Visha – Sthavara Visha** (Su.Ka.2/5 – स्थावरविषविज्ञानीयकल्पः)

# Habitat

- Found in high altitudes – Himalayan region.



# Morphology

- Habit — Herb
- Stem — Erect, slender, covered with hairs (upper part), glabrous below
- Leaves — सिन्दुवारसदृक्पत्रो (Nirgundi – *Vitex negundo*)



- Inflorescence — Raceme
- Flower — Blue-purplish, slender pedicel
- Roots — वत्सनाभ्याकृतिस्तथा |
- Fruit — Follicle



यत्पार्श्वे न तरोवृद्धिर्वत्सनाभः स भाषितः ॥१०७

# Useful Part

- **ROOTS**
- Macroscopic (API V.2)

Roots paired, occasionally separated due to breakage,

|                 |                                                                                                                                                        |
|-----------------|--------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Shape</b>    | - ovoid, conical, tapering downwards to a point, 2-4.5 cm, rarely 5 cm long, 0.4 - 1.8 cm thick, gradually decrease in thickness towards tapering end; |
| <b>Surface</b>  | - wrinkled longitudinally and transversely, rough due to root scars;                                                                                   |
| <b>Color</b>    | - dark brown to blackish-brown;                                                                                                                        |
| <b>Fracture</b> | - cartilaginous, hard and white within the cambium ring and brownish outside cambium;                                                                  |
| <b>Odour</b>    | - indistinct,                                                                                                                                          |
| <b>Taste</b>    | - slightly bitter followed by a strong tingling sensation, poisonous.                                                                                  |



# Types

- **Acc. To R.R.S.:**

|              | Color  | Karma                              |
|--------------|--------|------------------------------------|
| 1. Brahmana  | White  | Marana                             |
| 2. Kshatriya | Red    | Rasa karma                         |
| 3. Vaishya   | Yellow | Kshudra karya /<br>Sadharana karya |
| 4. Shudra    | Black  | Rasayana                           |

- **Acc. to Ayurveda Prakash:**

1. Shukla
2. Krshna

# Phytoconstituent

Diterpene alkaloids :

- Aconitine (highest concentration is found in winters)
- Aconine
- Indaconitine
- Mesoaconitine
- Delphinine
- Pseudoaconitine

# Rasa Panchaka

- RASA — MADHURA (Ati Madhura – R.N.)
- GUNA — LAGHU, RUKSHA, TIKSHNA,, VYAVAYI, VIKASHI (Yogavahi)  
लघु रूक्षमाशु विशदं व्यायि तीक्ष्णं विकासि सूक्ष्मं च।  
उष्णमनिर्देश्यरसं दशगुणमुक्तं विषं तज्ज्ञैः॥२४॥ (Ch.Chi.23)
- VIRYA — USHNA
- VIPAKA — MADHURA

# Doshakarma

- VATA                      - SHAMAKA
- PITTA                     - SHAMAKA
- KAPHA                  - SHAMAKA
- **TRIDOSHA SHAMAKA**  
(Esp. K-V shamaka)

- Swedajanaka
- Jwaraghna
- Shothahara  
(Inflammation  
Chest : pneumonia, pleurisy ;  
Heart – Pericarditis ;  
Intestines – Peritonitis ;  
Throat - Tonsilitis)
- Dipana
- Vedanahara (Vata - janya)
- Hridaya avasadaka (Reduces Blood pressure, palpitation)
- Rasayana

# Rogaghnata

- Jwara
- Shotha
- Agni vikara
- Vedana yukta vikara

# Amayika Prayoga

- **Intolerable pain** – Dhattura patra swarasa + Vatsanabha churna (E/A)



Caution – Not to be applied in vrana and kshataja condition.

When applied on head in case of shira shoola, care should be taken that it shouldn't fall on eyes.

C/I – Pitta Prakruti purusha

- **Vedana shamaka –**

Dashanga lepa (1 tola) + Vatsanabha (1 masha) + Dhattura patra swarasa (E/A)

- **Shirashoola** - a. Yashtimadhu churna +  $\frac{1}{4}$ p Vatsanabha churna (E/A)

b. Pradhamana nasya (dose – 1 sarshapa = )

- **Jirna Jwara** – Churna of Lodhra + Chandana + Vacha + Vatsanabha with Sugar, Ghee, Honey or Milk. (A.S.Ut.48)

### **Ekala Prayoga**

- Sarvaroga : Vatsanabha + eq. qty of Tankana + 2p maricha (Y.R.)

