

**SHIMSHAPA(SHEESHAMA); AN AYURVEDIC REVIEW**

**Dr. Manish Pamnani*¹, Dr. Ashok Kumar Lakhran², Dr. A. Rama Murthy³,
Dr. Sarvesh Kumar Agarwal⁴**

¹Ph.D. Scholar (Dept. of Dravyaguna), ²P.G. Scholar (Dept. of Dravyaguna), ³Professor (Dept. of Dravyaguna), ⁴Associate Professor (Department of Swasthavritta and Yoga) National Institute of Ayurveda, Deemed to be University, Jaipur, Rajasthan, India.

Article Received on
05 Jan. 2022,

Revised on 25 Jan. 2022,
Accepted on 15 Feb. 2022

DOI: 10.20959/wjpps20223-21455

***Corresponding Author**

Dr. Manish Pamnani

Ph.D. Scholar (Dept. of
Dravyaguna), National
Institute of Ayurveda,
Deemed to be University,
Jaipur, Rajasthan, India.

ABSTRACT

Dravyaguna is a branch of *Ayurveda* which deals with the herbal drugs which are used in treatment, mitigation and prevention of disease. Now-a-days people are more conscious regarding their health; they don't want to use chemical oriented or synthetic drugs. Their choice is to heal their problems with natural or herbal drugs. In *Dravyaguna* many of drugs are described for specific diseases. Out of these, a common but precious drug is there known as *Shimshapa (Seeshama)* Latin named as *Dalbergia sissoo Roxb.* of family *Leguminosae*. It is a well known Drug of India but most of people don't know about its medicinal properties. To provide valuable information about its medicinal properties among people, so they can easily use this precious herb, this article is written.

KEYWORDS: *Dravyaguna*, *Ayurveda*, *Shimshapa (Sheeshama)*

INTRODUCTION^[1]

Shimshapa(Seeshama) Latin named as *Dalbergia sissoo Roxb.* Of family *Leguminosae* is described in various *Dravyaguna* lexicons. Extensively planted in India. It is a tree reaching so much height. Leaves are Compound, alternate, bifarious, imparipinnate. Leaf Rachis are Zigzag in nature Leaflets 3-5 in no., firm and sub orbicular in shape. Flower sessile or nearly so in axillary panicles. Pale Yellow Corolla, Fruits in pods narrowed at the base into a long stalk. Seeds are 1-4 in no. In *Dravyaguna* lexicons morphological or pharmacological properties of drugs are coined by various synonyms for appropriate identification or to gain knowledge about their medicinal value. *Pichila*, *Shyama*, *Krishnasara*, *Guru*, *Kapila* and

Vrittpatra synonyms were given to *Shimshapa* (*Seeshama*). It is *Laghu*, *Ruksha* in *Guna*, *Kashaya*, *Katu*, *Tikta*, *Kashaya* in *Rasa*, *Katu* in *Vipaka* and *Ushna* in *Veerya*. Due to *Ushna Virya* it is *Kaphavata Shamaka* in nature and also due to *Katu vipaka* and *Katu*, *Tikta*, *Kashaya* *rasa* it is *KaphaShamaka*. So, disorders which are mostly due to *Kapha* and *Vata* or after determine patient *Prakruti* and all other factors we can use *Sheeshama* in these disorders for eg. *Medoroga*, *Kusthroga*, *Prameha*, *Switra*, *Krimi*, *Aruchi* etc. *Sheeshama* have potency (*Virya*) to do various actions (*Karma*) like *Medohara*, *Kusthahara*, *Switrahara*, *Chardighana*, *Krimighna*, *Garbhapatana* etc.

MATERIAL AND METHODS

By use of Different Dravyaguna lexicons, valuable and descriptive information of *Shimshapa* (*Sheeshama*) have provided and presented in a tabular form which would be easy to understand.

