



SURANA ACCORDING TO AYURVEDIC VIEW

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ABSTRACT

Amorphophallus campanulatus, commonly known as Surana in Sanskrit is a tuberous stout herb (corm) Belonging to the family Araceae. in Ayurveda. In Astanga Hridaya according to Acharya Vagbhatta it is describe in Agraya dravya For treat of Arsha, It is the best medicine for Arsha. it is used in many disease conditions Ashtila (Enlarged Prostate) etc. Amorphophallus campanulatus is commonly known as elephant foot yam. Corms are used in india in curries and pickles and are ascribed in vitiated conditions of vata and kapha, arthralgia, elephantiasis, tumours inflammation, haemorrhage, vomiting, cough, Bronchitis, asthma, anorexia, dyspepsia, flatulence, colic constipation, helminthiasis hepatopathy, splenopathy, amenorrhoea, dysmenorrhoea, seminalweakness, fatigue, anaemia and general debility. In this article we will describe about surana Botanical descriptions, Chemical composition, Thereapeutic uses, doses and or other important things.

KEYWORDS: Surana, Haemorrhoid, Arsha.

INTRODUCTION

Surana is appetizer, drying, astringent and pungent in taste, causes itching on touch (because of the presence of oxalates), remains undigested (forms bulk), clearing, promotes taste perception and cures kapha dosa and haemorrhoids. It is a very good diet in haemorrhoids and cures spleen and intestinal growths.

1. Surana baked well on fire and also after boiling it in plenty of water is given in haemorrhoids.

2. It is given as a dietary supplement in hepato-splenic diseases.

Piles- The tuber of Surana pasted with mud should be cooked by closed heating (Putpaaka Vidhi). Then it should be taken with oil and salt. It destroys hemorrhoids Intake of butter milk mixed with Surana powder and Kutaja bark destroys hemorrhoids.

Classification



Surana

Botanical name - *Amorphophallus campanulatus* Blume

Family- Araceae

Classical name – Surana

Sanskrit names – Arsoghna, kandanayaka, surana, vatari, kandasurana surakanda. olaolea-ulla, kandi, sthulakand, Rucyakanda, Kandavardhana, Bahukanda, Tivrakanda.

Regional names- surana, ola,

Hindi name- jamikand

Bengali name - Bol

Marathi name- surana

Gujrati name- surana

Tamil name - Karanai-kilangu

Telgo name- Kand

Malyalam name- Chena

Description- Stout herbaceous plant with an underground com. Tuber depressed, bulbiferous sphere 20-25cm (8-10 inch) diameter, dull brown colour.

Leaves 1-2, 30-90 cm, broad, segments simple or forked, large solitary mottled leaf on a long petiole, leaflets oblong, acute petiole dark green with pale blotches.

Peduncle elongating in fruit, sheathes linear oblong, spathe 15-23 cm across the orbicular, ovate, obtuse limb, coriaceous or fleshy, variable in colour, green usually with white spots below, greenish purple above, rough and dark purple with in to wards the base spadix very stout female inflorescence cylindric male sub turbinate alpendage dark purple sometimes 15 cm diam.

Flowering and Fruiting Time

Past – rains autumn and on wards.

Distribution – Plant is cultivated through out the plain of country. it is cultivated in india and srilanka. Plants are also found in wild state.

The tuberous out growth from the fully developed corms are planted during may june. They can be dug out for use usually after 12 months and they weight 4-8 lb each corms weighing are reported from maharashtra. they keep wellfor a long period if stored dry in a well ventilated room.

Kinds and Varieties

There are several wild and cultivated varieties of surana. Besides surana and vanya surana, two kinds viz. sita and sveta surana are also mentioned in indigenous materia medica.

The tubers of *Amorphophallus campanulatus* var. *blumei* prain are known as ol and commonly used in maharashtra (Mumbai).

Chemical Composition

The corn contains moisture- 78.7, protein -1.2, fat-0.1, Carbohydrates- 18.4, Mineral matter- 0.8, Calcium -0.05, Phosphorous -0.02, Iron-0.4mg, Vitamin A-434.I.u, Vitamin B -20 I.u/100mg, Corm have calcium oxalate ubundatly which one more in wild corms. Galactose, Glucose, Rhamnose, Sucrose, Calcium oxalate.

