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## Pharmacotherapeutic activity of Ancient Indian Medicinal Plant with special reference to *Mishraka Gana (Panchtikta)* in relation to *Vasa (Adhatoda vasica Nees.)*

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### ABSTRACT

*Panchtikta* are the synergistic blend of five ayurvedic *Dravyas*. *Pancha* refers to five and *Tikta* refer bitter. In Ayurved classic *Panchatikta* i.e., Five *Dravyas* with *Tikta* (bitter) *Rasa* viz. *Azadirachta indica* (*Neem*), *Trichosanthes dioica* (*gourd*), *Solanum xanthocarpum* (*branched shrub*), *Tinofpora cordifolia* (*Guduchi*) and *Adhatoda vasica* (*Adulsa*). *Panchatikta* is one of the ideal combinations for a vast range of therapeutics focused in Ayurveda. In present study an attempt has been made to compile the therapeutic application of *Panchatikta Dravyas*.

**Key words:** *Panchtikta, Tikta Rasa, Adhatoda vasica, Therapeutic uses.*

### INTRODUCTION

In the *Sushruta Samhita* where thirty-seven groups of drugs are defined according to their effect and therapeutic uses. *Pancha* means five, *Tikta* means bitter in taste.

*Tikta Rasapradhan Dravyas* are collectively called as *Panchatikta Dravyas*. The five *Dravyas* are *Azadirachta indica* (*Neem*), *Trichosanthes dioica* (*Patola*), *Solanum xanthocarpum* (*Kantakari*), *Tinofpora cordifolia* (*Guduchi*) and *Adhatoda vasica* (*Adulsa*). Instant mixture can be made by Ayurvedic practitioner in their Clinical practice.

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### Concept of Tikta Rasa

The character which spreads all over the tongue with in no time.

### Sequence of Tikta Rasa from different references

*Acharya Charaka* mentioned six *Rasas*, among them first *Madhur* followed by *Amla, Lavana, Katu, Tikta* and *Kashaya*.

According to *Sushruta*, *Madhur, Amla, Lavana, Katu, Tikta* and *Kashaya* are six *Rasas*.

*Vridha Vagbhatt* has described *Svadu (Madhur)* as the first followed by *Amla, Lavana, Tikta, Ushana (Katu)* and *Kashaya*, as six *Rasas*.

*Astanga Hridaya Vagbhatt* has described *Svadu (Madhur), Amla, Lavana, Tikta, Ushana (Katu)* and *Kashaya* are six *Rasas*. The earlier ones give more strength to the body, than their successive ones.

### Relation of Ritu and Tikta Rasa

In a year, there are six *Ritus* and accordingly six *Rasas* are generated. There are some relevance between these two numbers and their genesis. *Indukara*, a commentator of *Astanga Samgraha*, has highlighted the relation between seasons, *Panchabhoota* composition of *Rasas* and evaluation of *Rasas*. Where

Tikta Rasa is generated in *Shishira Ritu* when *Vayu* and *Aakasha Mahabhootas* are predominant.

#### Actions of Tikta Rasa

Actions of *Tikta Rasa* may be studied on the level of *Doshas*, *Dhatus*, *Malas*, *Agni* and *Srotas*.

#### Doshas

It increases *Vata Dosha* by its *Ruksha*, *Laghu*, *Vishad*, *Sheeta* and *Mrudu Guna* and it is said to decrease or drying up *Kapha*, *Pitta Dosha*.

#### Dhatus

It has absorbing effect, particularly depletes *Medas*, *Vasaa*, *Majja*, and *Lasika* which are pathogenic factors in ***Prameha*** and causes semen deficiency in case of *Shukra dhatu*.

#### Malas

It is *Baddhavinmutrakara* which means constipative, anti diuretic and cause obstruction in passing of flatus.

#### Agni

*Tikta Rasa* though belonging to *Saumya* group stimulates *Agni* by promoting *Samana Vata* and by absorbing the *Kapha* which is responsible for *Mandagni*.

#### Srotas

*Katu*, *Tikta* and *Lavana* are *Srotahsodhana* (channel cleaning). *Tikta Rasa* absorbs the fluid and slimy material due to *Vata Dosha* and thus vacating space on account of *Aakasha*. Due to *Sukshma Guna* it permeates even to the minutest channels.