Table 1: Showing the *Gana/Varga* according to the various classical texts.^[2-11]

<i>Samhitas/Nighantu</i>	<i>Gana/Varga</i>
<i>BhavaPrakash Nighantu</i> ^[2]	<i>Vatadi Varga</i>
<i>Raj Nighantu</i> ^[3]	<i>Prabhadradi Varga</i>
<i>Adarsha Nighantu</i> ^[4]	<i>Palashadi Varga</i>
<i>Kaiydev Nighantu</i> ^[5]	<i>Aaushdhi Varga</i>
<i>Shaaligram Nighantu</i> ^[6]	-
<i>Madanpal Nighantu</i> ^[7]	<i>Vatadi Varga</i>
<i>Shodhal Nighantu</i> ^[8]	<i>Amradi varga</i> <i>Oil-Taila Varga</i>
<i>Dhanvantri Nighantu</i> ^[9]	<i>Amradi Varga</i>
<i>Priyavrata Nighantu</i> ^[10]	<i>Haritakyadi Varga</i>
<i>Rajvallabha Nighantu</i> ^[11]	<i>Nanaushadhi Varga</i>

Table 2: Showing the Synonyms according to the various classical texts.^[1,2,3,5,7,8,9,10,12]

<i>Shimshapa</i>	It gives rise to a sort of sound while cutting
<i>Mahashyama</i>	Internal Portion of wood of <i>Shimshapa</i> is black in colour
<i>Krishnasara</i>	Internal Portion of wood of <i>Shimshapa</i> is black in colour
<i>Agaru</i>	Similar to <i>Agaru</i> (<i>Aquilaria agallocha</i> Roxb.)
<i>Kapila</i>	<i>Kapila</i> in colour
<i>Bhasmagarbha</i>	Represents the brown colour of Internal Portion of wood and heavy in nature
<i>Vasadani</i>	Eaten by Cattles
<i>Mandalpatrika</i>	Leaflets are circular in Shape
<i>Bhasmapingla</i>	Represents the brown colour of Internal

	Portion of wood
<i>Pichila</i>	<i>Pichila</i> (Viscous) in Nature
<i>GuruSarika</i>	<i>Sara</i> (Inner wood) Is Heavy in Nature
<i>Shimshapa, Mahashyama, Krishnasara, Dhumrika Tikshnasara, Dheera, Kapila, Krishnashimsapa</i>	Represents <i>Shyama</i> Variety of <i>Shimshapa</i>
<i>Shwetapatra, Sitahadi, Shweta</i>	Represents <i>Shweta</i> Variety of <i>Shimshapa</i>
<i>Pita, KapilaShimshapa, Sarini, Kapilakshi, Bhasmagarbha, Kushimshapa</i>	Represents <i>Kapila</i> Variety of <i>Shimshapa</i>
<i>Druddaru</i>	Wood is Hard

Table 3: Showing the Variety Wise Synonyms according to the various classical texts. [2,3,5,7,8,9,10]

<i>Shimshapa</i>	<i>Kushimshapa</i>	<i>Krishna Shimsapa</i>	<i>Shweta Shimshapa</i>	<i>Kapila Shimshapa</i>
<i>Mahashyama</i> ^[5,9]	<i>Kapila</i> ^[9]	<i>Shimshapa, Mahashyama, Krishnasara, Dhumrika Tikshnasara, Dheera, Kapila</i> ^[3]	<i>Shweta-patra, Sitahadi, Shweta</i> ^[3]	<i>Pita, Sarini, Kapilakshi, Bhasmagarbha, Kushimshapa</i> ^[3]
<i>Shyama</i> ^[2]	<i>Bhasmagarbha</i> ^[9]	-	-	-
<i>Krishnasara</i> ^[2,5,7,8,9,10]	<i>Vasadani</i> ^[5,7,9]	-	-	-
<i>Agaru</i> ^[9]	<i>Bhasmapingla</i> ^[5,7]	-	-	-
<i>Kapila</i> ^[7]	-	-	-	-
<i>Druddaru</i> ^[10]	-	-	-	-

Table 4: Showing the *Rasa Panchaka* according to the various classical texts. [2,3,4,5,6,7,8,10]

RASA					
RASA	B.P.N.	R.N.	AA.N.	P.N.	K.N.
<i>Katu</i>	+	+(Shyama)	+	-	+
<i>Tikta</i>	+	+(Shyama) +(Shweta) +(Kapila)	+	+	+
<i>Kashaya</i>	+	-	+	+	+