# Toxicity

- According to Acharya Sushruta :

ग्रीवास्तम्भो वत्सनाभे पीतविण्मूत्रनेत्रता || १२ || (Su.Ka.2)

- According to Shri Sadananda Sharma (R.T. – 19<sup>th</sup>)

अविशुद्धं विषं दाहं मोहं हृद्भ्रतिरोधनम् ।

# Toxicity

| Stage/<br>Vega  | Symptoms                     |
|-----------------|------------------------------|
| 1 <sup>st</sup> | Twak Vikara                  |
| 2 <sup>nd</sup> | Vepathu                      |
| 3 <sup>rd</sup> | Daha                         |
| 4 <sup>th</sup> | Vikrut avastha (Gyanendriya) |
| 5 <sup>th</sup> | Phenodgama                   |
| 6 <sup>th</sup> | Skandha bhanga               |
| 7 <sup>th</sup> | Jadyata                      |
| 8 <sup>th</sup> | Marana                       |

वेगाश्चाष्टौ प्रजायन्ते सहसा विषशीलिनः ।

प्रथमे त्वग्विकारः स्याद्वितीये वेपथुर्भवेत् ॥२८॥

दाहो वेगे तृतीये स्याच्चतुर्थे विकृतो भवेत् ।

फेनोद्गतिः पञ्चमे स्यात्स्कन्धयोर्भङ्गता ततः ॥२९॥

जाड्यता सप्तमे वेगे चाष्टमे मरणं ध्रुवम् ।

एवं ज्ञात्वा वरारोहे प्रतीकारं समाचरेत् ॥३०॥ (R.R.S.)

# Signs and Symptoms

| System | Signs and Symptoms                                                                                                                                                                                                                |
|--------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| GIT    | Bitter-sweet taste in the mouth, initially intensive burning and tingling on lips, mouth and throat, salivation, dysphagia, nausea, vomiting, pain abdomen, gradually feeling of anesthesia and numbness supervenes in upper GIT. |
| CVS    | Hypotension, chest pain, palpitation, bradycardia, sinus tachycardia, pulse is slow, feeble and irregular.                                                                                                                        |
| CNS    | Vertigo, restlessness, headache, giddiness.                                                                                                                                                                                       |
| MS     | Weakness of the muscles of the limbs with twitching and spasms.                                                                                                                                                                   |
| RS     | Respiration is slow, laboured and shallow.                                                                                                                                                                                        |
| Ocular | Pupils alternatively contract and dilate. Diplopia and impaired vision occurs.                                                                                                                                                    |
| Others | Temperature is subnormal and skin is cold.                                                                                                                                                                                        |

## Fatal Dose

- Root : 1-2gm
- Pure aconitine : 2-5mg

## Fatal Period

- 2-6 hours

# Management

## Ayurveda

- Antidote – Tankana (+ Ghritha)
- Acc. to R.R.S. – Upto 5<sup>th</sup> Vega, Management is possible.
- Honey+ Ghritha + Arjuna twak (Antidote)
- Vamana

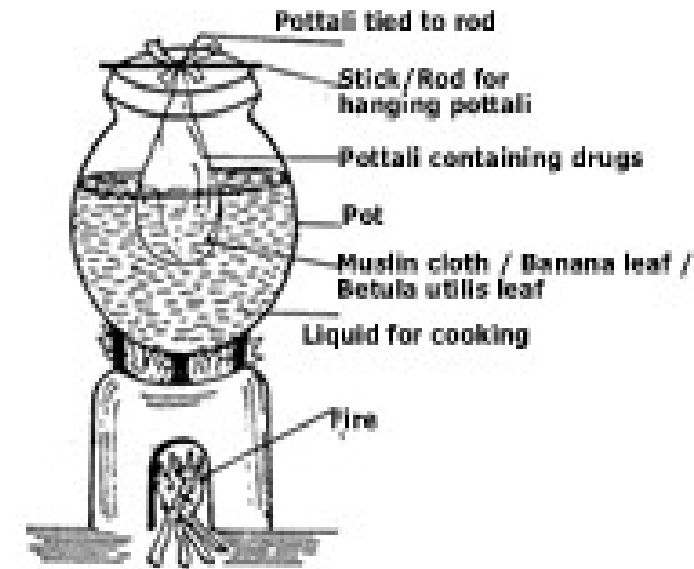
## Modern

- Gastric Lavage
- Symptomatic supportive Rx–
- Close monitoring of vitals
- Bradycardia – 1mg atropine

# Shodhana / Purification

- 1<sup>st</sup> Method – Vatsanabha cut into smaller pieces + **soak** with fresh gomutra x3days.  
Daily morning, fresh **gomutra** should be replaced.  
During day – keep open under hot sun.  
During night – cover with lid.  
4<sup>th</sup> day – remove external skin and dry completely under hot sun and store.
- 2<sup>nd</sup> Method – **Swedana** in dolayantra with **Godugdha**, 1-2yama.
- 3<sup>rd</sup> Method - **Swedana** in dolayantra with **Ajadugdha**, 1 yama.
- 4<sup>th</sup> Method - **Swedana** in dolayantra with **Mahisha dung**, 1 yama.

