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Review Article

A REVIEW – ON DIFFERENT YOGAS OF SNUHI

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ABSTRACT

Herbal medication have been used from ancient to present era, which are having remarkable therapeutic effect in which *Euphorbia ligularia* is one which is commonly known as *Snuhi* is a plant well known for its medicinal value in Ayurvedic Medicine. *Snuhi Ksheera* is also used for medicinal purposes like *kshara sutra*. *Panchanga* of plant is useful for medicinal preparations in different dosage forms and is employed for both internal and external use. In which *Ksheera* and *Kshara* of this plant has important role in treating various diseases. It is a *upavisha* and needs the purificatory process to reduce the toxic effects and enhance therapeutic properties. This paper is to highlight the importance of *Snuhi* as a medicinal drug and as a ingredient in many different formulations.

Keywords: *Snuhi*, Ayurvedic medicine, *Upavisha*, *Kshara sutra*.

INTRODUCTION

Snuhi is one among the *Upavisha*. Synonyms of *Snuhi* are *Sudha*, *Snuhi*, *Sehunda*, *Mahavriksha*, *Vajra*, *Snuka*, *Nistrimshapatra*. There are two types *Alpa kantaka* and *bahukantaka* (*Charaka*). *Panchanga* is useful in which *ksheera* (latex) and *Kshara* are used commonly in the

formulations. It is considered as *Shreshta Teekshna Virechaka*. It acts as *Sheeghra mala bhedana* in *krura koshta*. A common treatment principle useful in Anorectal disorders is *ksharasutra* in which *Snuhi* plays important role. It is also *kushtagna*, *Vranaropaka*.

Table 1: Vati –Gutika- Varti

Yoga	Ingredients	Indication	Reference
<i>Vartaku gutika</i>	<i>Snuhi Kanda, Souvarchala, Vida, Saindhava, Arka Moola Twak, Chitraka Mola</i>	<i>Arsha, Grahani</i>	<i>Chakradatta</i> ²
<i>Shankha vati</i>	<i>Shankha, Trikatu, Pancha Lavana, Parada, Gandaka, Snuhi Kshara, Nimbu Swarasa</i>	<i>Mandagni Amlapitta</i>	<i>Bhaishajya ratnavali</i> ¹
<i>Snuhyadi varti</i>	<i>Snuhi Ksheera Arka Ksheera Daruharidra</i>	<i>Bhagandara</i>	<i>Chakradatta</i> ²

Table 2: Rasa Yogas

Yoga	Ingredients	Indication	Reference
<i>Tamradi yoga</i>	<i>Snuhi Patra Swarasa, Arka Ksheera, Nirgundiswarasa, Gokshurakkwatha, Parada, Gandhaka</i>	<i>Bhagandara, Vrana</i>	<i>Bhaishajya ratnavali</i> ¹
<i>Arshakuthara rasa</i>	<i>Snuhi Ksheera Rasa, Gandhaka Loha</i>	<i>Arsha</i>	<i>Yogaratanakara</i> ³

