

A BIRDEYE REVIEW ON SNUHI, ITS KSHEERA AND KSHARA

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ABSTRACT

In Ayurvedic pharmacopeia, mainly plant based preparations are prescribed for preservation of health and cure of diseases. In these plants snuhi is one drug which is also known as common milk hedge which is used in inflammatory and allergic conditions. Snuhi exudes milky latex which is also used as a purgative, hence it is named as Vajradhoom. It is well known medicinal plant in the Indian system of medicine. It is abundantly used in the preparation of pratisarneeeya kshara, paniya kshara, ksharasutra and kshara varti. It has been categorized under Upavisha dravya. Here attempt is made to explain in detail about Snuhi, its ksheera and kshara.

KEYWORDS: Snuhi, Ksheera, Kshara.

INTRODUCTION

Euphorbia nerifolia (Snuhi) is well known medicinal plant in the Indian system of medicine. It is abundantly used in the preparation of pratisarneeeya kshara, paniya kshara, ksharasutra and kshara varti. It has been categorized under Upavisha dravya. It is a best medicinal

plant, if it is used in a proper therapeutic dosage and formulation after its shodhana. Its also known as common milk hedge which is used in inflammatory and allergic conditions. Snuhi exudes milky latex which is also used as a purgative, hence it is named as Vajradhoom.

BOTANICAL NAME^[1]- Euphorbia nerifolia

Fmily- Euphorbiaceae

Showing synonyms of snuhi

Sl. No	Charaka ^[2]	Bhavaprakasha nigantu ^[3]	Dhanvantari Nighantu ^[4]	Database
1	Snuka	Sehumda	Snuk	Snuhi
2	Guda	Simhatunda	Snuhi	Sehunda
3	Nanda	Vajri	Mahavruksha	Sinhatunda
4	Sudha	Vajradhruma	Guda	Vajri
5	Nistrinshapatraka	Sudha	Nistrinshapatraka	Vajradruma
6	-	Samantadugdha	Samantadugdha	Sudha
7	-	Sunka	Gandira	Samantadugdha
8	-	Snuhi	Sehunda	Snuk
9	-	Guda	Vajrakantaka	Guda
10	-	-	-	Nistrinshapatra

Vernacular names

Eng - Milkhedge, common milk hedge
Hindi - Thuhar, sehunda, tholar, sij, patton-ki-send.
Bengali- Manasa sij, pata sij, hij-daona, hildaona.
Guj - Thor, kantalo, tuaria.
Kan - Muru kanainakalli, yalekalli, elekalli.
Mal - Kalli, kaikalli, ilakkalli,

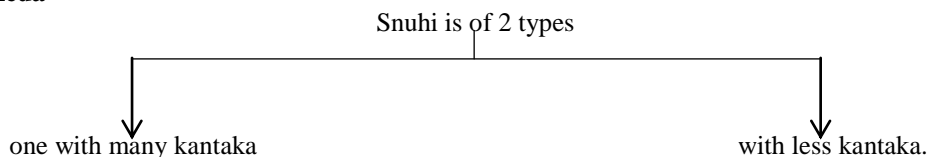
Mar - Nivadung, mingut,
Punj - Thohar, gangichu.
Tam - Perumbu kalli, ilaikkalli.
Tel - kadajemudu, akujemudu

Botanical description

A large fleshy, glabrous, branched shrub upto 6m tall, branches ascending, appearing as if twisted, stipular spines arising from the branches, sharp, dark brown. Leaf

fleshy, deciduous, obovate, oblanceolate- oblong or lanceolate, narrowed at the base, shortly acute or bluntly acuminate. Involucres yellowish 3-7 in a cyme. Fruits globose 3 lobed, seeds- greenish brown.

Snuhi bheda^[5]



The one with less kantaka is more teekshna then with many kantaka, Hence Snuhi with more kantaka is best variety.

Part used: Root, stem, leaf and latex.

Action and uses

Plant is laxative, carminative, alexipharmic, appetising and useful in abdominal troubles, bronchitis, tumours, delirium, leucoderma, eczema, piles, splenic disorders, anaemia, ulcers and fevers.

Juice of the plant is useful in asthma, earache, ophthalmia, glandular swellings and rheumatic limbs.