{Y.R.}



# Matra – Therapeutic Dose

$1/16^{\text{th}}$  to  $1/8^{\text{th}}$  ratti (8-16mg) {R.T.}



# Formulation

- Aindra Rasayana
- Mrutyunjaya Rasa
- Anand bhairava rasa
- Sanjeevani Vati
- Tribhuvana kirti rasa
- Hinguleshwara rasa
- Vatavidhwamsa rasa
- Kaphaketu rasa

# Summary – Discussion- VATSANABHA

- B.N / F.
- Ref / Gana
- Morphology - Useful Part
- Rasa Panchaka
- Karma – Doshagnata/ Roghnata
- Shodhana
- Toxicity – FD, FP, Management
- Matra
- Yoga



## Reference Shloka

- धन्वन्तरिनिघण्टु - ७. मिश्रकादिवर्ग - वत्सनाभ
- भावप्रकाश - ८. धातूपधातुरसोपरसरत्नोपरत्नविषोपविषादिवर्ग

}

सिन्दुवारसदृक्पत्रो वत्सनाभ्याकृतिस्तथा । यत्पार्श्वे न तरोवृद्धिर्वत्सनाभः स भाषितः ॥१०७॥

- धन्वन्तरिनिघण्टु - अमृत (वत्सनाभ) – Visha vishesha
- राजनिघण्टु - ६. पिप्पल्यादिवर्ग - वत्सनाभि

}

अमृतं स्याद्वत्सनाभो विषमुग्रं महौषधम् । गरलं मरणं नागं स्तोककं प्राणहारकम् ॥१२९॥

गरलं स्थावरादि स्यात्प्रोक्तं चैकादशाह्वयम् ।

वत्सनाभोऽतिमधुरः सोष्णो वातकफापहः । कण्ठरुक् सन्निपातघ्नः पित्तसंशोधनोऽपि च ॥१३०॥

(पित्तसन्तापकारकः - RN)

- **Ayurveda Prakash :**

यः कन्दो गोस्तनाकारो न दीर्घोऽङ्गुलिपञ्चकात् ॥16॥

न स्थूलो गोस्तनादूर्ध्वं द्विविधो वत्सनाभकः ।

आशुकारी लघुस्त्यागी शुक्लः कृष्णोऽन्यथा भवेत् ॥17॥

प्रयोज्यो रोगनाशे तु जारणायां रसायने ।

# Bibliography

- Charaka Samhita
- Sushruta Samhita
- Nighantus
- Nighantu Adarsh
- Ayurvedokta aushadha niruktamala
- Classical Uses of Medicinal Plants –PV Sharma
- API Part 1, Vol 2
- Yogaratnakara
- Rasa Tarangini – Sri Sadananda Sharma (19<sup>th</sup>)
- Rasa Ratna Samucchaya – Vagbhatta Acharya
- Ayurveda Prakash – Shri Madhava Upadhyaya (17<sup>th</sup>)
- A textbook of Agadatantra – Dr. Shobha Bhat K.
- Google - Images