	<i>Bhasma Abhraka Bhasma</i>		
<i>Trailokyadumbara rasa</i>	<i>Parada, Tamra, Gandhaka, Jaypala, Pippali, Snuhi Ksheera</i>	<i>Jwara</i>	<i>Rasa ratna samucchaya</i> ⁴
<i>Jwarankusha rasa</i>	<i>Tamra, Haratala, Karavellaka Snuhi Ksheera</i>	<i>Jwara</i>	<i>Rasa chintamani</i> ⁸
<i>Rasa raja rasa</i>	<i>Parada Swarna Makshika Manashila Hartala Etc Snuhi Ksheera</i>	<i>Jwara</i>	<i>Bhaishajya ratnavali</i> ¹
<i>Vidyadhara rasa</i>	<i>Parada Gandaka Tamra Trikatu Etc Bhavana With Danti Kashaya & Snuh</i>	<i>Pleeha Yakrit</i>	<i>Rasa kamadhenu</i> ⁵
<i>Krimikashta nalo rasa</i>	<i>Parada Gandhaka Vanga Haratala Vidanga, Snuhi Ksheera Bhavana</i>	<i>Krimi</i>	<i>Rasendra sara sangraha</i> ⁶
<i>Pranavallabha rasa</i>	<i>Parada Gandhaka Loha Tamra Triphala, Snuhi Ksheera Etc Kashtausadi, Aja Ksheera Bhavana</i>	<i>Pandu</i>	<i>Rasendra sara sangraha</i> ⁶
<i>Trailokya chintamani rasa</i>	<i>Parada, Gandhaka, Heeraka Swarna, Rajata, Arka, Nirgundi, Snuhi Ksheera Etc</i>	<i>Rasayana</i>	<i>Bhaishajya ratnavali</i> ¹
<i>Agnimukha loha</i>	<i>Trivrit, Chitraka, Teekshna Loha, Nirgundi, Snuhi Moola Kashaya, Rasa Bhasma, Trikatu, Triphala</i>	<i>Arsha</i>	<i>Chakradatta</i> ²
<i>Kubja vinoda rasa</i>	<i>Parada Gandhaka Jayapala Haratala Snuhi Swarasa</i>	<i>Vatavyadhi</i>	<i>Rasendra sara sangraha</i> ⁶
<i>Sarvangasundara rasa</i>	<i>Parada Abhraka Tamra Gandhaka Snuhi Ksheera</i>	<i>Vatavyadhi</i>	<i>Rasendra sara sangraha</i> ⁶
<i>Nageshwar rasa</i>	<i>Parada Gandhaka Naga Vanga Triksara, Snuhi Ksheera</i>	<i>Gulma</i>	<i>Bhaishajya ratnavali</i> ¹
<i>Panchanana rasa</i>	<i>Parada, Gandhaka, Tuttha, Jatiphala, Snuhi Ksheera</i>	<i>Rakta gulma</i>	<i>Rasendra sara sangraha</i> ⁶

Table 3: Sneha Kalpana

Yoga	Ingredients	Indications	Reference
<i>Marichadi taila</i>	<i>Maricha Trivrit Danti Arka Dugdha, Snuhi, Gomaya, Sarshapa Taila</i>	<i>Shwitra</i>	<i>Chakradatta</i> ²
<i>Mahatrinaka taila</i>	<i>Haridra, Triphala Saptaparna, Snuhi Patra, Arkadugdha, Ganda Trina Kashaya, Taila</i>	<i>Kushta</i>	<i>Chakradatta</i> ²
<i>Shadbindu taila</i>	<i>Snuhi Ksheera Arkasheera Vatsanabha Gairika Haratala, Taila And Ghrita, Arka Patra Swarasa</i>	<i>Vicharchika</i>	<i>Bhaishajya ratnavali</i> ¹
<i>Brihat Kaseesadi taila</i>	<i>Kaseesa Saindhava Pippali Shunthi Swarnaksheeri, Snuhi, Arka Ksheera</i>	<i>Kushta</i>	<i>Gadanigraha</i> ⁷
<i>Vrana ropana taila</i>	<i>Snuhi Ksheera Arkasheera Taila</i>	<i>Dushta Vrana Ropana</i>	<i>Sahasrayoga</i> ⁹
<i>Kachuradi taila</i>	<i>Snuhi Ksheera, Kachura, Dhatura, Arka</i>	<i>Kushta</i>	<i>Sahasrayoga</i> ⁹
<i>Tapta raja taila</i>	<i>Sarshapa Taila, Shigru, Dathura, Arka Snuhi Ksheera</i>	<i>Shiro Roga Karna Roga Shula</i>	<i>Bhaishajya ratnavali</i> ¹
<i>Kandarpa sara taila</i>	<i>Saptaparna, Guduchi Shirisha, Mahatikta, Arka And Snuhi Patra Swarasa, Sarshapa Taila</i>	<i>Kushta</i>	<i>Bhaishajya ratnavali</i> ¹
<i>Chinchadi taila (S.Yo.)</i>	<i>Chincha Eranda, Prasarani, Patra Snuhi, Arka, Lasuna Swarasa</i>	<i>Vata Roga</i>	<i>Sahasrayoga</i> ⁹
<i>Naracha ghrita</i>	<i>Chitraka Triphala Danti Kantakari Trivrit Snuhi Ksheera</i>	<i>Gulma</i>	<i>Gada nigraha</i> ⁷

