

## Shivapalapindi: an unexplored Ayurvedic Formulation

Dr. Rekha B. V<sup>1</sup> and Dr. Chaudhari Krishnakumari Balvantbhai<sup>2</sup>

<sup>1</sup>Professor, Department of Swasthavritta, Government Ayurveda Medical College, Mysuru

<sup>2</sup>2<sup>nd</sup> Year Pg Scholar, Department of Swasthavritta, Government Ayurveda Medical College, Mysuru

Submitted: 15-12-2021

Accepted: 28-12-2021

### ABSTRACT:

Shivapalapindi, as per Ayurveda's bhavaprakash samhita is a compound herbal formulation containing 12 herbs mixed together in equal quantities. Patha, Patola, Yava, Chandana, Dhanyaka, Amalaki, Vasa, Lavanga, Tvak, Gaja pippli, Haritaki, Madhu, Sita and Ghrita are used to prepare this miraculous formulation. It is prescribed in Ayurvedic system of medicine for treatment of Amlapitta, Aruchi, and Sosha by Acharya Bhavaprakasha in Amlapittadhikara. Shivapalapindi is also having effect to restore the disturbed "tridoshas- vatta, pitta and kapha." It calms down the increased Vata, pitta and Kapha. It has Katu Rasa, Ushna Virya, laghu Guna and Deepana, Pachana, Grahi and Srotosodhaka therapeutic effects. Apart from traditionally known health benefits, Shivapalapindi also possesses immunomodulatory, antiviral, expectorant, carminative, hypolipidemic, hypoglycemic, antiemetic, and anti-inflammatory potential. Simply it is concluded that Shivapalapindi is a miraculous combination which is needed to be explored more exhaustively to solve the bioavailability issues of allopathic, Ayurvedic, and other traditional systems of medicines.

**KEYWORDS:** Amlapitta, Shivapalapindi, Choorna kalpana

### I. INTRODUCTION

Ayurveda is endowed with more than 2 lakh formulation. There are numerous classical texts starting from Bruhatryi, Laghutrayi and latter texts of 19<sup>th</sup> century which includes Bhaishyaratnvali, Shahstra yoga etc. Shivapalapindi is one such potential formulation

which is indicated by Acharaya Bhavamisra in his Amlapitta Adhikara<sup>1</sup>. Amlapitta is not described as a separate disease in Bruhatrayi. Acharya Charaka has described Shuktapaka as Purvarupa of Grahani<sup>2</sup>. He described the symptoms of Sampitta / Amlapitta in relation to it. Amlapitta is described in detail in Kashyapsamhita, Yogratnakara, and Madhavnidana as a separate disease. The word Amlapitta itself tells us that the Amla guna of Pitta Dosha is vitiated<sup>3</sup>. Avipaka, Klama, Utklesha, Tikta-Amloudgar, Hrit-daha, Kanthdaha, Aruchi are described as symptoms of Amlapitta<sup>4</sup>. Now a day, patients of Amlapitta are increased in number due to faulty eating habits, having junk food more often, late night awakening, stress etc. The prevalence of GERD in India is likely to be between 8 - 19%<sup>5</sup>. Mostly it is seen in 3<sup>rd</sup> decade of life. Several factors like change in lifestyle in terms of culture, smoking and use of specific food types have contributed to the increased prevalence of GERD in this rapidly progressing society. There is a need for a novel approach in tackling Amlapitta. Shivapalapindi is one among the drug of choice in combating Amlapitta with the combination of Patha, Patola, Yava, Chandana, Dhanyaka, Amalaki, Vasa, Lavanga, Tvak, Gaja pippli, Haritaki, Madhu, Sita and Ghrita which can effectively fight against Amlapitta

### II. MATERIALS & METHODS





Systematic review and critical analysis of Ayurvedic classical texts.




Article published in national and international journal regarding Shivapalapindi.





