CRITICAL REVIEW OF SHADDHARANA YOGA: A POLYHERBAL FORMULATION

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ABSTRACT
Shaddharana Yoga, is a polyherbal Ayurvedic formulation which has been described in the Samhitas like, Sushrut samhita, Ashtang Sangraham, Ashtang Hridayam, Madhava Nidana, Vrinda Madhava, Chakra datta, Vangasena samhita, Gada nigraha, Yoga Ratnakar, Brihat Nighantu Ratnakar, Yoga Chintamani and Bhaishajya Ratnavali. This drug is recommended for the diseases like Amashayagata Vata (Disorder related to Stomach & Small Intestine) and Kushtha (Skin Diseases). This formulation contains six drugs. This formulation is described in Samhitas with the name of Shaddharana Yoga (SDY) or Shatcharana Yoga or without name. Two types of formulations are available with the same name. The method of using this drug also differs according to its indication. The different methods are prevailing regarding the use of this formulation. An effort has been made to compile all the details of Shaddharana Yoga and to study it critically.

KEYWORDS: Shaddharana Yoga, Shatcharana Yoga, Amashayagata Vata, Kushtha.

INTRODUCTION
In Ayurveda, various Ayurvedic formulations are described with the same name. If we go through the formulation, we can easily find that SDY is described by Ancient Acharyas for Amashayagata Vata and Kushtha. It is rarely seen in Samhitas that the same name has been used for two different formulations indicated for two different diseases in different Samhitas. It has been decided to compile all the formulations of SDY so that the justification can be found why these two different formulations are described. SDY contains six drugs where all
the drugs should be taken in equal quantity i.e. 1 Dharana and the total dose/quantity of Shaddharana yoga should be finished in seven days [Saptaratram(7 nights)]. The commentators like Dalhana and Chakrapani also have commented on the use of this drug which is helpful for clinicians.

AIMS AND OBJECTIVES
1. To compile and review various references of Shaddharana Yoga, from all the available Samhitas and their commentaries.
2. To understand the different methods of use of Shaddharana Yoga along with its indications.

MATERIALS AND METHODS
Available references of SDY from ancient Ayurvedic texts like Sushrut samhita, Ashtang Sangraham, Ashtang Hridayayam, Madhava Nidana, Vrinda Madhava, Chakra datta, Vangasena samhita, Gada nigraha, Yoga Ratnakar, Brihat Nighantu Ratnakar, Yoga Chintamani and Bhaishajyag Ratnavali are compiled. The different methods of preparation of the same drug are critically studied.

A. Sushrutasamhita
1. When aggravated Vata (One of the three Humors of Body) is found affecting the Amashaya region, then Chardana (Emesis therapy) should be administered in the stipulated procedure, followed by use of SDY comfortably warm water for seven days. Combination of Shuddha Chitrak, Indrayava, Patha, Shuddha Katuka, Ativisha and Abhaya [Each one Dharana (4.8-4.8g)\(^1\)]is known as Shaddharana Yoga. This should be administered with comfortably warm water (decoction) for seven days [Saptaratram (7 nights)]. This mitigates diseases caused by Vata in Aamashaya Region.\(^2\)

2. According to the reference described in Chikitsasthana, Sushrut says One Dharana is equal to Nineteen Nishpava of Madhyama size. Two and half Dharana is equal to one Karsha.\(^3\)

Dalhana – Dalhana, the Commentator of Sushrutasamhita, has commented on this verse, According to him Chitrak etc. drugs should be taken in the quantity of Dharana. Dharana is equal to the quantity of 21 Nishpava (of medium size). Here it has been discussed that all the six drugs should be taken in the quantity of one dharana (21 Nishpava) each, so the total
quantity of SDY becomes six Dharana (126 Nishpava). This quantity of six Dharana should be used in seven days as per the main reference. So 126 Nishpava drug should be finished in seven days with equal dose. It means SDY should be taken in a dose of 18 Nishpava (3.43g) per day. Here the opinion of Dalhan, i.e. 1 Dharana means 21 Nishpava seems more appropriate than Acharya Sushrut’s opinion of 1 Dharana means 19 Nishpava. \[4\]

Dalhana also says that, “Katuka Ativisha Kshapa” Iti Kechit Pathanti. It means, this is not the opinion of Dalhana, Dictionary meaning of Kshapa is Night this indicates Haridra. As per the reference from Ashtang Sangraha Kushtha Chikitsa, where Darvi replaces Abhaya[Haritaki] in this reference, rest of the five drugs are same. This is the reason why Daruharidra should be taken for Kshapa not Haridra.