<i>Bindhu ghritha</i>	<i>Arka Kshira, Snuhi, Haritaki, Kampillaka, Trivrith, Aragvada, Aparajitha, Danti.....</i>	<i>Kushta, Gulma, Shotha, Bhagandhara.....</i>	<i>Bhaishajya ratnavali¹</i>
<i>Nirgundi rajanyadi taila</i>	<i>Nirgundi, Haridra, Bilwa, Snuhi Etc</i>	<i>Karna Roga</i>	<i>Sahasrayoga⁹</i>
<i>Vajra taila</i>	<i>Karanja, Arka, Snuhi, Saptaparna</i>	<i>Nadi Vrana Dushta Vrana</i>	<i>Chakradatta²</i>
<i>Kanaka taila</i>	<i>Dhatura Patra Arka Patra Jayanti Nirgundi Snuhi Moola, Sarshapa Taila</i>	<i>Shira Shoola, Amavata Shotha</i>	<i>Bhaishajya ratnavali¹</i>
<i>Rudra taila</i>	<i>Sarshapa Taila, Danti, Dhatura, Shobhanjana Arkapatra, Snuhi Moola</i>	<i>Kasa(Abhyanga, Internal)</i>	<i>Bhaishajya ratnavali¹</i>
<i>Dhanvanthari ghritha</i>	<i>Dashamula, Punarnava, Snuhi Moola, Arka Mula, Haritaki, Karanja Twak, Pushkaramula, Bilwa</i>	<i>Prameha, Pandu, Kushta, Arshas, Udara Roga.....</i>	<i>Sahasrayoga⁹</i>

Table 4: Kshara And Lavana

Yoga	Ingredients	Indications	Reference
<i>Vaishvanara kshara</i>	<i>Snuhi, Arka, Chitraka, Eranda, Varuna, Punarnava, Tila, Apamarga, Kadali, Palasa, Amlika, Kshara Of These Is Added With Water And Reduced To Padavasesha...</i>	<i>Arshas, Mandagni, Ashmari, Anila Vikara.</i>	<i>Bhaishajya ratnavali¹</i>
<i>Kshara sutra</i>	<i>Snuhi Ksheera Haridra Apamarga Kshara</i>	<i>Arsha Bhagandara</i>	<i>Chakradatta²</i>
<i>Agnimukha lavana</i>	<i>Chitraka Triphala Danti Trivrit Snuhi Kshara Etc</i>	<i>Mandagni Vishtambha Gulma Parshwashoola</i>	<i>Bhaishajya ratnavali¹</i>
<i>Sneha lavana</i>	<i>Chatur Sneha, Pancha Lavana, Snuhi Ksheera, Brinjal</i>	<i>Vata Vyadhi</i>	<i>Chakradatta²</i>
<i>Vajra kshara</i>	<i>Pancha Lavana Trikslara, Snuhi Ksheera Snuhi Kshara, Arka Patra. Add Triushna, Triphala, Jiraka.</i>	<i>Gulma</i>	<i>Rasendra sara sangraha⁶</i>

