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Śamyākapatradi Yoga - A Review

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Abstract: ***Since many decades various researches have been looking towards Viṣa as a therapeutic agent. Ayurveda describes the use of Viṣa with therapeutic potential in various chronic diseases were all the treatment modalities fails. Samyakapatradi yoga is one among such yoga explained Vishopayogiyaadhyaya Ashtangasamgraha by Vāgbhata.***

Keywords: *Samyākapatradi yoga, Viṣa*, Chronic diseases, *Dadru, Kitibha*

1. Introduction

Ayurveda considers *Viṣa* and *Amṛta* as different forms of same substance since both have same origin[1]. It glorifies the efficacy of *Viṣa* judiciously for therapeutic use. *Viṣopayogīya* chapter of AṣṭāṅgaSaṃgraha/Uttarasthāna describes the medical usage of various poisons in assorted conditions: poisonous (as *prativiṣa*) and non - poisonous (*Viṣopayogīya* proper) [2]. Therapeutic use of *Viṣa* containing formulations is indicated in such severe and non - responsive conditions. Ayurvedic classical texts provide different yoga in various kinds of diseases. *Viṣopayogĩya* is a chapter explaining *Viṣa*as a drug of choice in medical interventions where conventional treatment modalities fail to respond[3]. The importance of *Viṣopayogĩya* is that, the life destructing *Viṣa* can be used as a life saver if used accordingly. *Acāryā* have clear concept about the drugs that can produce an adverse reaction in body.

Śamyākapatradi yoga[4]explained in *Ashtanga Samgraha Uttarastāna Viṣopayogīyaadhyāya*. Since name of the *Viṣadravya* is not specified *Vatsanābha*is taken as the *Viṣa*. Detailed description of *Viṣa* (*Vatsanābha*) is available in *Samhita* period and modern period of Ayurveda. Most of the *Rasasāstra* books underline the sure therapeutic effect attained by the medical usage of *Viṣa.* In most of the classics *Vatsanābha* is included in *stāvaraviṣa* under the most potent *Kantaviṣa*[5]. Due to its severe toxicity it is considered as *Mahāviṣa.*

2. Materials and Methods

An English language literature search was performed using electronic database of PubMed, MEDLINE, and Google Scholar

Studies which met the following criteria were included in the current review.

1) English language publications and Ayurvedic classics
2) Those focusing only on yoga

All the studies meeting the inclusion criteria have been described in brief. Data from these has been compiled and interpreted to give a comprehensive overview of *Śamyākapatradi yoga*

In modern system of medicine the use of *Viṣa* (Aconite) has almost been stopped because of its toxic characters. Whereas in *Ayurveda*, *Viṣa* (*Vatsanābhi* or Aconite) has a very wide therapeutic spectrum. Other systems of Medicine like Chinese and Homeopathy also exploiting the medical use of Aconite splendidly.

From the review of classics it can be understood that, the *Viṣa*is used in therapeutics mainly because of its *Yogavāhi*[6], *Rasāyana* and *Viṣaghna*[8]functions. Among these *Viṣaghna* characteristic is significant in the case of *Prativiṣa* aspect. In *Vishopayogĩya* proper (use of *Viṣa* in non - poisoned conditions) *Yogavāhi*, *Pramādhi* and *Rasāyana* properties should be considered. The Suksma & *Vais'adyaguṇa* described in general properties of *Viṣa* can also be taken in to account in *Vishopayogĩya* aspect.

In various chronic and autoimmune diseases pathology of diseases leads to the formation of various proinflammatory mediators like interferon gamma, TNF –alpha. These are released and which in turn causes the cytotoxic effect[9]. These toxic mediators action can be down regulated by the Viṣa containing counter irritants yoga as external application. So flaring up of symptoms would subside dramatically.

