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Review Article

A REVIEW ON YOGAS CONTAINING JAYAPALA

Arun N^{1*}, Kishore Seetarama D², Kadibagil Vinay R³, Hussain Gazala⁴, Ganti Basavaraj Y⁵

¹PG Scholar, Department of Rasashastra and Bhaishajya Kalapana SDMCA Hassan, Karnataka, India

²PG Scholar, Department of Rasashastra and Bhaishajya Kalapana SDMCA Hassan, Karnataka, India

³Associate Professor, Department of Rasashastra and Bhaishajya Kalapana SDMCA Hassan, Karnataka, India

⁴Associate Professor, Department of Rasashastra and Bhaishajya Kalapana SDMCA Hassan, Karnataka, India

⁵Associate Professor & Head of the department, Department of Rasashastra and Bhaishajya Kalapana SDMCA Hassan, Karnataka, India

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*Corresponding Author: Arun N

PG Scholar, Department of Rasashastra and Bhaishajya Kalapana SDMCA Hassan, Karnataka, India Contact number: +919964622207

ABSTRACT

Treating a disease can be done in different ways in which the safe and easy process is with the help of herbs, from the Ancient period with its remarkable therapeutic effect *Jayapala* (*Croton tiglium*) even it is mentioned under *Upavisha*. If it is used after *Shodhana* it has its own importance in therapeutic action. It is a drug used in various *Kalpna* (formulations) both Herbal and Herbomineral formulations of Ayurvedic Pharmaceutics. Though *Jayapala* is not mentioned in *Samhita granthas* most of the *Nighantus* have quoted it as Purgative. Mainly seed and seed oil are used in the plant. This paper is to highlight the importance of *Jayapala* as a medicinal drug and as a ingredient in various formulations.

Keywords: *Ayurvedic Pharmaceutics, Jayapala, Upavisha, Kalpana.*

INTRODUCTION

Visha causes *Vishannatva*(distress) or *vishada* (Sadness) Which are less in virulence than '*Vishas*' are called '*Upavishas*' (sub-poisons) *Jayapala* (*Croton tiglium*) is mainly used as *virechana yogas* *Jayapala* is used only after proper *shodhana* for therapeutic purpose. *Shodana* of *Jayapala* is carried out with the help of *Go mutra for soaking purpose* and *Go ksheera for Swedana procedure*. Formulations like *vati* and *Churna* are most commonly prepared with the help of

drug *Jayapala*. In case of side (ill) effects or complications, the counter act medicines should be administered and the repeated intake of *Nimbu rasa* proves to be an Excellent Anti - Dote against the effect of croton - seed - oil. (*Jayapala Beeja taila*). A Major Chemical constituent of *Jayapala beeja* is β - sitosterol. In *Taila - Phorbol 12-tiglate-13-decanoate*. Properties and Formulations which contain *Jayapala* as a drug and indications are listed in the tables below.

Table 1: Properties¹

Sl. No.	Properties	<i>Jayapala</i> Properties
1	<i>Rasa</i>	<i>Katu</i>
2	<i>Guna</i>	<i>Guru, Snigdha, Tikсна, Sara</i>
3	<i>Virya</i>	<i>Ushna</i>
4	<i>Vipaka</i>	<i>Katu</i>
5	<i>Doshaghnata</i>	<i>Kapha - Vata Hara, Pitta Janana</i>
6.	<i>Karma</i>	<i>Teevra Virechaka Vishagna Swedajanana , Jwaragna, Sothahara, Krimigna, Dipana</i>

MATERIALS AND METHODS

Table 2: Kashtoushadhies

Sl. No	Name	Ingredients	Indication	Dose and Anupana
1	<i>Virechana gutika (S. yog)</i> ³	<i>Trivrit, Trikatu, Jayapala.</i>	<i>Samyak Virechaka</i>	<i>250 mg ardraka swarasa, guda</i>