Latex is laxative, rubefacient, expectorant, purgative and used to remove warts and cutaneous eruptions. Also useful in piles, fistula-in-ano, sinus, enlargement of uvula, difficult labour, cracks in feet and wounds.

Leaves are carminative, appetising and useful in tumours inflammation, pain, abdominal swellings, earache and wounds.

Properties

Rasa -	katu, tikta
Guna -	guru, teekshna
Veerya -	ushna
Vipaka -	katu
Doshaghnata-	kaphavatashamaka

Rogaghnata- Shota, Vedana, Unmada, Karnashoola, Vatavyadhi, Amavata, Dantashoola, Udararoga, Gulma, Arshas, Bhagandara, Yakritapleehavridhi, Pandu, Kushtha, Madhumeha, Upadamsha, Vatarakta, Kasa, Swasa, Pratishaya, Charmaroga, Vrana, Dhvajabhanga, Sutikajwara, Kashtaprasava.

Karma- Vedanasthapana, Teekshna Virechana, Rechana, Raktashodhaka, Shothahara, Kaphanisaraka, Mootrajanana, Uttejaka, Udveshtananirodhi, Twagdosahara, Vishaghna.

Dose- stem juice- 5-10 ml,
Root powder- 0.5-1 gm

Pharmacognosy

Stem is green, cylindrical, dried stem is tough having pairs of sharp stipular thorns; central portion hollow,

Distribution

It is found in outer ranges of N.W Himalaya, upper Gangetic plain, Bengal, Bihar, Orissa, Gujarat, Rajasthan extending to south India.

containing white reticulate mass; taste acrid. Transverse section shows a single layered epidermis, followed by a thick zone of cortex, differentiated into 2 parts, outer of thin-walled, circular, oval and oblong parenchymatous cells of about 20 layers depth, inner wider zone consisting of about 30-40 layers of thin-walled, oblong or ovoid, elongated parenchymatous cells, having a number of rounded and oval latex cells, some contain dark yellowish latex; the number of latex cells gradually reduce towards outer side. Cortex is followed by phloem containing groups of fibers towards periphery. Xylem consist of vessels, tracheids, fibers and xylem parenchyma; pith consist of thin walled, rounded or oval, parenchymatous cells.

Physical constants

Foreign matter- not more than 2%;
Total - Ash not more than 8%
Acid insoluble ash - not more than 1%
Alcohol soluble extractive - not more than 5%
Water soluble extractive - not more than 15%

Chemical constituents

Euphol (whole plant, bark, latex, root)
Friedelan-3 alpha and 3 beta-ol, D.B Friedoolean- 5(10)-en-1-one, glut-5(10)-en-1-one and taraxerol (stem, leaves).
n-hexacasanol, euphorbol, hexacosanoate, 12-dexoy-4-beta-hydroxyphorbol-13-dodecanoate-20-acetate and pelargonin- 3, 5-diglucoside (bark).

24-methylene cycloartenol and tulipanin-3, 5-diglucoside (bark, root)

Nerifoliol, neriifolione (latex).

Clycloartenyl, heporbol, ingenol triacetate, 12-deoxyphorbol-13, 20 diacetate, delphinidin-3, 5-diglucoside (root).

Alnus-5(10)-ene-1-one, anthocyanins, pyruvate, dikinase and terpenes (plant).

Pharmacological activities

Anti-inflammatory, juvenomimetic, insecticidal. Extract of fresh stem showed significant local anaesthetic activity in tests on intradermal wheal in guinea pig and foot withdrawal reflex in frog.

Toxicology

Latex was found to be powerful contact poison but weaker as a stomach, it was highly toxic to *Hoplolaimus indus*, *helicotyleuchus indus* and *tylenchus filiformis*. In mice latex produced pathological changes in the liver, heart and kidney. Toxicity increases with an increase in concentration of latex and exposure period.

Therapeutic evaluation

Multicentric trials were conducted on large number of patients to study the efficacy of Kshara sutra (surgical lenin thread smeared with fresh latex of *Euphorbia nerifolia*, alkaline powder from *Achyranthus aspera* and rhizome powder of *curcuma longa*) in the treatment of fistula –in-ano. Its outcome was found to be better than surgery, effective and ambulatory.

A clinical trial cauterization of cervical erosion with kshara prepared from Snuhi was conducted. Copper sulphate was taken as control cauterization agent symptomatic improvement as well as epithelisation of erosion was better and quicker in cases treated with Snuhi kshara in comparison to those treated with copper sulphate.

