



IJPPR

INTERNATIONAL JOURNAL OF PHARMACY & PHARMACEUTICAL RESEARCH
An official Publication of Human Journals

ISSN 2349-7203



Human Journals

Review Article

March 2021 Vol.:20, Issue:4

© All rights are reserved by Singh Rajani et al.

Review on *Sunthi* (*Zingiber officinale* Rosc.) as an Ekal Dravya Chikitsa in Brihatrayee



IJPPR
INTERNATIONAL JOURNAL OF PHARMACY & PHARMACEUTICAL RESEARCH
An official Publication of Human Journals



ISSN 2349-7203

Singh Rajani^{1*}, Vd. Rath Sudipta kumar²

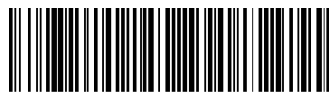
*Asst. Professor, Department of Dravyaguna Vigyana,
RB Ayurved medical college and hospital, Agra, UP.
India. Asso. Professor, Department of Dravyaguna
Vigyana, National Institute of Ayurveda, Jaipur, India.*

Submitted: 09 February 2021
Revised: 28 February 2021
Accepted: 20 March 2021

Keywords: Brihatrayee, Chikitsa, Dravya, Ekal, Sunthi

ABSTRACT

Sunthi (*Zingiber officinale* Rosc.), also known as dry ginger, belonging to the family *Zingiberaceae* is being widely used in the traditional system of medicines for its variety of use. *Sunthi* is known to be attributed to many medicinal properties which makes it very useful for treating a variety of disorders. It has been described extensively in all classical texts of Ayurveda. It is the most commonly used herb being mentioned in *brihatrayee* both in the compound as well as in single form. Here it has been reviewed for its use in the form of *ekal dravya chikitsa* (EDC) or single-drug therapy by using different *anupaan* (Adjuvant). Considering *Brihatrayee* as one of the classical texts of Ayurveda, it is being reviewed for the use of *sunthi* in *ekal* form. It is found to be used extensively in a single form either by processing it or by altering its *anupaan*.



HUMAN JOURNALS

www.ijppr.humanjournals.com

INTRODUCTION

Due to the increasingly positive response of patients following Ayurveda treatment, the traditional Indian system of medicine is becoming more popular nowadays. Natural herbal plants are gaining popularity due to their wide range of use, either in the form of food spices or in form of medicine. almost all Ayurvedic preparations are based on plants. They have a high influence and strong effect on the body. They are also potent enough to stabilize the vitiated *doshas* or to break the pathogenesis caused by diseases. Using single herbal medicine instead of poly-herbal preparation is preferred by many physicians as the drug-to-drug interaction of poly-herbal products is not exactly known which is easily understandable in single drug use.

The concept of EDC is not a new one, but it can be traced back to ancient times as evident from the instances found in *Samhitas* about the use of only one *dravya* for mitigation of many clinical conditions. The *Samhitas* has advised using optimum quantity medicine by application of proper logic of a physician. It is of high importance that a physician should have enough quantity of resources needed for treating any health issue, but it should also be used in minimum number logically required to mitigate the health problem. The best medicine is what gives maximum results when used properly in the required amount in a suitable form.

Using single-drug therapy also assures the quality of medicine and decreases the load on biodiversity. A single drug may not be potent enough to break the pathogenesis of diseases so many times it is being used with some other *dravya*, as an *anupaan* or in the processed form. *Sunthi* is used single as a medicine and is also being preferred as an *anupaan dravya* for various single as well as for compound formulations. In the context of this review, *sunthi* as single medicine with different *anupaan* or in processed form has been considered as *ekal dravya*.

Sunthi, refers to dried ginger, also known as *naagar*² or *vishwabhesaja*³ Ch.su.27/296 or *mahausadha*⁴ which means a powerful medicine. it is employed in the treatment of many of the ailments among the single and compound preparations described in *Brihatrayee*. *Sunthi* is used as a potent ayurvedic herbal remedy and is also used in various types of ayurvedic formulations. which is been used for treating many ailments in a compound or single form. *Sunthi* is considered the best *shirovirechan dravya*^{5,6}. It has been mentioned by Charak in a number of the *mahakashayas* which makes it useful in variety of disorders. *Aacharya* Sushrut

has indicated *sunthi* in *pippalyaadi* and *trayushnaadi gana*, whereas *Aacharya Vagbhata* has placed it in *vachaadi gana*.

| | SAMHITA | <i>Mahakashaya/ gana</i> | <i>Prayoga (use)</i> |
|----|-----------------|--|---------------------------------|
| 1. | CHARAK | <i>Truptighna; Arshoghna; Stanyasodhan; Trishnanigrahan; Sheetprashman; Shoolprashman Mahakashaya</i> ⁷ | <i>Shirovirechan dravya</i> |
| 2. | SUSHRUT | <i>Pippalyaadi gana, Trayushanaadi gana</i> ⁸ | <i>Shirovirechan dravya</i> |
| 3. | VAGBHATA | <i>Vachaadi gana</i> ⁹ | |