2	<i>Sleepadantaka gutika (S. yog)</i> ³	<i>Triphala, Vatsanabhi, Yavani, Jayapala</i>	<i>Sleepada, Pleeha</i>	250 mg ushnodaka
3	<i>Punarnavadhi mandoora (B.R)</i> ²	<i>Trivruth, Sunthi, Pippali, Vidanga, Triphala, Jayapala</i>	<i>Panduroga, Udarasula, Krumi, Gulma</i>	500mg, Gomutra
4	<i>Sukhavirechana vati (Si. Y.Sng)</i> ¹⁰	<i>Sunti, Jayapala,</i>	<i>Virechana</i>	250mg Jala
5	<i>Recani vati (B.B.R)</i> ⁴	<i>Haritaki, Jayapala, Snuhidugdha</i>	<i>Vibhandha</i>	500mg Jala
6	<i>Sothodarari lauham (B.R)</i> ²	<i>Punarnava, Guduchi, Indrayava, Lauha, Jayapala</i>	<i>Sotha, Arsa, Kustha, Jwara</i>	500mg Jala
7	<i>Brihanmethi modaka (B.B.R)</i> ⁴	<i>Triphala, Nagakesara, Talisapatra, Yastimadhu, Padmaka, Jayapala Etc</i>	<i>Amavata, Plihavriddhi, Pandu Roga, Kasa, Svasa</i>	10gm a/c to dosha anupana
8	<i>Virechana churna (Ra sidh)</i> ¹²	<i>Gulab, Eranda, Badam, Jayapala</i>	<i>Virechaka</i>	750 mg
9	<i>Suka virechana vati (Ra sidh)</i> ¹²	<i>Sompe, Jayapala</i>	<i>Virechaka</i>	125mg jala
10	<i>Draksasava (B.R)</i> ²	<i>Draksa, Kankola, Pippali, Citrakamula, Lavanga, Jayapala</i>	<i>Arsas, Raktaja Vikara</i>	12-24ml jala
11	<i>Dadimavaleha (Y.R)</i> ⁸	<i>Dadima, Javanti, Marica, Shunti, Jayapala</i>	<i>Aruci, Amlapitta, Atisara, Netraroga</i>	12gm Ushana jala

Table 3: Rasaushadhies

Sl. No	Name	Ingredients	Indications	Dose & anupana
1	<i>Ashwakanchuka rasa (Ra sidh)</i> ¹²	<i>Kajjali, Vatsanaba, Haratala, Maricha, Jayapala</i>	<i>Udararoga, Jwara, Gulma, Kustha</i>	250mg-500mg Jala
2	<i>Mahamrutyanjaya rasa (Ra sidh)</i> ¹²	<i>Haratala, Vatsanaba, Hingula, Jayapala</i>	<i>Shopha, Plague, Hrudroga,</i>	125mg -250mg Ushna jala
3	<i>Ashwanikumara rasa (Ra sidh)</i> ¹²	<i>Kajjali, Maricha, Pippali, Afime, Sompe, Eranda, Jayapala</i>	<i>Prameha, Mutrakuchara, Jwara</i>	250mg Madhu
4	<i>Taruna jwarari rasa (R.S.S)</i> ⁵	<i>Jayapala, Vatsanabha</i>	<i>Jwara</i>	125 to 250 mg Sugar syrup
5	<i>Nava jwarahari rasa (R.S.S)</i> ⁵	<i>Vatsanaba, Jayapala</i>	<i>Jwara</i>	60 to 125 mg Ardraka swarasa
6	<i>Sarvanga sundara rasa (R.S.S)</i> ⁵	<i>Vatsanaba, Jayapala</i>	<i>Jwara</i>	125 to 250 mg madhu
7	<i>Pratapa martanda rasa (R.S.S)</i> ⁵	<i>Vatsanabha, Hingula, Jayapala</i>	<i>Jwara</i>	60-125mg Ardraka swarasa madhu
8	<i>Panchanan vati (B.R)</i> ²	<i>Kajjali, Tamara, Abaraka, Jayapala</i>	<i>Pandu</i>	250mg Punarnavastaka kwatha
9	<i>Jalodhari rasa (R.T)</i> ⁶	<i>Tamarabasma, Kajjali, Haridra, Pippali, Jayapala</i>	<i>Virechana, Jalaodhara</i>	125mg Jala
10	<i>Jwarahari rasa (R.S.S)</i> ⁵	<i>Hingula, Pippali, Shunti, Maricha, Jayapala</i>	<i>Jwara</i>	125mg jala
11	<i>Jwarakesari rasa (R.S.S)</i> ⁵	<i>Jayapala, Vatsanabha</i>	<i>Jwara,</i>	125 mg madhu
12	<i>Jwaramurari rasa (R.R.S)</i> ⁵	<i>Vatsanaba Hingula Jayapala</i>	<i>Jwara</i>	250 mg adaraka swarasa madhu
13	<i>Ichabedi rasa (Sha sam)</i>	<i>Tankana, Shunti, Maricha, Jayapala</i>	<i>Udararoga, Virechaka</i>	250 mg Cold water
14	<i>Yakritplihara lauham (B.R)</i> ²	<i>Kajjali, Abhraka, Tamra, Silajatu</i>	<i>Jwara, Pandu, Sotha, Halimaka,</i>	250mg Jala
15	<i>Jwara kesari rasa (Ra sidh)</i> ¹²	<i>Kajjali, Pippali, Vatsanaba, Jayapala</i>	<i>Jwara, Kustha, Mandaagani, Shotha</i>	125mg-250mg jala
16	<i>Plihantaka rasa (B.R)</i> ²	<i>Tamara, Rajata, Abhraka, Guggulu, Jayapala</i>	<i>Kasa, Svasa, Sotha,</i>	250mg Jala