Table 5: Lepa

Yoga	Ingredients	Indication	Reference
<i>Kushta hara lepa</i>	<i>Vatsanabha, Varuna, Haridra, Chitraka Grahadhuma, Bhallataka, Maricha, Arkaksheera, Snuhiksheera</i>	<i>Kushta</i>	<i>Chakradatta²</i>
<i>Paradadi lepa</i>	<i>Snuhi Ksheera Parada, Shankha Etc.</i>	<i>Dadru Mandala</i>	<i>Bhaishajya ratnavali¹</i>
<i>Arkasheeradi lepa</i>	<i>Arka Ksheera, Snuhi Ksheera, Tumbi Churna, Karanja, Ajamoda</i>	<i>Arsha</i>	<i>Bhaishajya ratnavali¹</i>
<i>Pippalyadi lepa</i>	<i>Pippali Saindhava Kushta Shirisha Arka Snuhi Ksheera</i>	<i>Arsha</i>	<i>Bhaishajya ratnavali¹</i>
<i>Kukkura visha hara yoga</i>	<i>Snuhi Ksheera, Shirisha Beeja Churna</i>	<i>Kukkura Visha</i>	<i>Bhaishajya ratnavali¹</i>
<i>Chakramarda lepa</i>	<i>Snuhi Ksheera Chakramarda</i>	<i>Kitibha Kushta</i>	<i>Chakradatta²</i>

Table 6: Dravaka

Yoga	Ingredients	Indication	Reference
<i>Shanka dravaka</i>	<i>Arka Mula, Snuhi, Chinha, Aragvada, Chitraka, Apamarga, Matulunga Swarasa, Shanka Churna</i>	<i>Udara Rogas, Ajirna, Adhmana, Yakrit Pliha Rogas</i>	<i>Bhaishajya ratnavali¹</i>
<i>Maha shanka dravaka</i>	<i>Chinha Phala Twak, Ashwatha, Snuhi, Arka Mula, Apamarga, Panchalavana, Tankana, Shankanabhi.</i>	<i>Pliha Vridhi, Ajirna, Grahani Roga, Shwasa, Kasa, Udara Roga</i>	<i>Bhaishajya ratnavali¹</i>

Table 7: Churna

Yoga	Ingredients	Indication	Reference
Trivritadi churna	Trivrit Haritaki, Shyama, Snuhi Moola, Snuhi Ksheera Bhavana	Udavarta	<i>Bhaishajya ratnavali</i> ¹
Snuhi moola churna	Snuhi Moola	Anaha	<i>Bhaishajya ratnavali</i> ¹

VIRECHANA YOGAS¹⁰

- **Snuhi churna prayoga-** Snuhi, Swarnaksheeri, Trivrit, Trikatu- bhavana with Snuhi ksheera 7days- one kola matra with ghee and Mamsarasa .
- **Guda panaka prayoga-** Trikatu, Triphala, Danti, Chitraka, Trivrit- bhavana with Snuhi ksheera- taken with guda panaka .
- **Snuhi leha prayoga-** kashaya of shyama, Aruna Trivrit Snuhi ksheera Gohrita, Phanita, mixed together and boiled till it converts into leha

DISCUSSION

Snuhi is an *upavisha* and can be used in different dosage forms therapeutically. It is used as *bhavana dravya* in most of the *vati*, *varti* and *Rasa oushadhies*, *Kshara sutra* is one of the commonly used yoga where *snuhi ksheera* and *kshara* are used. It is used in many *virechana yogas* due to its *teekshna rechaka* property. Due to its *kushta hara* property, many *lepas* and *taila* are prepared using *snuhi*. *Tailas* prepared using *snuhi moola* are indicated in *shiroroga*, *karna roga*. *Taila* and *ghrita* prepared using *snuhi ksheera* are mainly used in *kushta*. 34 *yogas* prepared using *ksheera*, 6 *yogas* using *kanda*, 8 *yogas* using *moola*, two *yoga* using *patra swarasa*.

CONCLUSION

Classical references of Ayurveda have many medicinal herbs indicated in different Diseases in which *Upavisha* like *Snuhi* and it is useful in many diseases. All parts are useful, mainly *ksheera* is used. Different parts of plant are used in different

yogas and diseases according to its utility. It is *Teekshna Virechaka*, *Vrana ropaka*, *Arshaghna*, *kushtaghna*. *Kshara sutra* is one of the important preparation. To conclude data is collected about *Snuhi* in which it shows the wide range of its indications.

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