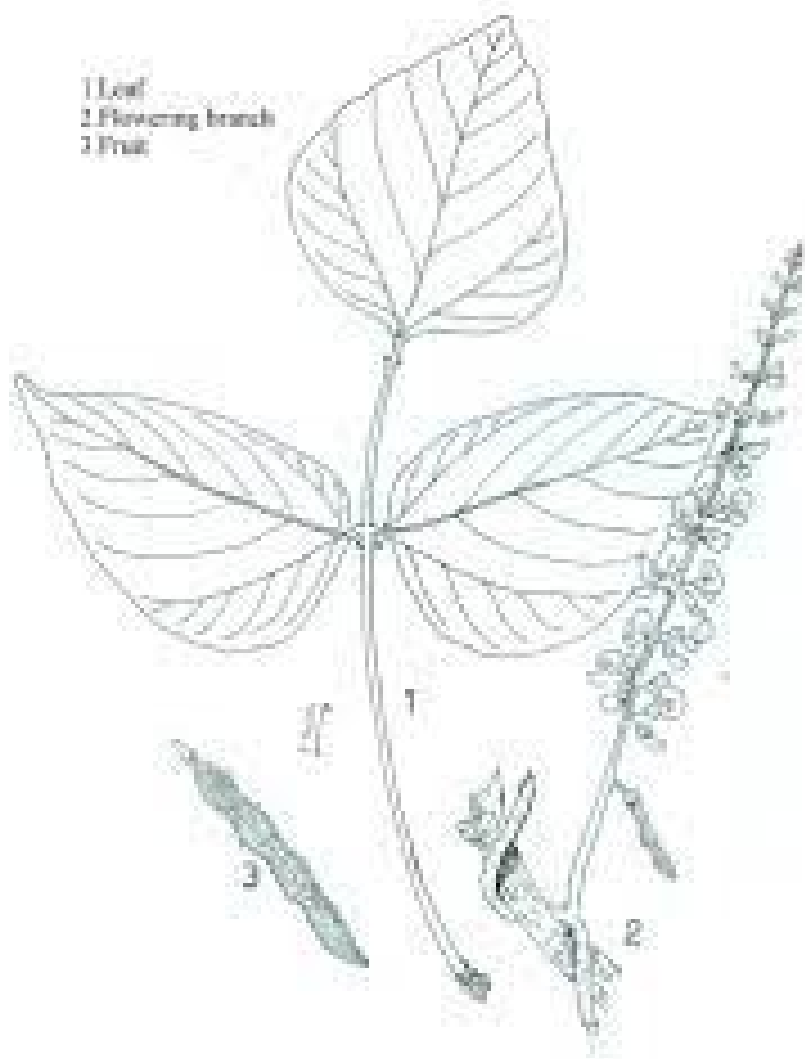


THANK YOU !

# VIDARI

Presented by – Dr. Aditi Gandhi, Final Year Post Graduate Scholar

Department of Dravyaguna Vijnana, SDMCAH, Hassan



# Regional Names

- English – Indian kudzu
- Hindi – Bidarikand, Bilaikand, Bankumara
- Kannada – Gumadi gidda, Nelagumbala gudde
- Marathi – Bhuikohala, Ghodvel
- Gujarati – Bidarikand, Bhoikolu, Sakharvel, Vidarikanta

## Botanical Name

- *Pueraria tuberosa* (Roxb. ex Willd.) DC.

Roxburgh, William (1751-1815)

Willdenow, Carl Ludwig (1765-1812)

## Family

- Papilionaceae

## Nirukti- Basonym of Vidari

- विदारयतीव भूमिमिति ।

Tubers of Vidari becomes/ grows very big inside the soil.

Or

- विदार्य भक्ष्यते इति विदारी। 'दृ विदारणे' ।

It is cut / chop (vidarana) into piece and consumed (bhakshana)

# Paryaya- Synonym

- Bhu-kushmanda
- Shukla-kanda
- Kshira-shukla
- Palashiki
- Ikshu-gandha
- Swadu-kanda
- Vrshya-kanda
- Gajavajishtha
- Rshyagandhika

# Gana Vargeekarana

- Abhidhana Manjari – Vidaryadi Varga
- Abhidhana Ratnamala – Swadu Skandha
- Ashtanga Nighantu – Vidaryadi Gana
- Kaiyadeva Ni – Aushadhi Varga
- Dhanwantari Ni. – Guduchyadi Varga
- Madanapala Ni. – Abhayadi Varga

- Charaka Samhita → Kanthya Mahakashaya  
Varnya Mahakashaya, Brmhana Mahakashaya  
Snehopaga Mahakashaya  
Madhura skandhas
- 

- Sushruta Samhita → Vidarigandhadi Varga, Vallipanchamoola  
विदारीसारिवारजनीगुडूच्योऽजशृङ्गी चेति वल्लीसञ्ज्ञः ॥७२॥
- 

- Ashtanga Sangraha → Madhura skandha, Pittashamana Dravya  
Vidaryadi Gana, Kanthya, Snehopaga
- 

- Ashtanga Hrdaya → Madhura skandha, Vidaryadi Gana

# Types

- Abhidhana Manjari, KN, DN. MPN. RN. –

1. Vidari – *Pueraria tuberosa*

2. Kshiravidari – *Ipomoea digitata* L. [Linnaeus, Carl (1707-1778)]



# Habitat

Found in high altitudes – Himalayan region.