Ingredients *of Śamyākapatrādi Yoga*[10]

The *Vishopayogĩyayoga* containing leaves, bark and root bark of *Śamyāka* (Cassia fistula Linn.) and *Viṣa* (*Vatsanābha*: *Aconitum heterophyllumL.*) along with *takra* is indicated for *Kitibha* along with *Vicarcika, Satāru* and *Dadru*. Since this *yoga* is explained in *Vishopayogĩya Adhyāya*, it can be concluded that the indicated diseases of this *yoga* mentioned here are chronic and non - responding to conventional management.

Table 1: *Śamyākapatradi yoga*

Sanskrit name	Botanical name	Family	Part used
Śamyākapatra	Cassia fistula Linn.	Caesalpiniaceae	Leaves
Śamyākatvak	Cassia fistula. Linn	Caesalpiniaceae	Bark
Śamyākamūla	Cassia fistula Linn	Caesalpiniaceae	Root bark
Vatsanābha	Aconitum heterophyllum. Linn.	Rananculaceae	Underground stem

Vatsanābhais one of the most dependable herb of Ayurvedic formulary of medicines Due to the feasibility and availability of usage *Vatsanābha* can be taken as *Viṣa.* When

used properly with *pathya* diets its acts *Prānadayi, Rasāyana, Tridoṣaghna, Brmhanam and Vīryavardhanam*[26]

Aconite is Analgesic, Diaphoretic and Diuretic action and its permeability of absorsption of high.

Due to some properties like *Asukaritva, Uṣna, Tikṣna, Viṣadravya* spreads rapidly in the body. So for quick actions of medicines many Ayurvedic formulations contains these *Viṣadravya* like *Vatsanābha* as ingredient. By utilizing these properties of *Viṣadravya* as medicines can be made more effective. In spite of being a *Mahaviṣa*, It is a basic ingredient of various Ayurvedic formulations which thus proves its synonym *Amrita.*

***Aragwadha* properties**

Pharmacodynamics Aragwadha

RASA	*GUNA*	*VIRYA*	*VIPAKA*	*DOSHAKARMA*	*KARMA*
Madhura, Ttikta	*Guru, Mrdu, Snigdha*	*Usna*	*Madhura*	*Vathapittasamaka Pittakaphasamsamana Mutrajanana, Dahaprasamana, Amapacaka, Pittasamaka, Samsodhana, Jvaraghna Sulaprasamana*	*Kusthaghna, Kandughna, Rakthasodhaka, Sramsana, Mriduvirechana, Anulomana, Kosthavisudhikara Ruchivardhana, Yakruduttejaka, Hridyasodhahara, Kaphanissaraka*

Chemical constituents *Āragwadha*

Cassia fistula	Chemical constituents	Action
Leaves	Anthraquinone, tannin, oxyanthraquinone, rhein and volatile oils	Anti - inflammatory, wound healing and antioxidant action. tyrosinaseinhibitrory action
Root bark	Tannins, β sitosterol, 7 - methylphyscion, betulinic acid phlobaphenes and oxyanthraquinone	Root bark exhibits anti - inflammatory activity. keratolytic activity
Stem bark	Flavanol glycosides,	AntiinflammatoryAntioxident and antitumouractivivity

Various studies regarding the property of *Āragwadha*

Pharmacological activities

Anti - inflammatory activity

T. Bhakta et al[12]. (1999) evaluated that the extract of leaves of C. fistula was tested for antiinflammatory effects, and compared with those of phenylbutazone, using carrageenan - , histamine - and dextran - induced paw oedema assays in rats. Potent antiinflammatory activity against all phlogistic agents was noted.

It is revealed the anti - inflammatory and antioxidant activities of the aqueous (CFA) and methanolic extracts (CFM) of the Cassia fistula bark were assayed in Wistar albino rats. The extracts were found to possess significant anti - inflammatory effect in both acute and chronic models. Thus it could be concluded that Cassia fistula bark extracts (CFA & CFM) possess significant anti - inflammatory and antioxidant properties (RajuIlavarasanet al[13])

R. Rajeswariet al[14]. (2006) studied the antiinflammatory activity of aqueous and alcoholic extracts of C. fistula bark in subacute models of inflammation in male albino rats. The extracts were administered at dose levels of 150, 300, 450 mg/kg body weight. The extracts were found to possess significant anti - inflammatory effect.