GUNA						
GUNA	B.N.	R.N.	AA.N.	P.N.	K.N.	Sho.N.
<i>Ruksha</i>	-	-	-	+	-	-
<i>Pichila</i>	+	-	-	-	+	+
<i>Guru</i>	+	-	-	-	-	-

VIPAKA								
VIPAKA	B.N	R.N	AA.N.	P.N.	Sha.N.	K.N.	M.N	P.N.
<i>Katu</i>	+	+	+	+	-	+		
VEERYA								
VEERYA	B.P.N	R.N	AA.N.	P.N.	Sho.N.	K.N.	M.N	P.N.
<i>Ushna</i>	+	+(Shyama)	+	+	-	+	+	-
<i>Sheeta</i>	-	+(Shweta) +(Kapila) +(Shimshapatritayama)	-	-	-	-	-	-

Table 5: Showing the *DOSHKARMA* according to the various classical texts.^[2,3,4,5,7,8,9,10]

Doshkarma	BPN	D.N.	K.N.	AA.N.	R.N.	Sho.N.	M.N.	P.N.
<i>Pittanashaka</i>	-	+	-	-	-	-	-	-
<i>Kaphanashaka</i>	+	-	+	-	-	-	-	-
<i>Vatakaphanashaka</i>	-	-	-	+	+	+	-	-
<i>Vatapittanashaka</i>	-	-	-	-	+	-	-	-

Table 6: Showing the *Karmas* (Pharmacological actions) according to the various Classical texts.^[2,3,4,5,6,7,9,10]

KARMAS	D.N.	M.N.	K.N.	B.P.N.	R.N.	M.N.	P.V.
<i>Varnya</i>	+	-	-	-	+	-	-
<i>Balya</i>	+	-	-	-	+	-	-
<i>Ruchikara</i>	+	-	-	-	+	-	-
<i>Garbhagudhanipatini/ Garbhapatini</i>	-	+	+	+		+	-
<i>Deepana</i>	-	-	-	-	+	-	-
<i>DehdardhayaKara</i>	-	-	-	-	-	-	+

VARIETIES^[3,4,5,7,9]

Nighantu	No. & Name of Varieties
<i>Dhanvantari Nighantu</i>	2 –Shimshapa Kushimshapa
<i>Madanpala Nighantu</i>	2 –Shimshapa Kushimshapa
<i>Kaiydev Nighantu</i>	2 –Shimshapa Kushimshapa
<i>Raja Nighantu</i>	3–Shyama Shimshapa(Sheeshama) Shweta Sheeshama Kapila Sheeshama

Varieties Described in Modern Texts are^[4]

Dalbergia latifolia

Dalbergia sissoo

Dalbergia sissoides

Dalbergia melanoxylon

CHEMICAL COMPOSITION^[13]

Flavonoids, Fixed Oil, Essential Oil, Tannins.

THERAPEUTIC INDICATIONS^[2-11]

Hikka, Shopha, Daha, Visarpa, Vranaruja, Arti, Dadru, Kustha, JeernaJwara, Prameha, Shwitra, Vami, Krimi, BastiRoga, Raktvikara, Medoroga, Peenasa, Atisara, Nastaajirna.

THERAPEUTIC USES^[14]

Prameha:- For *Vasameha* decoction of *Agnimantha* or *Shimshapa* is the specific remedy.

Netra Roga: - Juice of tender leaves of *Shimshapa* mixed with honey alleviates several types of disorders of eye caused by *Vata, Pitta & Kapha*.

Jwara:-Heart wood of *Shimshapa* should be boiled in milk being double the quantity of water reduced to milk only. Intake of this milk alleviates all types of fever.

PART USED^[13-14] Leaves, Stem Bark, Heart Wood.

POSOLOGY^[13]

Churna (Powder):- 3-6 gm

Kwatha (Decoction):- 50-100 ml

FORMULATIONS^[13]

Ayaskriti, Shalsaradi Leha, Narsimha Ghrita.

SUBSTITUTES AND ADULTERANTS^[15]

Dalbergia latifolia Roxb.is another species known and used by the same name *Shimshapa(Sheeshama)*.