17	<i>Soolakuthara rasa (S. Yo)</i> ³	<i>Parada, Gandaka, Triphala, Jayapala Etc</i>	<i>Sarva Shoola</i>	<i>125 mg maricha churna</i>
18	<i>Raja virechana gutika (S. yo)</i> ³	<i>Tiphala, Trikatu, Gandaka, Jayapala Etc</i>	<i>Purgative</i>	<i>250mg jala</i>
19	<i>Marichadi gutika(S. yo)</i> ³	<i>Maricha, Tankana, Parada, Gandaka, Jayapala. Etc</i>	<i>Gulma, Udara, Virechaka</i>	<i>125 mg cold water</i>
20	<i>Antrakuthara rasa(B.R)</i> ²	<i>Abhyaya, Hingu, Tankana, Vacha, Yavakshara, Jayapala</i>	<i>Sarva Soola, Udavarta, Gulma</i>	<i>125 mg ushnodaka</i>
21	<i>Chintamani rasa (R. CHI)</i> ⁷	<i>Vatsanaba Jayapala</i>	<i>Jwara, Vataroga</i>	<i>125 mg Trikatu churna</i>
22	<i>Maha jwarankusa rasa (A.F.I)</i> ¹¹	<i>Kajjali, Tamara, Hingula, Loha, Jayapala</i>	<i>Jwara</i>	<i>125mg jala</i>
23	<i>Yakuti vati (Ra sidh)</i> ¹²	<i>Manikya, Muktha, Pravala, Kasturi, Jayapala</i>	<i>Jwara,</i>	<i>125mg Pudina swarasa</i>
24	<i>Yakrtplihari loha(A.F.I)</i> ¹¹	<i>Gandaka, Lauha, Abraka, Tamara, Jayapala</i>	<i>Udararoga, Jwara, Pandu</i>	<i>250 mg Jala</i>
25	<i>Rasadi vati(B.B.R)</i> ⁴	<i>Hingula, Jayapala Kajjali</i>	<i>Jwara</i>	<i>125mg jala</i>
26	<i>Pranavallabha rasa (B.R)</i> ²	<i>Loha, Tamra, Triphal, Tuttha, Jayapala</i>	<i>Prameha, Kamala, Gulma</i>	<i>125mg Jala, madhu</i>
27	<i>Panchanana vati (B.R)</i> ²	<i>Kajjali, Tamra, Abhraka, Guggulu, Jayapala.</i>	<i>Sotha, Pandu</i>	<i>125mg Jala</i>
28	<i>Krimikasthanala rasa (B.R)</i> ²	<i>Kajjali, Vanga, Haratala, Manahsila, Vidanga, Danti, Jayapala</i>	<i>Krimi Roga</i>	<i>125mg Madhu</i>
29	<i>Udayamartanda rasa (B.R)</i> ²	<i>Hingula, Tankana, Vatsanabha, Jayapala.</i>	<i>Pandu, Ajirna, Jwara, Gulma, Agnimandya</i>	<i>250 mg Takara</i>
30	<i>Mahavanhi rasa (B.R)</i> ²	<i>Kajjali, Manahsila, Msotha, Haridra, Jayapala, Bhringaraja Swarasa.</i>	<i>Virecana</i>	<i>125mg Ushna jala</i>
31	<i>Udarari rasa(B.R)</i> ²	<i>Rasasindura, Tutthaka, Jayapala.</i>	<i>Jalodara, Virecana</i>	<i>125mg Haidra patra swarasa</i>
32	<i>Shothari rasa (B.R)</i> ²	<i>Marica, Tankana, Pippali, Jayapala,</i>	<i>Sotha</i>	<i>250mg Ghritam</i>
33	<i>Shlipadagajakesari (B.R)</i> ²	<i>Shunti, Marica, Pippali, Manahsila</i>	<i>Slipada, Plihavridhi</i>	<i>250mg Ushna jala</i>
34	<i>Sri vaidyanathadesa vatika (B.R)</i> ²	<i>Shunti, Pippali, Rasa Sindura, Jayapala</i>	<i>Jwara, Pandu, Gulma, Jalodara</i>	<i>125mg Jala</i>
35	<i>Abhaya vati (B.R)</i> ²	<i>Haridra, Maricha, Pippali, Tankana,</i>	<i>Jwara, Plihavridhi, Ajirna, Pandu</i>	<i>125mg Jala</i>
36	<i>Vaidyanatha vati(B.R)</i> ²	<i>Haridra, Shunti, Marica, Jayapal, Rasa Sindura, Mandukaparni Swarasa</i>	<i>Pandu, Kustha, Gulma, Pidaka</i>	<i>125mg Jala</i>
37	<i>Plihasardula rasa (B.R)</i> ²	<i>Tankana, Tamra, Varata, Jayapala</i>	<i>Gulma, Jwara, Sotha, Vidradhi</i>	<i>250mg Madhu</i>