Formulation and preparations

Chitrakadi taila, Abhaya lavana, **Vajra kshara**, Abhaya vati, Arshakutra rasa, Jalaodari rasa, Brihtmarichadya taila, Naracha rasa, Snuhyadi taila, Snuhyadi varti, Taptaraja taila (prathama), Naracha ghrita, Kandarpasara taila, Prana vallabha rasa.

SNUHI KSHEERA

Where ever the word Snuhi is indicated it is said to be Snuhi ksheera^[6], as it is mostly used in our preparations. Snuhi ksheera is been said to be one among ksheera traya these ksheeras are best in marana procedure.^[7] Snuhi Ksheera is used as bhavana dravya in many of the formulation because of its properties.

Showing synonyms of snuhi ksheera^[8]

SL.No	Synonyms
1	Snuhi ksheera,
2	sudha ksheera,
3	Sehunda ksheera,
4	snuhi dugdha
5	sudha dugdha,
6	sung dugdha

Collection of snuhi ksheera^[9]- plant of 2 to 3 years old should be cut to collect ksheera during end of shishira rutu and whenever required. Acharyas said to collect ksheera during sharad rutu but Snuhi ksheera is to be collected during end of shishira rutu. Ksheera collected during shishira rutu is said to have higher efficacy.

Shodhana of snuhi ksheera

1) Snuhi ksheera is taken with equal quantity of bilvadi pancha moola kashaya or with kantakari kashaya and kept on fire till only ksheera remain kola pramana of this

shodhita snuhi ksheera is to be taken with souveera, tushodaka, haritaki, amalaki, sura, dadhi manda or matulunga swarasa for virechanartha.^[10]

2) Two phala snuhi ksheera and two tola chicha patra swarasa should be kept in sunlight till only milk remains.^[11]

Snuhi ksheera guna^[12]- vatahara, cures gulma udara rogas, visha adhmanahara, best gudankurahara, virechanakaram, if it fall in eyes it is very irritant (pushpakrutwa) and swells like flower, if applied in other parts it acts as best kshara karma.

Snuhi ksheera in yogas

Snuhi ghrita, Kshara sutra, Chitrakadi taila, Abhaya lavana, Abhaya vati, Arshakuthara rasa, Jalaodari rasa, Brihtmarichadya taila, Naracha rasa, Snuhyadi taila, Snuhyadi varti, Taptaraja taila (prathama), Naracha ghrita, Kandarpasara taila, Prana vallabha rasa.

Snuhi kshara

Generally when any plant is dried and burnt, Ash will be obtained which is composed of water soluble and other water insoluble inorganic components. The water-soluble components of several medicinal plants are bio salts and these are known as ksharas.

Preparation of Kshara was 1st explained in Samhita with an example i.e Apamarga and also gave list 24 plants for the preparation of kshara, Snuhi is one among them, hence Snuhi kshara is to be prepared on the same principles as that of Apamarga Kshara.

Snuhi kshara

In this study Snuhi kshara is prepared in the same procedure. Author of rasa text was 1st to describe synonyms, gunas and its therapeutic usage of Snuhi kshara.^[13]

Synonyms of Snuhi kshara

Snuhi kshara, Sunhee kshara, Snuksheera, Vajra kshara and Sehunda kshara.

Guna of Snuhi kshara

Snuhi kshara is teekshna, sarvaudara vinashana, gulma prashamana, vanhideepana, shopha, visuchika hara, ajeerna, shula, yakrut dosha prashamana relives from liver diseases and swasa, trushna, prabha and also used as an anjana.

Dose of snuhi kshara^[14]- 1-2 gunja

Snuhi kshara yoga

- Snuhi kshara with eranda taila applied over chronic kitiba with severe itching can be cured easily.^[15]
- Snuhi kshara, shanka bhasma, sarjika and yavani is indicated in vishuchika, ajeerna, all types of gulma, grahani and in very severe shula.
- Snuhi kshara with trilavana and tri kshara indicated in shopha, pleeha, ama, udara.

- Snuhi kshara with triushna with madhu can cure chronic and very severe swasa.
- Snuhi kshara with triphala, saidhava, chitraka indicated agnimandya, yakrut and pleeha udara.

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