Aacharya charak has characterized its properties like *deepan* (increases digestive fire), *ushna* (hot in potency), *vata kapha shamak* (regulates vata and kapha doshas), *madhur vipaak* and *rochan* (which increases taste for food)¹⁰. *Aacharya Sushrut* is also of same opinion as like *charak*. He mentions it as *katu rasa*, and light for digestion (*laghu*)¹¹. *Aacharya Vagbhata* mentions it as *snigdha, ushna, deepan, graahi, vibandhanaashak, kapha vata naashak*¹². Due to its property of *kapha vata shaman*, it is been used in many disorders of *kapha* and *vata* origin.

MATERIALS AND METHODS

MATERIALS

Charak Samhita, Sushrut Samhita, Ashtang hridaya with their commentaries and other relevant texts of Ayurveda and allied subjects.

METHODS

Compilation of information relating to *ekal* aspect of *haritaki*.

A conceptual review of *haritaki* as *Ekal Dravya Chikitsa*.

Compilation of various forms of *Ekal Dravya* used in *Brihatrayee*.

OBSERVATIONS

After a complete review of *Brihatrayee*, it has been observed that *sunthi*, an effective natural herb has been mentioned in our ancient classical texts having many therapeutic benefits. It has been mentioned in all three *Samhitas* of *Brihatrayee* with its variety of use in various

diseases in compound form as well as in *Ekal Dravya* form. Following observation has been compiled after a review of *Brihatrayee* for the use of *sunthi* in *Ekal Dravya Chikitsa*.

OBSERVATIONS

| | | | |
|----|---|--|----------------|
| 1. | <i>Atisthulta chikitsa</i> | | Ch.su.21/22-24 |
| 2. | <i>Rasayan</i> use with milk- <i>kshatsheen</i> | | Ch.chi.11/92 |
| 3. | With <i>guda</i> (jaggery) | In constipation or passage of <i>ama</i> including <i>dosas</i> with stool in- <i>Sawathu</i> (oedema) | Ch.chi.12/27 |
| 4. | Decoction of dry ginger along with milk- Elimination of residual <i>dosas</i> in <i>Udar Roga</i> | | Ch.chi.13/153 |

| | | | |
|----|--|--|-----------------|
| 1. | <i>Sunthi</i> rubbed with breast milk and mixed with ghee - <i>Anjana</i> (collyrium) | <i>Shushka akshi paka</i> (eye disorder) | Shu. uttr.9/23 |
| 2. | <i>Sunthi</i> with jaggery | <i>Kaamla</i> (jaundice) | Shu.uttr.44/30 |
| 3. | <i>Sunthi kashaya siddha ajaa dugdha</i> - (intake of goats milk processed with decoction of <i>sunthi</i>) | <i>Hikka</i> (hic cough) | Shu. uttr.50/22 |

| | | | | |
|----|--|--|--|------------------|
| 1. | Sunthi and sugar consumed with <i>mastu</i> (whey) | | <i>Vataj kasa</i> | As.hr.chi.3/17 |
| 2. | 1 <i>pala</i> in quantity of <i>Sunthi mula swaras</i> mixed with milk should be consumed daily, increasing the dose by $\frac{1}{2}$ <i>karsha</i> every succeeding day for 1 month, the person should drink milk only and abstain from eating solid food | | This promotes nourishment, lifespan, strength, colour complexion | As.hr.chi.3/118 |
| 3. | Equal parts of jaggery and <i>Naagar</i> should be consumed daily or used as nasal drops | | <i>Swaas</i> and <i>hikka</i> (Hiccough and dyspnea) | As.hr.chi.4/47 |
| 4. | Water boiled with <i>Sunthi</i> | <i>Hridrogaj trishna</i> (thirst in heart disease) | | As.hr.chi.6/36 |
| 5. | Paste of <i>Naagar</i> along with <i>saindhava</i> taken with hot water | | <i>Aamaj grahani</i> | As.hr.chi.10/8 |
| 6. | Consume lukewarm water boiled with <i>naagar</i> | After the ghee has been digested, the patient had good purgation | | As.hr.chi.15/35 |
| 7. | Consume <i>Sunthi</i> with jaggery followed by <i>takra</i> as vehicle | One who has poor digestive fire, faeces having symptoms of <i>ama</i> , being heavy, broken and constipating | | As.hr.chi.17/5 |
| 8. | Should be scraped and smeared with <i>Sunthi</i> and <i>saindhava</i> , washed with warm water | | <i>Pothaki</i> | As.hr.uttr.9/21 |
| 9. | <i>Mahaashadha</i> macerated with breast milk and mixed with ghee- used as collyrium | | <i>Shushka akshipaka</i> | As.hr.uttr.16/29 |

DISCUSSION

Aacharya Charak has indicated using *sunthi* along with *guda* in *swathu*, in *kamala* by *Aacharya Sushrut*, whereas *Vagbhata* prescribes for oral intake or nasal drops of equal quantity of both *sunthi* and *guda* in *hikka* and *swaas*. Decoction of *sunthi* along with milk has been mentioned by *Charak* in *udar roga*, whereas, *Vagbhata* advices therapeutic use of water boiled with *sunthi* in *Hridrogaj trishna* (thirst in heart disease) and also for purgation activity.