E. samhita and Nighantu are the basic source of information for this review.

**Ingredients of shivapala pindi**

**TABLE NO – 1 Shows the Sanskrit name, English name, Kannnda name, Latin name and Image of Shivapalapindi ingredients<sup>6,7,8,9,10,11,12,13,14,15,16,17,18</sup>**

Sl. No	Sanskrit name	English name/ Kannnda name	Latin name	Image
1	Patha	Velvet leaf, ಪಡವಲ್ಲೆ	Cissampelous pareira	
2	Patola	Snake gourd, ಪಡವಲಕಾಯಿ	Trichosanthus diocia	
3	Yava	Barly, ಬಾರ್ಲಿ	Hordeum vulgare	
4	Sweta Chandan a	Sandle wood, ಸೆವೇತ ಶ್ರೀಗಂಧ	Santalum album	

5	Dhanyaka	Coriander, ಕೊತ್ತಂಬರಿ ಬೀಜ	Corriandrum sativam	
6	Amalaki	Indian gooseberry, ಬೆಟ್ಟದ ನೆಲೆಕಾಯಿ	Embilica officinale	
7	Vasa	Malabar nut,	Adatoda vasica	
8	Lavanga	Clove, ಲವಂಗ	Segygium aromaticum	

9	Twak	Cinnamom, ದಾಲ್ಚಿನ್ನಿ	Cinnamom zelenica	
10	Gajapipp ali	Oriental cashew, ಹಿಪ್ಪಲಿ	Scindapsus officinalis	
11	Haritaki	Myrobitan, ಅಳಲೆ ಕಾಯಿ	Terminalia chebula	
12	Madhu	Honey, ಜೇನು ತುಪ್ಪ	-	
13	Sita	Sweet candy, ಕಲ್ಲು ಸಕ್ಕರೆ	-	


14	Grita	Ghee, ತುಪ್ಪು	-	
----	-------	-----------------	---	--

TABLE NO – 2 Shows the Sanskrita Name, Rasa panchaka, Doshghnata, Karmukata and Prayojya anga of shivapalapindi ingredients

Sanskrita Name	Rasa panchaka	Doshghnata	Karmukata	Prayojya anga
Patha (Cissampelos pareira Linn)	<b>Rasa-</b> Tikta, <b>Guna-</b> Laghu, Tikshna, <b>Veerya-</b> Ushna, <b>Vipaka-</b> Katu	Tridosah ara	Grahi, deepana, pachana, balya, stanyashodhaka, bastishodhaka	Moola, Kanda
Patola (Trichosanthes dioica)	<b>Rasa-</b> Tikta, <b>Guna-</b> Laghu, Tikshna, <b>Veerya-</b> Ushna, <b>Vipaka-</b> Katu	Tridosah ara	grahi, stanyashodhaka, balya, deepana, pachana, bastishodhaka	Moola, patra, phala
Sweta Chandana (Pterocarpus santalinus Linn)	<b>Rasa-</b> Tikta-Madhura, <b>Guna-</b> Guru, Ruksha, <b>Veerya-</b> Sheeta, <b>Vipaka-</b> Katu	Pitta- Kapha Shamaka	Chakshushya, vrushya, jwarahara, vranaharv and vishahara	Kandasara
Dhanyaka (coriandrum sativam linn)	<b>Rasa-</b> kashaya, Tikta, <b>Guna-</b> Laghu, Snigdha, <b>Veerya-</b> Ushna, <b>Vipaka-</b> Madhura	Tridosah ara	deepana, pachana, Grahi	Whole plant (leaves)
Amalaki (embilica officinalis)	<b>Rasa-</b> Lavana varjita pancharasa, <b>Guna-</b> Laghu, <b>Veerya-</b> Sheeta, <b>Vipaka-</b> Madhura	Tridosah ara	Rasayana	Fruit, pulp
Lavanga (syzgium aromaticum)	<b>Rasa-</b> Tikta, katu <b>Guna-</b> Laghu, snigdha, <b>Veerya-</b> sheeta, <b>Vipaka-</b> Katu	kaphapitta hara	Dipana, pachana, ruchya	Floral bud, clove oil
Haritaki (Terminalia chebula)	<b>Rasa-</b> Kashaya pradhana lavana varjita pancharasa, <b>Guna-</b> Laghu, Ruksha, <b>Veerya-</b> Ushna, <b>Vipaka-</b> Madhura	Tridosah ara	Anulomaka	Fruit rind
Twaka (cinnamomum zeylanica)	<b>Rasa-</b> katu, Tikta, madhura <b>Guna-</b> Laghu, Tikshna, <b>Veerya-</b> Ushna, <b>Vipaka-</b> Katu	vatakapha hara	Dipana, Pachana, Ruchya	bark
Vasa (adathoda vasica)	<b>Rasa-</b> Tikta, kashaya, <b>Guna-</b> Laghu, <b>Veerya-</b> sheeta, <b>Vipaka-</b> Katu	kaphapitta hara	dipana, pachana	leaf, root, flower
Sita (Saccharum	<b>Rasa-</b> madhura, <b>Guna-</b> Snigdha, Guru, <b>Veerya-</b>	vata- pitta shamaka	tridoshashamaka, ruchikaraka,	-

officinarum)	sheeta, <b>Vipaka-</b> madhura		shukrakaraka	
Madhu (Mel depuratum)	<b>Rasa-</b> Madhura, Kashaya, <b>Guna-</b> Picchila, laghu, ruksha, sukshma, <b>Veerya-</b> Ushna, <b>Vipaka-</b> Madhura	Tridosah ara	Yogavahi, ropaka, vranashodhana, sandhana	-

