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Review Article

A REVIEW ON DIFFERENT YOGAS OF AHIPHENA

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ABSTRACT

Ahiphena (*Papaver somniferum*) is a drug which commonly grows in well drained fertile soil, natural to slightly acidic in reaction, deep clay loam soil rich in organic matter. In ancient times, it was thought to be similar to the foam coming from the mouth of the snake. It is an exudate from the fruit. Leaves— many, amplexicaul, lobed, dentate or serrate, linear-oblong or ovate-oblong. Ayurveda, has categorized this drug under Upavisha, but the judicious use of ahiphena after purificatory procedures help to combat many diseases. This drug is also found to be used in different dosage forms, both for internal administration and external application. This paper is an attempt to review the different yogas containing Ahiphena highlighting its therapeutic utility.

Keywords: Ahiphena, Upavisha, Different Dosage Forms, Rasayogas, Other Yogas.

INTRODUCTION

Ayurveda, the ancient science, boasts of many numbers of drugs which have been used for different diseases. The drugs categorized as Vishas and Upavishas, which means poisons and semi poisons, also has dynamic potential provided the proper purificatory procedures are done. Ahiphena is one such drug in the class of Upavisha, which is used in various *Kalpanas* of Ayurvedic Pharmaceutics. There are four varieties of Ahiphena (*Papaver somniferum*) as white, black, yellow and coloured. These varieties possess different properties and actions¹⁻⁸.

Different *Kalpanas* with its ingredients and indications are listed in the tables below.

Table 1: Properties of Ahiphena

Properties	Ahiphena Properties
<i>Rasa</i>	<i>Tikta, Kashaya</i>
<i>Guna</i>	<i>Laghu, Ruksha, Sookshma, Vyavayi</i>
<i>Virya</i>	<i>Ushna</i>
<i>Vipaka</i>	<i>Katu</i>
<i>Doshakarma</i>	<i>Kaphavatahara</i>
<i>Karma</i>	<i>Madakari, Grahi, SukraSthambhaka</i>
<i>Indication</i>	<i>Atisara, Kasa, Darunaka, Jvara, Nidranasha</i>

MATERIALS AND METHODS

Table 2: Uses

External Use	
Lepa Kalpana	As a single drug or mixed with other drug used as lepa acts as an analgesic, anti-inflammatory. Used in inflammation of joints, pleuritic and inflammation of many parts of body.
Internal use	
Nervous System	As it is vyavayi, vikashi acts as an analgesic; sedative and anticonvulsant. As it stimulates vomiting centre in the brain, vagus nerve and centers of contraction of pupils.
Digestive system	It reduces salivation, lowers appetite, It reduces blood sugar & bile. The special property of morphine is to reduce pain. It induces constipation by contracting abdominal muscles, stomach and intestines
Circulatory system	It reduces the heart rate also increases the strength of the heart, it is useful in cardiac asthma and in cardiac pain. It acts as hemostatic. Hence is used in internal bleeding disorders, mainly internal.

Respiratory system	It is a depressant of the respiratory system
Urinary system	It is useful in Ikshumeha.(decreases sugar in urine)
Reproductive system	As its gunas (properties) reduces all the dhatus and brings impotency. It is useful in those men in premature ejaculation.
Skin	Due to its ushna veerya , it acts as diaphoretic and is useful in sheetajanya effects
Body Temperature	It is used as an antipyretic and especially in fever associated with chills when often other medicines are not effective. It is useful in pyrexia in filaria.
Eyes	It increases the intraocular pressure