Both *Aacharya* Sushrut and Vagbhata has listed *Sunthi* rubbed with breast milk and mixed with ghee for *Anjana* (collyrium) in eye disorder. Whereas, *Sunthi* with *saindhav* is used for *pratisaaran* in *Pothaki* by Vagbhata alone. Vagbhata has mentioned for oral administration of *Naagar* paste along with *saindhava* taken with hot water for symptomatic relief in *aamaj grahani*. *Sunthi* mixed with sugar and taken with *mastu* is better used in *vataj* type of *kasa*.

Table No. 5: LIST OF DISORDERS BEING INDICATED FOR EKAL USE OF SUNTHI IN BRIHATRAYEE

| | | CHARAK | SUSHRUT | VAGBHATT |
|-----|--|----------------|----------------|---------------------------|
| 1. | <i>Atisthulta chikitsa</i> | Ch.su.21/22-24 | | |
| 2. | <i>Kshatksheen</i> | Ch.chi.11/92 | | |
| 3. | <i>Sawathu</i> (oedema) | Ch.chi.12/27 | | As.hr.chi.17/5 |
| 4. | Eye disease | | Shu.uttr.9/23 | As.hr.uttr.9/21; 16/29 |
| 5. | <i>Kaamla</i> (jaundice) | | Shu.uttr.44/30 | |
| 6. | <i>Hikka</i> | | Shu.uttr.50/22 | As.hr.chi.4/47 |
| 7. | <i>Swaas</i> (Dysponea) | | | As.hr.chi.4/47 |
| 8. | <i>Vataj kasa</i> | | | As.hr.chi.3/17; 118 |
| 9. | <i>Hridrogaj Trishna</i> (thirst in heart disease) | | | As.hr.chi.6/36 |
| 10. | <i>Aamaj grahani</i> | | | As.hr.chi.10/8 |
| 11. | <i>Udar roga</i> | | | As.hr.chi.15/35 |

CONCLUSION

After a critical review of *ekal* use of *sunthi* in *Brihatrayee* it is found that *sunthi* is used in the form of *ekal dravya chikitsa* and various instances. It is used in variety of ailments using different *anupaan* or in different processed form.

REFERENCES

1. Agnivesh: Charak Samhita: revised by Charak and Dradhbala; Vaidyamanorama Hindi commentary by Acharya Vidyadhar Shukla and prof. Ravi Dutta Tripathi; chaukhamba Sanskrit pratisthan Delhi; revised edition 2012, Charak Sutrasthan chapter 1, verse 134.
2. Sushrut samhita of Maharshi sushrut; edited with Ayurved-Tattva- Sandipika; hindi commentary, scientific analysis by Kaviraaj Ambikadutta Shastri; part-1,2; PUBLISHER: Chaukhamba Sanskrit Sansthaan, Varanasi-221001; EDITION- reprint, 2018, sutrasthaan chapter 46, verse 223.