### PREPARATION –

Shivapalapindi is explained in Bhavaprakash Madhyama Khanda 39<sup>th</sup> chapter Amlapitta Adhikara

All the above ingredients are mixed in equal quantity (1 part) and made in a powder form then with Ghrita, Madhu, and Sita licked every day. This is called as Shivapalapindi. As this formulation subsides the Amlapitta, Daha, Aruchi of shiva who is also called as vishakantha because he retained visha in throat. Other scholar also opines that it does palana like shiva in the diseases of Aruchi, Amlapitta, Shosha.

**ANUPANA** – powder should be taken with Ghrita and Madhu in unequal quantity

(Madhu should be half of

Ghrita) and Ushna jala

**Dose** – 12 gm BD with Ghrita and Madhu in unequal quality<sup>19</sup>

### III. DISCUSSION

#### Actions on Tridosha

**1. Patha-** Due to Tikta rasa and laghu guna it pacify the vata dosha, due to Tikta rasa it pacify pitta dosha, and due to Tikta rasa, Tikshna guna and Ushna virya it pacify Kapha Dosha. grahi, stanyashodhaka, balya, deepana, pachana, bastishodhaka

**2. Patola -** Due to Tikta rasa and laghu guna it pacify the vata dosha, due to Tikta rasa it pacify pitta dosha, and due to Tikta rasa, Tikshna guna and Ushna virya it pacify Kapha Dosha. grahi, stanyashodhaka, balya, deepana, pachana, bastishodhaka

**3. Sweta Chandana -** Pitta Kapha shamak, mainly due to Madhura and tikta rasa it pacify Pitta. And due to Tikta Rasa it pecifies Kapha. Chakshushya, vrushya, jwarahara, vranaharv and vishahara

**4. Dhanyaka -** Tridosha Shamak, Due to Snigdha and Laghu it pacifies Vata; Due to Tikta and Kashaya it pacifies Kapha and Pitta. deepana, pachana, Grahi

**5. Amalki -** Tridosahara, especially Pitta Shamak, due to Amla Ras it pacifies Vata, due to Madhura and Sheeta it pacifies Pitta, due to Ruksha and Kashaya it pacifies Kapha. Aruchi, Agnimandya, Vibandha, Yakridvikara, Amlapitta, Udara Roga,

Hridroga, Rakta Pitta, Jeerna Jwara, Dourbalya, Kshaya, Shotha etc.

**6. Lavanga -** Kapha Pitta shamak, mainly due to Tikta Rasa it pecifies Kapha and Pitta .Dipana, pachana, ruchya

**7. Haritaki -** Tridosahar, especially Vata Shamak due to Amla and Madhura it pacifies Vata, due to Madhura, Tikta, Kashaya it pacifies Pitta, Due to Katu, Tikta and Kashaya it pacifies Kapha. Agnideepan, Pachan, yakriduttejak, Anuloman, Mridurechan, Krimighna, Mutrala, Medhya, Rasayan, Netrya, Ayurvedhak and Bhrimhana.

**8. Twaka -** vatakahahara especially vatahara due to madhura and kaphahara due to katu and tikta rasa. Dipana, Pachana, Ruchya

**9. Vasa -** Kapha Pitta Shamak Due to Sheeta, Tikta and Kashaya it pacifies Pitta and due to Laghu, Ruksha, Tikta and Kashaya it pacifies Kapha.

**10. Sita -** tridoshashamaka especially vata pitta shamaka due to Snigdha, Guru guna and Madhura. ruchikaraka, shukrakaraka

**11. Madhu -** Tridosahara especially vata dosha due to Madhura, pitta due to madhura and kashaya, kaphya mainly due to kashaya, laghu ruksha. Yogavahi, ropaka, vranashodhana, sandhana