Table 3: Yogas containing Ahiphena at a glance

Sl no	Name of Dosage Form	Name of the Yogas
1.	Rasoushadis	Nidrodaya rasa, Vatebhakesari Rasa, Setubandha rasa, Trivikrama Rasa, Agnikumara Rasa, GrahaniKapata rasa, Agastya sutaraja rasa, Agastisutaraja rasa, Agasthyabhutaraja rasa, Sameeragajakesari rasa, AmavatadiVajra rasa, AtisarebhaSimho rasa, Atisaraharo Rasa, Ashwinikumarako rasa, Ashwinikumara Rasa, GrahaniKapata rasa, Shankodara Rasa, Hingulavati, Kaminividravana rasa, Mahavataraja rasa, Atisaravarana Rasa, Vajrakapata Rasa, Karpura Rasa,
2.	GutikaYogas	Shukrasthambana Gutika, Visuchikahara vatika, BhuvaneshwariVati, SimhasyadiVati, AbhrakadiVati, Grahanihardula vatika, Dugdhavati, Lavangabhraka Yoga, JathiphaladiVati, VrushyaVati, Ahiphena Vati, Chayilyadi Gutika, KarpuraVati,
3.	Netra Yogas	Netra Bindu
4.	LepaYogas	Parshwashoolanashaka lepa, RasanjanadiLepa
5.	ChurnaYogas	Ajajyadi Churna, Gangadhara Churna, Markanteya Churna, Ahiphenadi Churna
6.	VartiYogas	KanakamuladiVarti
7.	Arishtaasava Yoga	Ahiphenasava
8.	PakaYogas	Ahiphena Paka
9.	Patent Drugs	Dysentrol Tablet, Dysentrol Syrup

YOGAS CONTAINING AHIPHENA USED FOR DIFFERENT DISEASES

Table 4: Gastrointestinal diseases

Medicine	Indication	Matra	Anupana
Setubandha rasa (RSS)	Jwaratisara	½ to 1 tab	Ardraka Swarasa
Trivikrama Rasa (RSS)	Ama, Raktatisara	½ Ratti Tab = 1 tab in every 3 hrs or churna with madhu	Madhu
GrahaniKapata rasa (RSS)	Grahani, Tivra Atisara, Mandagni, amapachana	125-250 mg, 3 times	Jeeraka(3gm)+Madhu(6gm)
Agastya sutaraja rasa (Y.R)	Niramagrahani, Chardi, Kaphavatavikara, Agnimandhya, Pakvatisara	125-250 mg, TID	Trikatu, Madhu
Agastisutaraja rasa (RSS)	Vedanahara, pakvatisara, samgrahani	½ ratti sized tab = 1-2 tab for 3 times	Jeeraka, jathiphala churna for atisara, trikatu/Honey for mandagni, vama
Agasthyabhutaraja rasa (RSS)	Grahani, Pravahika, Atisara	1 ratti	Maricha Churna
Atisarebha Simho rasa (RSS Athisara)	Atisara	1 Masha	Jala
Atisaraharo Rasa (RSS)	Atisara	2-3 ratti	Honey
GrahaniKapata rasa (RSS)	Samgrahani, atisara, mandhagni, amapachana	1- 2 ratti for 3 times	Jeeraka churna (3 Masha) and Honey (6 Masha)
Shankodara Rasa (RSS)	Rakthatisara, Raktharsha, Pakvatisara, Amapachana	½ - 1 Ratti for 3- 4 Times	Navaneeta, Takra
Hingulavati (RSS)	Amapachana, udarashoola, Atisara, mandagni, bahumutra	½ - 1 ratti for 2-3 times	Jala
Mahavataraja rasa (RSS)	Kasa, Hikka, Atisara, Grahani, Pramehapidaka	1 ratti tab = ½ - 1 tab for 2 time	Jala