#### Panchtikta Dravyas<sup>[1]</sup>

SN	Dravya	Latin Name	Family	Part used
1.	<i>Nimba</i>	<i>Azadirachta indica</i>	Meliaceae	<i>Patra</i>
2.	<i>Kantakari</i>	<i>Solanum Xanthocrpum.</i>	Solanaceae	<i>Panchanga</i>
3.	<i>Guduchi</i>	<i>Tinospora cordifolia</i>	Menispermaceae	<i>Kanda, Patra</i>

4.	<i>Patola</i>	<i>Trichosanthes dioica</i>	Cucurbitaceae	<i>Patra, Phala</i>
5.	<i>Vasa</i>	<i>Adhatoda vasica</i>	Acanthaceae	<i>Patra, Moola</i>

#### Rasa Panchak of Panchtikta Dravyas<sup>[1]</sup>

S N	Dravya	Rasa	Guna	Virya	Vipaka	Doshaghata
1.	<i>Nimba</i>	<i>Tikta, Kasha ya</i>	<i>Laghu, Ruksha</i>	<i>Sheet</i>	<i>Katu</i>	<i>Kapha Pittahara</i>
2.	<i>Kantakari</i>	<i>Tikta</i>	<i>Laghu, Ruksha, Sukshma</i>	<i>Ushna</i>	<i>Katu</i>	<i>Kapha Vatahara</i>
3.	<i>Guduchi</i>	<i>Tikta, Katu</i>	<i>Guru, Snigdha</i>	<i>Ushna</i>	<i>Madhura</i>	<i>Tridoshamak</i>
4.	<i>Patola</i>	<i>Tikta</i>	<i>Laghu, Ruksha</i>	<i>Ushna</i>	<i>Katu</i>	<i>Kapha Pittashamak</i>
5.	<i>Vasa</i>	<i>Tikta, Kasha ya</i>	<i>Laghu, Ruksha</i>	<i>Sheet</i>	<i>Katu</i>	<i>Vatakara, Kaphapitahara</i>

#### Therapeutic application

*Panchtikta Mishraka Gana* is first time mentioned in *Sushruta Samhita*. Combination of these Five drugs can be used externally as well as internally as a *Lepa*, *Dhupan*, *Snana*, *Churna*, *Kwath*, *Hima*, *Ghrita* etc. respectively.

#### Bahya Prayoga (external uses)

1. *Shoulya* (Obesity) as *Udhagarshana* (dry powder massage)
2. *Dusta Vrana* (Infected Wound) as dusking powder
3. *Kita Nashak* (Mosquito repellent) in the spray form
4. *Kaphaj Kandu* (Wet Eczema) as dusking powder

#### Amayika Prayoga (Internal uses)

1. *Madhumeha* (Diabetes) - given with *Vasanta Kusumakara Rasa*, *Devdarvyadiarishta* and *Chandraprabha Vati*.

2. *Sthoulya* (Obesity) - given with *Navaka Guggulu* or *Amritadi Guggulu* and *Tryushanadi Louha*.
3. *Kushtha* (Skin diseases) - given with *Panchanimbadi Choorna*, *Bhunimbadi Churna*, *Arogyavardhini Rasa* and *Khadirarishtha*.
4. *Aruchi* (Anorexia) - given with *Lashunadi Vati*, *Sitopaladi Churna* and *Lavana Bhaskara Choorna*.
5. *Jwara* (Fever) - given with *Jayamagal Rasa*, *Mahamrityunjaya Rasa* or *Tribhuvana Kirti Rasa*.
6. *Kasa* (Cough) - given with *Yavanishadava*, *Sitopaladi Choorna* or *Talisadi Choorna*.
7. *Shwasa* (Bronchial asthma) - given with *Shwasa Kuthara Rasa*, *Shwasakasachintamani Rasa*, *Talisadi Choorna* and *Kanakasava*.
8. *Krimi* (Worms) - given with *Krumimudhgara*, *Vidangarishta*, *Krimikuthara Rasa*.
9. *Ajeerna* (Indigestion) - given with *Lashunadi Vati* and *Kupiluhingwadi Vati*.
10. *Urakshat* (Chronic bronchitis) - given with *Vrinapahari Rasa*, *Mrityunjaya Rasa* and *Talisadi Choorna*.
11. *Parshvashool* (Pneumonia) - given with *Sheetamshu Rasa*, *Talisadi Choorna* and *Tribhuvana Kirthi Rasa*.
12. Bronchial asthma - given with *Somasava*, *Mrityunjaya Rasa* and *Talisadi Choorna*.
13. *Shishu Koshta Gata Krimi* (Worm infestation in children) - given with *Krimikuthara Rasa*, *Araghvadha Kapila Vati* and *Vidangarishta*.
14. *Vicharchika* (Scabies) - given with *Gandhaka Rasayana*, *Gandhak Druti* and *Gandhaka Malahara* externally.
15. *Kandu* (Eczema) - given with *Mahamanjishtadi Kashaya*, *Arogyavardhini Vati*, *Rasamanikya*, *Mahamarichyadi Taila*, *Somaraji Taila* external application.
16. Furunculosis - given with *Arogyavardhini Vati* and *Mahatiktaka Kashaya*.
17. *Sheetapitta* (Urticaria) - given with *Laghu Sootha Shekhara Vati* and *Sarivadyasava*.
18. Paronychia - given with *Gandhaka Rasayana* and *Karpooradi Malahara* externally.
19. *Dadru* (Ring worm) - given with *Gandhaka Rasayana* and *Mahatiktaka Kashaya* internally and *Nayapamaradi Taila* externally.
20. *Pratishyaya* (Allergic rhinitis) - given with *Naradiya Laxmivilasa Rasa*.
21. *Peenasa* (Sinusitis) - given with *Mrityunjaya Rasa*, *Haridra Khanda*, and *Mahalaxmi Vilasa Rasa*.
22. *Kshavathu* (sneezing) - given with *Tribhuvana Kirthi Rasa*.
23. Peripheral vascular disease - given with *Mahamanjishtadi Kashaya* and *Shiva Gutika*.
24. *Siragata Granthi* (Deep vein thrombosis) - given with *Trunapanchmool*, *Paravatashakruta* and *Shilajatwadi Lowha*.
25. *Pithajshotha* (Cellulitis) - given with *Mahamanjishtadi Kashaya* and *Laghu Sootha Shekhara Vati*.
26. *Dusta Vrana* (Chronic non healing ulcer) - given with *Chandraprabha Vati*, *Asanadi Kashaya* and *Pravala Panchamrita Rasa*.
27. *Sheetapitta* (Urticaria) - given with *Laghu Sootha Shekhara Vati* and *Haridra Khanda*.
28. *Kitibha* (Psoriasis) - given with *Strikutaja Taila* for external application and *Dinamallika Taila* to application as well as internally etc.