Ras Panchaka

Rasa- Katu, kasaya

Guna- Laghu, ruksa, uksna.

Virya- usna.

Vipaka- Katu

Dasakarma- Kaphavatasnaka.

Properties and Action

Karma- Arshoghna, Dipana – rucivardhaka

Pacana- anulomana, sulaprasam, yakrduttejaka, krmighna, vistambhakar, kaphaghna, vrsya, arttavajanana, Balya, Rasayana, Sothahara, vedanasthapana.

Roga

Arsa-kaphavatajarsa, Agnimandhya-Arucci-udarasula gulma vibandha, yakrtpliha vikara, krmiroga, kasa jvasa, sukradourbalya, Rajorodha, Daurbalya Medaja Granthi-medoroga, Granthi Valmika-Slipada, Arbuda Gudakila.

Therapeutic Uses

The drug Surana is anthelmintic, Aromatic and carminative.it is used in abdominal disease. Liver and Spleen diseases and piles. It is highly recommended as a diet for piles and also in haemophilic conditions and diseases.

Surana is antihemorrhoidal (arsoghna) durg. Tubers and Specifically given in piles (arsa) caused by Kaphavata dosa. Tubers are used in dyspepsia loss of gastric power (agnimandy) abdominal colic (udarasula) Gulma. Liver and Splenic disorders (yakrtpliha vikara) and dysentery. It is useful in amavata Tubers are used to allay kaphavata provocation. Corms are useful in Seminal and menstrual Complaints (Sukradarbalya and rajorodha). it is used in cough Asthma and general debility.

Surana is contraindicated in pittaja vikara and raktapitta and also other conditions where usna, tiksna, vidhai and ksobhaka diet or food are restricted. Surana is wholesome vegetable (pathya-saka) specially to the patients of piles. In general the tubers of surana are considered best among tubers vegetables or kandasaka. The tender petioles are also edibles. The pigs are also fed on boiled corms and older shoots.

The corms of wild plants or vanya surana are highly irritant an account of the presence of crystals of calcium oxalate. These are less abundant in the corms of cultivated plants or gramya surana.

The corms of surana are commonly used for edible purposes like vegetables, curries and pickles. They are usable only after long (aroper) washing and prolonged cooking.

The corms have acrid and irritating taste in raw state.

Part used- Tuber

Dose- 3-5gm

Formulation- Surana modaka

Uses- Root is used in boiles and ophthalmia also as an emmenagogue. Acrid juice of the tubers should be got rid of by thorough boiling and washing lest it otherwise irritate the mouth and jauces, they are regarded good in haemorrhoids. The vegetable is considered nutritious and wholesome when cooked. It is boiled like potatoes and eaten with mustard or it is cooked in curries or it is cut into slices, boiled with tamarind leaves and made in to pickles it is also cooked in syrup and made into preserve. The plant when dead and dry is greedily eaten by cattle.

Piles

- 1- The Tuber of Surana pasted with earth should be cooked by closed heating. Then it should be taken with oil and salt it destroys haemorrhoids.
- 2- Intake of butter milk mixed with surana powder and kutaja bark destroys haemorrhoids.
- 3- One should take surana fully with out taking cereals with butter milk for a month in order to eradicate piles.

Cyst- The paste of mature surana tuber mixed with sunthi and pounded with water should be applied on the cyst frequently for a week.

Valmika and filarial- The paste of surana tuber mixed with honey and ghee is applied to alleviate valmika and filarial.

Tumor- The tuber of surana is burnt and them mixed with ghee and jaggery. Its paste destroys tumour.

CONCLUSION

The Rhizome is served as vegetable in Rural and urban areas in india. Rhizome is the most important medicinal part of this plant. The rhizome is hard and it contains protein, fat, Carbohydrates, bases, calcium, phosphorus, iron and vitamins A and B. Mostly the Rhizome is used in piles, respiratory disorders, cough, gout and expelling worms. In rural areas, rhizome is used to cure Arsh (piles) and therefore it is also called as Arshigna (one that cures piles). Tribals ask patients to wash the rhizome in salted water and chew it directly, it cures piles. For patients suffering from liver disorders, Surankand is a boon. Curry prepared from the rhizome of the plant is said to be very effective in liver related problems. It is a Ahara-Bhaisajya, so its use in daily diet should be encouraged.

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