Atisaravarana Rasa (BR)	Atisara	1 Ratti	Jala
Vajrapata Rasa (BR)	Atisara	3 Ratti	Madhu
GrahaniKapata Rasa (BR)	Amatisara, Raktatisara	1-2 ratti	Madhu
Karpura Rasa (BR)	Atisara, jwaratisara, Rakthatisara, grahani	250 mg pills = 1-2 tab	Madhu, Jala
Karpura rasa (RSS)	Jwaratisara, atisara, grahani	½ - 1 ratti for 3 times	Jala
SimhasyadiVati (RSS)	Pravahika, Amaja Raktasrava, Rakthatisara, Raktavamana	½ ratti tab = 1 tab for 2-3 times	Dugdha, Jala
AbhrakadiVati (VrihanigantuRatnakara)	Grahani	Maricha Size = 1 tab for 2 times	ChitrakaKwatha
Grahanishardulavatika (B R S)	Grahani, Atisara, Daruna Pravahika	250 mg As per dose	
GrahanishardulaVati (RSS)	Grahani, Agnimandhya	125 mg	Takra
Dugdha vati (B R)	Daruna Shotha, Grahani, Atisara, Jirnajvara.	60-120 mg	Milk(Sohta), Vijayaswarasa in grahani.
Dugdha vati (RSS)	Shophayuktha grahani, atisara, vishamajvara, mandagni	½ ratti tab = 1-2 tab for 2 to 3 times	Ksheera
Lavangabhraka Yoga (Si. Yo. Sam)	Grahani, Mandagni, Pravahika, Deepana, Pachana	3 ratti tab = 1-2 tab for 3-4 times	Jala
JathiphaladiVati 1 (RSS)	Pakvatisara, Grahani, ajeerna, Visoochika	½ Ratti Tab = 1 tab for 3 times	Takra or Jala
Jatiphaladi Vati 2 (RSS)	Grahani, Atisara, Gudarogas, Amatisara,	500 mg	Madhu
Jathiphaladi Vati 3 (RSS)	Madhumeha, Athisara, Mutratisara	½ ratti tab = 1-2 tab for 2 times	Goksheera, Arkachurna
Ahiphena Vati (BR)	Raktaatisara	1 Gunja	Jala
KarpuraVati (Si Yo Sam)	Pakvaatisara	2 gunjapramana tab = 1-2 tab	Jala
Ajajyadi Churna	Grahani, Rakthajatisara, jwaratisara	1-2 g	Jala
GangadharaChurna (BR)	Atisara, Grahani, Jvara	1. 2 g	Jala
MarkanteyaChurna (BR)	Grahani, Dhatukshaya, Balakshaya	1 g	Sharkara
Ahiphenasava (BR Athisara)	Atisara, Visuchika, Pravahika	5- 10 Drops	Jala
Dysentrol Tablet	Acute and Chronic Diarrhoea, Amoebiasis	1-2 tab tid	

Table 5: Rasayana and Vrushya/Sukrasthambana

Medicine	Indication	Matra	Anupana
Nidrodya rasa (RSS)	Rasayana, Shukrasthambana	2 ratti tab = 1-2 tab for night time	Ksheera
Ashwinikumarako rasa (anupana Tarangini)	Baladayaka, veeryavardhaka	1 tab 2 times	Jala
Kamini vidravana rasa (RSS)	Mandagni, Dhatuksheena	½ ratti tab = 1 tab for night time	Ksheera
Shukrasthambana Gutika (RSS)	Shukrasthambana, Impotency, Pravahika	1 ratti tab = 1 tab for night time	Ksheera
Vrushya Vati (RSS)	Vrushya, Impotency	½ ratti tab = 1-2 tab	Ksheera
Markanteya Churna (BR)	Grahani, Dhatukshaya, Balakshaya	1 g	Sharkara
Ahiphena Paka (RSS)	Kshaya, Krushatha, Rasayana,	2 ratti tab = 1-2 tab at night time	Ksheera

Table 6: Respiratory diseases

Medicine	Indication	Matra	Anupana
Vatebhakesari Rasa (RSS)	Pneumonia, Shwasa, Kasa, Sannipathaja Vyadhi, Atisara, Raktapradara	1/8 ratti tab = 1-3 tab for 2-3 times	Honey, Ardraka Rasa
Mahavataraja rasa (RSS)	Kasa, Hikka, Atisara, Grahani, Prameha pidaka	1 ratti tab = ½ - 1 tab for 2 time	Jala
Parshwashoola nashaka lepa (RSS)	Pneumonia	Lepa on Chest	
Ahiphenadi Churna	Kaphaja Kasa,	1 Ratti for 2 times	Honey

DISCUSSION

Ahiphena is having Tikta, Kashaya rasa and having laghu, Ruksha, Sukshma gunas because these properties it is indicated in Atisara, Jvara, Kasa, Grahani. Ahiphena is having kaphavata shamaka. If properly used it is one of the valuable drugs and the most dangerous if misused. It is the best drug having Sthambana action. It is used in different diseased conditions both for internal and external.

CONCLUSION

Maximum formulations containing Ahiphena are indicated for Gastro-intestinal diseases. The petals are bitter, expectorant, sedative and are useful in coughs. The Opium obtained from the fruits is bitter, astringent, sweet, Constipating, Aphrodisiac, Sedative, Narcotic, Antispasmodic and nervine Tonic. So it is commonly indicated for Atisara, Vajikarana, Respiratory diseases. It is good for internal haemorrhages, decrease secretions, restrain tissue changes and used as analgesic. As folk medicine Seeds and leaves are used to treat old cancer and scirrhus tumors. The seed, either as a paste or as an unguent, is said to be useful in tumors and cancerous ulcers. Because of Narcotic action in many countries cultivation is considered as illegal.

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