### IV. CONCLUSION

Amalpaitta has created an alarming situation with its rapid stick in its prevalence affecting large number of population. Hence Shivapalapindi can be a comprehensive formulation that can bring down the adversity of Amalpaitta. In spite antacids are the most recommended treatment in GERD, it is not permanent treatment to cope up with the current situation. The long term use of antacids can bring side effects including diarrhea, constipation, changes in metabolism and build up of magnesium. So, there is need of evolving more effective treatment which relives human sufferings. Shivapalapindi contains dravyas like Patha, Patola, Yava, Chandana, Dhanyaka, Amalaki, Vasa, Lavanga, Tvak, Gaja pippli, Haritaki, Madhu, Sita and Ghrita, which are kapha-pittahara in nature along with dipana, pachana, anulomana, grahi properties. Shivapalapindi with a good combination

of photochemical can work better in Amalapitta. This is the need of hour where the Amalapitta cases are increasing due to faulty diet. However the efficacy and its potential role on disease have to be tested with clinical trial.

### REFERENCE

- [1]. Pandit sri brahma shankar misra, bhava prakash of bhavmishra, Chaukhambha Sanskrit samsthan, amlapitta sleshmadhikara10/18, 7<sup>th</sup> reprint 2000.p-128.
- [2]. Acharya Y T. editor, 2019, Agnivesha, Ayurvedadipika commentary of sri Chakrapanidatta on Charaka Samhita of Agnivesha, Chikitsa sthana; Grahani Chikitsitam, chapter 15, verse 45-49 (teeka), varansi; chaukhambha orientaliya, 2019, p 517.
- [3]. Pandit hemraj Sharma, vrudhrajivakiya tantra, kashyapa samhita, Varanasi chowkhmbha Sanskrit samsthan, khila sthana, chapter 16/3-5, reprint 2009, p – 335.
- [4]. Pandit hemraj Sharma, vrudhrajivakiya tantra, kashyapa samhita, Varanasi chowkhmbha Sanskrit samsthan, kila sthana, chapter 16/7-9, reprint 2009, p – 336.
- [5]. Indian Journal of Gastroenterology **volume 30**, Article number: 105 (2011).
- [6]. Prof. G.S.Lavekar edited Database on Medicinal plants used in Ayurveda & Siddha, Vol.2, 2<sup>nd</sup> ed. Central council for research in Ayurveda and siddha New Delhi, pp 438
- [7]. Dr. J.L.N. Shastry, Dravyaguna vijnana, vol 2, chaukhambha orientaliya, Reprint edition-2017, p- 250
- [8]. Prof. G.S.Lavekar edited Database on Medicinal plants used in Ayurveda & Siddha, Vol.7, 2<sup>nd</sup> ed. Central council for research in Ayurveda and siddha New Delhi, pp 361
- [9]. Dr. J.L.N. Shastry, Dravyaguna vijnana, vol 2, chaukhambha orientaliya, Reprint edition-2017, p- 264
- [10]. Dr. J.L.N. Shastry, Dravyaguna vijnana, vol 2, chaukhambha orientaliya, Reprint edition-2017, p- 220
- [11]. Dr. J.L.N. Shastry, Dravyaguna vijnana, vol 2, chaukhambha orientaliya, Reprint edition-2017, p- 407
- [12]. Dr. J.L.N. Shastry, Dravyaguna vijnana, vol 2, chaukhambha orientaliya, Reprint edition-2017, p- 225
- [13]. Dr. J.L.N. Shastry, Dravyaguna vijnana, vol 2, chaukhambha orientaliya, Reprint edition-2017, p- 418
- [14]. Dr. J.L.N. Shastry, Dravyaguna vijnana, vol 2, chaukhambha orientaliya, Reprint edition-2017, p- 452
- [15]. Dr. J.L.N. Shastry, Dravyaguna vijnana, vol 2, chaukhambha orientaliya, Reprint edition-2017, p- 207
- [16]. Dr. G.S.Pandey ed. Bhavaprakash Nighantu of Bhavamishra, Ghrutavarga chapter 17/1-6, revised ed. 2010, Chaukhambha Bharati Academy, Varanasi, pp 758
- [17]. Dr. G.S.Pandey ed. Bhavaprakash Nighantu of Bhavamishra, Madhuvarga chapter 21/1-6, revised ed. 2010, Chaukhambha Bharati Academy, Varanasi, pp 773
- [18]. Dr. G.S.Pandey ed. Bhavaprakash Nighantu of Bhavamishra, Ikshuvarga chapter 22/30, revised ed. 2010, Chaukhambha Bharati Academy, Varanasi, pp 780
- [19]. Sharangadhara, Sharangadhara Samhitha, Jiwanprada Hindi commentary by Dr Shailja Srivastava, Publishers Choukambha orientalia , reprint 2017, Pg no-15.