**B. Ashtang Sangraha**

1. Fine powder of Darvi, Kalinga, Katuka, Ativisha, Agni and Patha, consumed in doses of one Dharana, mixed with cow’s urine cures piles, abdominal enlargement, tumour of the abdomen, leprosy, flatulence, stiffness of the legs, duodenal disease and diabetes. \[5\]

2. If (Vata) is lodged in the Amashaya region, Vamana (Emesis), Shaddharana Choorna/yoga (described in the treatment of Kushtha) followed by oleation and others (therapies) should be done. \[6\]

**C. Ashtangahridaya**

1. When Vayu (Vata) is localised in the Amashaya region, after giving Vamana and pratibhojana (regimen of diets/sansargana) either Shaddharana choorna or drugs of Vachadi Gana should be administered with warm water to augment the Agni. \[7\]

2. (Powder of) Patha, Darvi, Vahni, Ghuneshta, Katuka, and Shakrayava mixend and used with either cow’s urine or warm water, consumed for a period of one month, makes the patients of leprosy, haemorrhoids, diabetes, oedema, anaemia, indigestion and intestinal worms, free of their diseases. \[8\]

**D. Madhava Nidana**

If increased Vata resides in Amashaya region, pain in the flanks, abdomen, region of the heart and umbilicus, thirst, eructation, vomiting and diarrhea, cough, dryness of throat and mouth and dyspnoea are found. \[9\]
E. Vrinda Madhava: SDY (Haritakyadi) is described as Shatcharana Yoga in Vrinda Madhava. Here this formulation is indicated for Amashayagata Vata as well as for Mahavyadhi. As per the commentator, “Meda Kaphavrit Vata” should be considered as “Mahavyadhi”. As per this text, 1 Karsha is made up of 18 Nishpava and 1 Dharana is made up of 1 Karsha plus 3 Nishpava i.e total 21Nishpava. This Shaddharana Yoga should be finished in Saptaratram (7 nights) with Ushnodaka as Anupana. [10]

F. Chakradatta
If Vata is situated in Amashaya, at first, emesis should be administered according to prescribed method and thereafter be given SDY with lukewarm water for a week. Chitraka, Indrayava, Patha, Katuka, Ativisha, and Abhaya[Haritaki]-each in quantity of a dharana. This SDY is a good remedy for Mahavyadhi (Vata covered with Medas and Kapha). Dharana(4 gm) is one tenth of a pala (40 gm) and as the formulation is of Sushruta it should be reckoned with Masha as of 5 Gunja. It should be administered daily in the same dose. [11]

G. Vangasena
1. Vangasena also describes Haritakyadi SDY in Vatavyadhi adhikar indicated for Amashayagata Vata. Here the author says that the SDY should be finished in seven days but in the next quotation he says that all these six medicines should be taken in 1 Dharana quantity each and this formulation should be given for six days which leads to ambiguity. [12]

2. The same description is available as above. But in the foot note of the same book, the commentator says that SDY is recommended in Amashayagata vata after Vaman Karma. So Vamana is to be given on first day and then from the second day this formulation should be started and should be continued for the next six days. So the last dose of this formulation falls on the seventh day. Hence it is mentioned that SDY should be given up to seven days with lukewarm water. One more important point has been mentioned by the commentator, that all these six drugs should be given in the same sequence as mentioned in the verse (Chitrak-Indrayava-Patha- Katuka-Ativisha- Abhaya). Vaman karma on first day, Second day churna of Chitrak, followed by Indrayava on third day and so on. Seventh day Haritaki churna should be given in a dose of Tanka (Tanka mitam - 4 Masha i.e. 3g). [13]

H. Gadanigraha
As per this book, this SDY should be used for the purpose of Vaman in Amashayagata Vata. This should be used for seven days with lukewarm water. [14] But this interpretation is due to
some changes in the words of main verse. This interpretation seems inappropriate and shows some kind of errors in the book and its interpretation.