Table 4: External Application

Sl. No	Name	Ingredients	Indications
1	<i>Pashavashula hara malahara (Ra sidh)</i> ¹²	<i>Sarshapa Taila, Beewax, Hingula, Ela Taila, Nilgiri Taila, Jayapala Taila,</i>	<i>Shoola,</i>
2	<i>Anjana rasa (Ra sidh)</i> ¹²	<i>Kajjali, Lohabasma, Jayapala, Nimbu Rasa</i>	<i>Sarpavisha</i>
3	<i>Tripuraanjana bhirava rasa (R.T)</i> ⁶	<i>Kajjali, Pippali, Tankana, Jayapala Nimbu Swrasa</i>	<i>Used As Anjana In Netra Roga</i>
4	<i>Visuchika vishahara lepa (R.T)</i> ⁶	<i>Paste of Jayapala Beeja</i>	<i>On Site Of Bite Of Scorpion</i>
5	<i>Namadinashaka taila (Ra sidh)</i> ¹²	<i>Kajjali., Haratala, Ela, Eranda Beeja, Jayapala</i>	<i>Vajikarana</i>
6	<i>Naracha rasa(B.R)</i> ²	<i>Kajjali, Shunti, Maricha, Pippali, Tankana, Jayapala.</i>	<i>Udavarta, Kalka Is Applied Belly And Around Neval Region</i>

DISCUSSION

After *Shodana* only *Jayapala* is used in the Medicinal preparations. By Soaking in Go mutra it accumulates its property into it and useful to remove the outer coating. Then it is subjected to Swedana procedure with Go ksheera for changing its chemical characters. It is mainly used in the form of *vati* and *churna*. It is used in various disease conditions both external and internal purpose. Maximum formulations containing *Jayapala* are indicated as *Rechaka* and in *Pandu*, *Jwara* rogas Common drugs added with *Jayapala* are like *Vatsnabha*, *Kajjali*, *Tankana*. Apart from these it is indicated in Scorpion bite as a *Shulahara*.

CONCLUSION

Classical references of Ayurveda has many medicinal herbs indicated in different Diseases in which Upavisha like *Jayapala* is one used with a combination of medicines to prepare formulations. To conclude it is better to manage a variety of diseases with a Herbal drug like *Jayapala* as an Ingredient by following Respective Procedures like *Shodhana* Some formulations are not widely used in Clinical practice and hence there is a scope of Research in this area.

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