# Morphology

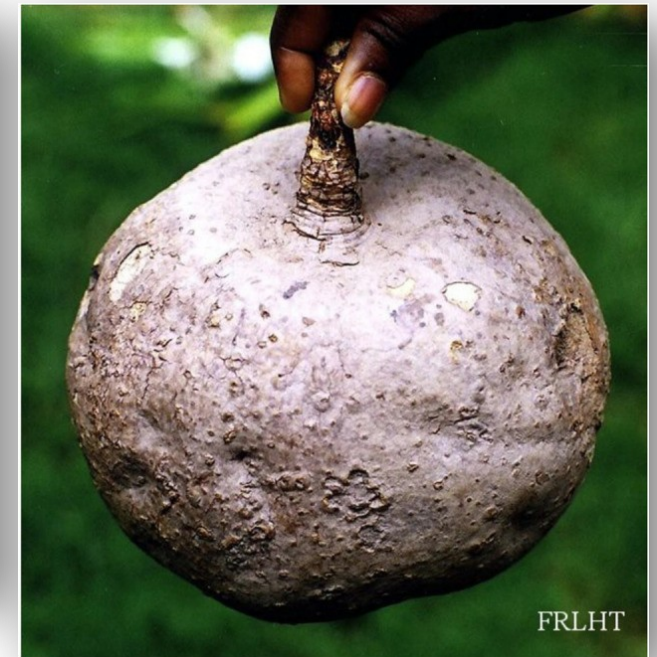
- Habit
  - Large twiner
- Stem
  - Shrubby
- Leaves
  - Compound, trifoliate, long petiole (10-15cm)
  - More or less pubescent
  - Shape : ovate-oblong



- Inflorescence — Raceme
- Flower — Blue-purplish, slender pedicel
- Fruit — Pods



## Useful Part - **TUBER**



# Rasa Panchaka

- RASA — MADHURA
- GUNA — GURU, SNIGDHA
- VIRYA — SHITA
- VIPAKA — MADHURA

# Dosha Karma

- VATA DOSHA — SHAMAKA
- PITTA DOSHA — SHAMAKA
- KAPHA DOSHA — VARDHAKA

VATA-PITTA SHAMAKA

- Balya
- Brmhana
- Shukravardhaka
- Stanyavardhaka
- Swarya
- Mutrala
- Dahahara
- Vranya
- Bastishodhaka

# Phytoconstituent

- Starch
- Sugar
- Resin
- Stigmasterol,  $\beta$ -sitosterol,
- Puerarostan, tuberostan

# Amayika Prayoga

- In **Visarpa** : In Vata Pitta pradhana Visarpa –  
*Kalka* (paste) of *shatavari* (*Asparagus racemosus*) + *Vidari kanda*  
should be mixed with *Shatadhauta Ghrita* and used as *pralepa* (local application).  
(Ch.Chi.21/84)
- As **Vajikarana** :  
विदार्याः सुकृतं चूर्णं स्वरसेनैव भावितम् । सर्पिर्मधुयुतं लीढ्वा दश स्त्रीरधिगच्छति ॥ २३ ॥ (Su.Chi.26)  
*Vidari churna* is given bhavana with *vidari swarasa* itself and should be consumed with madhu/ ghrita.
- For **Stanyavardhanartha** – *Vidarikanda churna* with sura (Chakradatta)

# Formulation

- Chyawanaprasha (Ch.Chi.1.1)
  - Amalaki Ghrita (Vidari swarasa – Ch.Chi.1.2)
  - Indrokta Rasayana (Ch.Chi.1.4)
  - Brmhani Gutika (Ch.Chi.2.1)
  - Vajikarana Ghrita (Ch.Chi.2.1)
  - Vrshya Ghrita (Ch.Chi.2.2)
  - Vidaryadi Churna
  - Vidari Ghritha/ Taila
- 
- ```
graph LR; A[Chyawanaprasha (Ch.Chi.1.1)] --- B[Amalaki Ghrita (Vidari swarasa – Ch.Chi.1.2)]; B --- C[Indrokta Rasayana (Ch.Chi.1.4)]; C --- D([Rasayana]); E[Brmhani Gutika (Ch.Chi.2.1)] --- F[Vajikarana Ghrita (Ch.Chi.2.1)]; F --- G[Vrshya Ghrita (Ch.Chi.2.2)]; G --- H([Vajikarana]);
```

**THANK YOU !**