#### Classification and categorisation of Vasa

SN	Granth / Nighantu	Gana / Varga / Skandha
1.	<i>Charak Samhita</i>	<i>Tikta Skandha</i> <sup>[2]</sup>
2.	<i>Shushruta Samhita</i>	<i>Saka Varga</i> <sup>[3]</sup> , <i>Panchtikta</i>
3.	<i>Astanga Hradaya</i>	<i>Saka Varga</i> <sup>[4]</sup> , <i>Tikta Skandha</i> <sup>[5]</sup> ,

		<i>Durvadi Varga</i>
4.	<i>Amarkosa</i>	<i>Vanaushadhi Varga</i> <sup>[6]</sup>
5.	<i>Astanga Nighantu</i>	<i>Shyamadigana</i> <sup>[7]</sup> , <i>Virtarvadi Gana</i>
6.	<i>Bhavprakasha Nighantu</i>	<i>Guduchiyadi Varga</i> <sup>[8]</sup>
7.	<i>Dhanvantari Nighantu</i>	<i>Guduchiyadi Varga</i> <sup>[9]</sup>
8.	<i>Raja Nighantu</i>	<i>Satavhadi Varga</i> <sup>[10]</sup>
9.	<i>Madanpala Nighantu</i>	<i>Haritkiyadi Varga</i> <sup>[11]</sup>
10.	<i>Kaiyyadev Nighantu</i>	<i>Aushadi Varga</i> <sup>[12]</sup>
11.	<i>Shaligram Nighantu</i>	<i>Guduchiyadi Varga</i> <sup>[13]</sup>
12.	<i>Nighantu Adarsa</i>	<i>Vasadi Varga</i> <sup>[14]</sup>
13.	<i>Hridayadipaka Nighantu</i>	<i>Kapha Pithagna Varga</i> <sup>[15]</sup>
14.	<i>Rajavallabh Nighantu</i>	<i>Pushpshaak Varga</i> <sup>[16]</sup>
15.	<i>Shodhal Nighantu</i>	<i>Guduchiyadi Varga</i> <sup>[17]</sup>
16.	<i>Priya Nighantu</i>	<i>Shatpushpadi Varga</i> <sup>[18]</sup>
17.	<i>Abhidhanaratnamala Nighantu</i>	<i>Tiktadravya Skandha</i> <sup>[19]</sup>

#### Vasa Karma as per different references

SN	Karma	D. N	Sho. N	Raj V.N	M. P	R. N	K. N	B. N
1.	<b>Mehahara</b>				+		+	+
2.	<i>Raktapittahara</i>	+	+	+	+	+	+	+
3.	<i>Swasahara</i>				+	+		+
4.	<i>Kasahara</i>	+		+	+	+		+
5.	<i>Kshayahara</i>	+		+	+		+	+
6.	<i>Hridya</i>						+	+

7.	<i>Swasrya</i>				+		+	+
8.	<i>Vaiswarya</i>			+				
9.	<i>Kamalahaara</i>						+	
10.	<i>Trishnahara</i>	+					+	+
11.	<i>Artihara</i>							+
12.	<i>Mutrarogahara</i>		+					
13.	<i>Jwarahara</i>	+					+	+
14.	<i>Chardihara</i>	+					+	+
15.	<i>Kushta</i>	+					+	+
16.	<i>Aruchihara</i>						+	
17.	<i>Vatakara</i>						+	+