3. Vaagbhat: Asthang Hridayam: Saroj Hindi Commentary By Ravi Dutta Tripathi; Chaukhamba Sanskrit Pratisthan, Revised Edition 2009, sutrasthan chapter 6, verse 163.
4. The Kashi Sanskrit series; *Astangahridayam* of Vagbhat; edited with the 'Vidyotini' hindi commentary by Kaviraj Atridev Gupta; edited by Vaidya Yadunandana Upadhyaya; Publisher- Chaukhamba Prakashan, post box no.-1150, Varanasi- 221001; Edition- reprint- 2019, uttarantra chapter 16, verse 29.
5. Agnivesh: Charak Samhita: revised by Charak and Dradhbala; Vaidyamanorama Hindi commentary by Acharya Vidyadhar Shukla and prof. Ravi Dutta Tripathi; chaukhamba sanskrit pratisthan delhi; revised edition 2012, Charak Sutrasthan 2.
6. Sushrut samhita of maharsi sushrut; edited with Ayurved-Tattva- Sandipika; hindi commentary, scientific analysis by Kaviraaj Ambikadutta Shastri; part-1,2; PUBLISHER: Chaukhamba Sanskrit Sansthaan, Varanasi-221001; EDITION- reprint, 2018, sutrasthaan chapter 39, verse 6.
7. Agnivesh: Charak Samhita: revised by Charak and Dradhbala; Vaidyamanorama Hindi commentary by Acharya Vidyadhar Shukla and prof. Ravi Dutta Tripathi; chaukhamba Sanskrit pratisthan Delhi; revised edition 2012, Charak Sutrasthan chapter 4.
8. Sushrut samhita of maharsi sushrut; edited with Ayurved-Tattva- Sandipika; hindi commentary, scientific analysis by Kaviraaj Ambikadutta Shastri; part-1,2; PUBLISHER: Chaukhamba Sanskrit Sansthaan, Varanasi-221001; EDITION- reprint, 2018, sutrasthaan chapter 38.
9. Vaagbhat: Asthang Hridayam: Saroj Hindi Commentary By Ravi Dutta Tripathi; Chaukhamba Sanskrit Pratisthan, Revised Edition 2009, sutrasthan chapter 15.
10. Agnivesh: Charak Samhita: revised by Charak and Dradhbala; Vaidyamanorama Hindi commentary by Acharya Vidyadhar Shukla and prof. Ravi Dutta Tripathi; chaukhamba Sanskrit pratisthan Delhi; revised edition 2012, Charak Sutrasthan chapter 27, verse 296.
11. Sushrut samhita of maharsi sushrut; edited with Ayurved-Tattva- Sandipika; hindi commentary, scientific analysis by Kaviraaj Ambikadutta Shastri; part-1,2; PUBLISHER: Chaukhamba Sanskrit Sansthaan, Varanasi-221001; EDITION- reprint, 2018, sutrasthaan chapter 46, verse 223.
12. Vaagbhat: Asthang Hridayam: Saroj Hindi Commentary By Ravi Dutta Tripathi; Chaukhamba Sanskrit Pratisthan, Revised Edition 2009, sutrasthan chapter 6, verse 163.
13. Agnivesh: Charak Samhita: revised by Charak and Dradhbala; Vaidyamanorama Hindi commentary by Acharya Vidyadhar Shukla and prof. Ravi Dutta Tripathi; chaukhamba Sanskrit pratisthan Delhi; revised edition 2012
14. Jaikrishnadas Ayurved series, Charak Samhita by Agnivesa; revised by Charak and Dradhbala, with the Ayurved- Dipika commentary of Chakrapanidatta; edited by Vaidya Jadavaji Trikamji Acharya; PUBLISHER- Chaukhamba Orientalia- post box no.- 1032, Varanasi; EDITION- reprint 2015
15. Jaikrishnadas Ayurved series, by Charak Samhita, Agnivesas treatise refined and announced by Caraka and redacted by Drdhabala (text with English translation), Editor- Translator Prof. Priya Vrat Sharma, Volume 1,2,3. PUBLISHER- Chaukhamba Orientalia, Varanasi, EDITION- seventh 2003.
16. Sushrut samhita of maharsi sushrut; edited with Ayurved-Tattva- Sandipika; hindi commentary, scientific analysis by Kaviraaj Ambikadutta Shastri; part-1,2; PUBLISHER: Chaukhamba Sanskrit Sansthaan, Varanasi-221001; EDITION- reprint, 2018.
17. Sushrut Samhita of Maharsi Sushrut; Hindi translation of Nibandha Sangraha Vyaakha (Shri. Dalhan Aacharya) and Nyaya Chandrika Vyaakha (Shri. Gayadas Aacharya) by Dr. Keval Krishna Thakral- part 1,2,3; PUBLISHER- Chaukhamba Orientalis, Varanasi-221001; EDITION- reprint, 2016.
18. Haridas Ayurveda Series, SUSHRUTA- SAMHITA, with English translation of text and Dalhan's Commentary along with critical notes, Volume 1,2,3; Edited And Translated By Priya Vrat Sharma; PUBLISHERS- Vishvabharati, Oriental Publishers And Distributors, ISBN:978-93-81301-24-1; Reprint 2013
19. Vaagbhat: Asthang Hridayam: Saroj Hindi Commentary By Ravi Dutta Tripathi; Chaukhamba Sanskrit Pratisthan, Revised Edition 2009
20. The Kashi Sanskrit series; *Astangahridayam* of Vagbhat; edited with the 'Vidyotini' hindi commentary by Kaviraj Atridev Gupta; edited by Vaidya Yadunandana Upadhyaya; Publisher- Chaukhamba Prakashan, post box no.-1150, Varanasi- 221001; Edition- reprint- 2019

21. English translation- Krishnadas ayurved series, volume 27, Vaaghat Astang Hridayam, (text, English translation, notes, appendix indices), translated by Prof. K.R.Srikanta Murthy, Publisher- Chaukhamba Krishnadas Academy, Varanasi; Edition- reprint-2018