I. Yogaratnakar

In Amashayagata Vata, firstly Vamana should be given, after some rest period; SDY should be administered with anupana of hot water for seven nights continuously. [15]

J. Brihat Nighantu Ratnakar

Haritakyadi SDY is described as Shatcharana Yoga. Rest of the information is same as above.[16]

K. Yoga Chintamani

The author of Yoga Chintamani also describes Shatcharana Yoga for Amashayagata Vata. This formulation consists Abhaya [Haritaki] instead of Darvi. Here also it is recommended after Vaman and is advised to be taken for 7 days.

K. Bhaishajyaratnavali

If Vata is situated in Amashaya, at first, emesis should be administered according to prescribed method and thereafter be given SDY with lukewarm water for a week. Chitraka, Indrayava, Patha, Katuka, Ativisha, and Abhaya[Haritaki]-each in quantity of a dharana. This SDY is a good remedy for Mahavyadhi (Vata covered with Medas and Kapha). [17]

<table>
<thead>
<tr>
<th>Sr. No.</th>
<th>Shaddharana Yoga – I (SDY-I) [Su.Chi.4/3-4]</th>
<th>Shaddharana Yoga - II(SDY-II) [A.S. Chi.21/42]</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Chitrak (Plumbago zeylanica)- (Root/Root Bark)</td>
<td>Chitrak (Plumbago zeylanica)Root</td>
</tr>
<tr>
<td>2</td>
<td>Indrayava (Holarrhena antidysenterica) - Seed</td>
<td>Indrayava (Holarrhena antidysenterica)</td>
</tr>
<tr>
<td>3</td>
<td>Patha (Cissampelos pariera)-Root</td>
<td>Patha (Cissampelos pariera)</td>
</tr>
<tr>
<td>4</td>
<td>Katuka (Picrorhiza kurroa)-Rhizome</td>
<td>Katuka (Picrorhiza kurroa)</td>
</tr>
<tr>
<td>5</td>
<td>Ativisha(Aconitum heterophylum)-Tuberous Root</td>
<td>Ativisha(Aconitum heterophyllum)</td>
</tr>
<tr>
<td>6</td>
<td>Abhaya[Haritaki (Terminalia chebula)]-Fruit pulp</td>
<td>Darvi [Kshapa] (Berberis aristata)- Root/Root Bark</td>
</tr>
</tbody>
</table>

Table showing the pharmacological properties of the drugs of Shaddharana Yoga

<table>
<thead>
<tr>
<th>Dravya</th>
<th>Rasa</th>
<th>Vipaka</th>
<th>Veerya</th>
<th>Guna</th>
<th>Doshakarma</th>
</tr>
</thead>
<tbody>
<tr>
<td>Chitrak</td>
<td>Katu</td>
<td>Katu</td>
<td>Ushna</td>
<td>Laghu, Ruksha, Teekshna</td>
<td>Kaphavatashamaka, Pittavardhaka</td>
</tr>
<tr>
<td>Indrayava</td>
<td>Katu</td>
<td>Katu</td>
<td>Sheeta</td>
<td>Laghu,</td>
<td>Tridoshaghna</td>
</tr>
</tbody>
</table>
| Patha       | Tikta | Katu | Ushna | Laghu, Teeksha, Kaphapittashamaka Specifically Kaphapittahar | Tridoshshamaka-
|            |       |      |       |                                                      | Specifically Kaphapittashamaka |
| Katuka     | Tikta | Katu | Sheeta| Laghu, Ruksa, Kaphapittahar | Tridoshshamaka-
|            |       |      |       |                                                      | Specifically Kaphapittashamaka |
| Ativisha   | Tikta | Katu | Ushna | Laghu, Teeksha, Kaphapittashamaka Specifically Kaphapittahar | Tridoshshamaka-
|            |       |      |       |                                                      | Specifically Kaphapittashamaka |
| Abhaya[Haritaki] | Pancharasa (Except Lavana)-Predominantly Kashaya | Madhur | Ushna | Laghu, Teeksha, Kaphapittashamaka Specifically Kaphapittahar | Tridoshshar |
| Darvi      | Tikta | Katu | Ushna | Laghu, Ruksa, Kaphapittahara | Tridoshshamaka-
|            |       |      |       |                                                      | Specifically Kaphapittashamaka |

| Shaddharana Yoga Rogadhikar – 1. Amashayagata Vata 2. Kushtha |
| List of Diseases in which Shaddharana Yoga is recommended |

<table>
<thead>
<tr>
<th>Amashayagata Vata</th>
<th>Kushtha</th>
<th>Grahani</th>
<th>Ajeerna</th>
</tr>
</thead>
<tbody>
<tr>
<td>Arsha</td>
<td>Meha</td>
<td>Shoph</td>
<td>Krimi</td>
</tr>
<tr>
<td>Udara</td>
<td>Aadhya pavana [Vatarakta]</td>
<td>Pandu</td>
<td>Mahavyadhi (Meda Kaphavrit Vata)</td>
</tr>
</tbody>
</table>

**DISCUSSION**

Compilation of the literature related to SDY shows that there are two types of different formulations were used in Samhitas with the name of SDY.