#### Showing Rogagnata according to different texts.

SN	Rogagnata	C.S	S.S	A.H
1.	<i>Arsa</i>	+	-	+
2.	<i>Grahaniroga</i>	-	-	+
3.	<i>Gulma</i>	+	-	+
4.	<i>Jirnajwara</i>	+	+	+
5.	<i>Kasa</i>	+	-	+
6.	<i>Kushta</i>	+	+	-
7.	<i>Marmabheda</i>	+	-	-
8.	<i>Mukharoga</i>	-	-	+
9.	<i>Mutrakruchra</i>	+	-	-
10.	<i>Netraroga</i>	+	+	+
11.	<i>Pandu</i>	-	-	+
12.	<b>Prameha</b>	+	+	-

13.	Rajayakshma	+	-	-
14.	Raktapitta	+	+	+
15.	Swasa	+	+	-
16.	Swayathu	+	-	-
17.	Swarbheda	+	-	-
18.	Shosha	-	+	-
19.	Vatasonita	+	+	-
20.	Vatavyadhi	+	+	-
21.	Visha	+	-	-
22.	Yonivyapada	+	-	-

### Formulation

#### Panchtikta

1. Panchtikta Ghrita
2. Panchtikta Ghrita Guggula
3. Panchtikta Kashaya
4. Panchtikta Ksheer Basti
5. Panchtikta Guggula etc.

#### Vasa (Adhatoda vasica)

1. Vasarishta
2. Vasakantakari Leha
3. Vasavaleha
4. Vasakasava
5. Adulsa Kshara
6. Vasachandanadi Tail
7. Vasaharitkyavaleha etc.

### DISCUSSION

Panchtikta Mishraka Gana is cost effective, easily and abundantly available all over India. Hence, very less chance of adulteration and substitution. All Panchtikta Dravyas belong to five different family. All Dravyas are Kapha Pitta Shamak except Guduchi as it is Tri Dosh

Shamak. All Dravyas are Katu Vipaki except Guduchi Madhura Vipaki as Guduchi is Tridosh Hara. All Dravyas are Ushna Virya except Nimba and Vasa are Sheeta Virya. Different Kalpana (formulation) of Panchtikta are used in different Vyadhi (diseases) i.e., Kashaya (decoction), Ksheerpaak, Guggula, Ghrita etc. Tikta Rasa mainly do Shoshan of Kleda, Meda, Vasa, Majja from the body. Tikta Rasa is indicated as Medhya due to its Pittashamak property because Pitta Prakruti belong to Satvika Guna. In Asthigata Samprapti, Tikta Ksheer Basti were used as a Asthi Poshak. But excess uses of plain Tikta Rasa lead to Dhatu Kshaya and Sandhishool So Kalpana, Vyadhi Awastha and mode of administration are very Important in day today clinical practice. Tikta Rasa Atisevan leads to Shukra Kshaya hence this combination should not be used by patient without supervision of Ayurveda Physician.

### Advantages

1. Combination can be made instantly in clinic by Ayurveda Vaidyas, no need to prescribe.
2. All 5 Dravyas are easily available.
3. Abundantly available in market.
4. Adulteration free
5. No need of substitution
6. Due to low price Dravyas are cost effective for Vaidya (Ayurveda physician) as well as Rugna (patient).
7. Combination of Panchtikta Dravya fulfil criteria of Prashashta Bheshaj etc.

### CONCLUSION

Panchtikta Dravya is made up of 5 bitters drug, and are given mainly in Kapha Pittaj disease and Rasa Vaha Strotas. Kleda Pradhana diseases like Prameha (diabetes), Krimi (worms), Kushta (skin disease), Sthoulya (Obesity), Sleepada (Filariasis), Ajeerna (Indigestion) etc. Vasa is Tikta Pradhana Kashaya Rasatmak Dravya used mainly in Pranavaha Strotasa (Respiratory system) i.e., Swasa, Kasa, Kshaya, Raktapitta and also used in Yonivyapada Prameha, Kushta, Kamala, Pandu, Vatarakta, Shosha, Visha,

*Gulma, Vatavyadhi, Swarabheda, Arsha. Vasa (Adhatoda vasica Nees.)* also scientifically proven as mosquito repellent in various research paper. In *Vishwavallabha Vruksha Ayurveda*<sup>[20]</sup> (Chakrapani under guidance of Maharana Pratap) Author Shreekrishna Jugunu edition 2005, various fertilizer are made from *Vasa* for more yield and as insecticidal.

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