DISCUSSION

Shimshapa(Sheeshama) is a well known plant among Rural Persons. Leaf Juice and Bark Decoction are widely used in the management of *Arsha(~piles)* and *Arbuda Vikara(~Cancer)* by these Peoples. It is clearly mentioned in ayurvedic texts that it subsides *Daha, Rakta, Kapha and Medo Janya Vikara* which are responsible factors for *Arsha(~piles)* and *Arbuda Vikara(~Cancer)*. Also it reduces *Meda(fat)* and become helpful in management of *Meda(fat)* related disorders *e.g. Sthaulya, Kustha, Prameha*. In *Priya Nighantu* it is mentioned that *Kwatha(Decoction)* of *Sheeshama wood* have specific potency which reduces the loose fat

and provide hardness and strength to body similar like its wood. Wood is also used in preparation of house in tribal and rural areas which confirms its action.

CONCLUSION

Shimshapa(*Seeshama*) latin named as *Dalbergia sissoo Roxb.* Of family *Leguminosae* is described in various *Dravyaguna* lexicons. It is *Laghu, Ruksha in Guna, Kashaya, Katu, Tikta, Kashaya in Rasa, Katu in Vipaka* and *Ushna in Veerya*. Due to *Ushna Virya* it is *Kaphavata Shamaka* in nature and also due to *Katu vipaka* and *Katu, Tikta, Kashaya rasa* it is *KaphaShamaka*. Sheesham is potent to do various actions and can be useful in the management of various diseases for e.g. *Medoroga, Kusthroga, Prameha, Switra, Krimi, Aruchi* etc. In *Dravyaguna* lexicons many *Shimshapa* varieties are mentioned, still for them the uncertainty remain same which one is which species. To solve this problem we have to collect *Shimshapa* samples from different region and evaluation will be made on the basis of Ayurvedic and Modern pharmacognostical parameters.

REFERENCES

1. Dr.Prakash L.Hegde, Dr.Harini A., A Textbook of *Dravyaguna Vijnana*, Chaukhambha Sanskrit Sansthan, Pune, Vol 3rd Reprint, 2018.
2. Bhavprakash Nighantu, Prof. K.C. Chunekar, Chaukhambha Bharati Academy, Edition: 2015.
3. Raj Nighantu, Dr. Indradeva Tripathi, Chaukhambha Krishna das Academy, Edition: 2006.
4. Nighantu Adarsha, Bapalal Vaidya, Chaukhambha Bharati Academy, Reprint, 2007.
5. Kaideva Nighantu, Acharya P.V. Sharma & Dr. Guru Prasad Sharma, Chaukhambha Orientalia, Edition: 2006.
6. Shaligram Nighantu, Sri Mathur Vaisya & Sri Shaligram Vaisya, Khemraj Srikrishna das Publication, Edition: 2011.
7. Madanpal Nighantu, Pandit Hari Prasad Tripathi, Chaukhambha, Krishnadas Academy, Edition: 2009.
8. Shodhal Nighantu, Prof. Gyanendra Pandey, Chaukhambha Krishnadas Academy, Edition: 2009.
9. Dhanvantri Nighantu, Prof P.V. Sharma, Chaukhambha Orientalia, Edition: 2005.
10. Priya Nighantu, Acharya P.V. Sharma, Chaukhmbha Surbharti Prakashan, Edtion: 2004.

11. Rajvallabha Nighantu, e Nighantu, Collection of Ayurvedic Lexicons, CCRAS, New Delhi, Edition: 2012.
12. Karnam Chandra Shekhar, Essentials of Dravyaguna, Chaukhambha orientalia, Varanasi, edition-Ist, 2017.
13. The Ayurvedic Pharmacopoeia of India, Part-1st, Vol.3, Govt. of India, Ministry of Health and family welfare, Deptt. of Indian Systems of Medicine and Homeopathy, New delhi, Ist Edition.
14. Classical uses of Medicinal Plants, Acharya P.V. Sharma, Chaukhmbha Vishvabharati, Varanasi, Reprint, 2014.
15. Database on medicinal plants used in ayurveda and siddha, Vol.2, CCRAS, 2000.
16. https://storage.googleapis.com/journal-uploads/wjpps/article_issue/1548924402.pdf