Shaddharana Yoga-I is described in all the above mentioned texts except Ashtang Sangraha and Ashtang Hridaya with the name Shaddharana Yoga or Shatcharana Yoga. The second formulation of Shaddharana Yoga is available in Ashtang Sangraha and Ashtang Hridaya. SDY-I is exclusively recommended for the disorders like Amashayagata Vata or Meda-Kaphavrit Vata. This formulation is described for the purpose of Shodhana. SDY-II formulation is recommended for the diseases like Kushtha, Arsha, Udara etc.

One thing is important that when we look towards the reference from Sushruta samhita it is described in Vatavyadhi Adhyaya, where use of Abhaya[Haritaki] seems appropriate due to its Anulomana property. The references of SDY-II in Ashtang Hridaya and Ashtang Sangraha is described in Kushtha-Chikitsa. In this reference Abhaya[Haritaki] has been replaced by Daruhradra. If we consider the pharmacological properties of Darvi it has a good role in the management of Kushtha. This might be the reason of taking Darvi instead of
Abhaya[Haritaki] in this formulation. But the same formulation from Kushtha Chikitsa is recommended in Vata vyadhi in Ashtang Sangraha and Ashtang Hridaya. So looking towards theses references it will be better if Darvi is replaced by Abhaya[Haritaki] in Vata vyadhi.

Again the references from Chakradatta, Bhaishajyaratnavali and Yogaratnakar justify the presence of Haritaki in the formulation as this reference comes for Amashaygata Vata.

Anupana:- Ushnodaka or Gomutra is described as anupana for this Formulation by various Acharyas. Regarding the use of this formulation, it can be said that all the six drugs should be taken in a quantity of 4 g each and mixed properly then after Vaman karma this formulation should be started for seven days with a dose of 3.5g.

As per the second reference, all the drugs can be given in a dose of 1 Dharana (4g) each for six days with lukewarm water and the drugs should be given in the same sequence in which they are mentioned in the text. But as this formulation has been named as ‘Shaddharana Yoga’ where ‘Yoga’ word suggests that all the drugs should be mixed and then to be used. If this formulation is meant to be used as individual drugs each day for six days then it would not have been mentioned as Yoga. So after taking in to consideration the both methods, we feel that the first method seems more appropriate. The best method to answer this question would be a comparative clinical study in which both the methods should be used in different groups.

CONCLUSION

1. Shaddharana Yoga contains six drugs i.e. Chitraka, Indrayava, Patha, Katuka, Ativisha, and Abhaya[Haritaki]. This formulation is useful in Amashaygata Vata.
2. Another formulation of Shaddharana Yoga in which Abhaya[Haritaki] has been replaced by Darvi should be used in Kushtha Chikitsa.
3. Shaddharana itself describes the total quantity of this formulation should not exceed 6 Dharana i.e. 126 Nishpava[24g].
4. All the six drugs as per indication should be taken in equal quantity i.e. 1Dharana/21 Nishpava (4g).
5. This total formulation of Shaddharana should be finished in Seven days keeping the dose as 18 Nishpava (3.43g) per day.
6. Shaddharana Yoga can also be consumed in other way in which all the drugs are given individually for six days in a dose of 1 Dharana per day after administration of Vamana.
As this formulation is termed as ‘Yoga’, it would be unwise to use this formulation by this method.

7. Dalhan’s commentary is very useful in understanding how to use this drug.

8. Shaddharana Yoga should be used in Amashayagata Vata after the administration of Vamana karma, for the next seven days for improving the status of Agni.

9. Shaddharana Yoga and Shatcharana Yoga are the synonyms.

10. Literary review suggests that the first method would be appropriate regarding the use of Shaddharana Yoga. A comparative clinical study in future may answer regarding the best method of use for this formulation. Also a clinical study comprising various pharmaceutical forms i.e. Churna/Kashaya/Vati may be helpful.

REFERENCES