Wound healing activity

Leaf extract ointment showed wound contraction ability, epithelisation period, tensile strength and regeneration of tissue at wound area. (T. Bhaktha et al[15] 1999)

M. S. Kumar et al[16] 2006 alcoholic leaf extract showed antitumor, better wound closure, tissue regeneration, antibacterial actions.

Antitumor activity

M. Gupta, et al[17]. (2000) studied the effects of methanolic extract (ME) of Cassia fistula seed on the growth of Ehrlich ascites carcinoma (EAC) and on the life span of tumour bearing mice were studied. The exact mechanism by which ME mediates its antitumor effect is still to be elucidated. Cytological changes indicate that ME might be having a direct tumorocidal effect on the tumour cells.

The chemopreventive efficacy of Cassia fistula bark extracts in 7, 12 - dimethyl benz (a) anthracene (DMBA) induced hamster buccal pouch carcinogenesis. Oral administration of Cassia fistula bark extract to DMBA painted animals completely prevented the formation of oral squamous cell carcinoma. The bark extract also restored the status of lipid peroxidation by - products, antioxidants and detoxification enzymes in DMBA painted animals (K. Vasudevanet al[18] 2008)

These results suggest that Cassia fistula bark extract has prominent chemopreventive effect during DMBA induced oral carcinogenesis, which is probably due to the presence of one or more potent anticarcinogenic principles and their synergistic effect. The chemopreventive potential of Cassia fistula may also be due to its antilipidperoxidative, antioxidative and modulation of detoxification agents during DMBA induced oral carcinogenesis.

Antioxidant activity

It is investigated the antioxidant properties of 90% ethanol extracts of leaves, and 90% methanol extracts of stem bark, pulp and flowers from Cassia fistula. The antioxidant activity power was in the decreasing order of stem bark, leaves, flowers and pulp and was well correlated with the

total polyphenolic content of the extracts. The reason for low antioxidant activity in the flower and pulp fractions could be the presence of some prooxidants, such as chrysophanol and reducing sugars which dominate the antioxidant compounds present in the extracts. Thus, the stem bark had more antioxidant activity in terms of reducing power, inhibition of peroxidation, O2 - and DPPH radical scavenging ability (P. Siddhuraju et al[19] 2002)

Leukotriene inhibition activity

The methanol extract of fruits of C. fistula inhibited the 5 - lipoxygenase catalysed formation of leukotriene B4 in bovine polymorphonuclear leukocytes (IC50 value of 38 micro g/ml). Lipid peroxidation in bovine brain phospholipid liposomes

A linear correlation was obtained between the effects of the extract in the 2 assays suggesting a redox - based mechanism for the inhibition of the 5 - lipoxygenase enzyme (Kumar et al[20].)

Antiparasitic activity

It is discovered that the fractionation through bioguidedantileishmanial activity of the dichloromethane extract of cassia fistula fruits (leguminosae) led to the isolation of the active isoflavonebiochanin a, identified by spectroscopic methods. Additionally, biochanin a presented an antitrypanosoma - cruzi activity, resulting in an ec50 value of 18.32 micro g/ml and a 2.4 - fold more effectiveness than benznidazol (P. Sartorelliet al[22] 2009)

Āragwadha*as a balancing agent in *Śamyākapatrādi yoga

Kandughna, Kuṣtaghna, Viṣaghna, Varnya, Krimighna, Leghaniya and *Raktasodhaka*[23]action of *Āragwadha* well explained in the classics.

Cassia fistula is rich source of tannins, glycosides and flavonoids and leaf contains oxalic acids, tannins, anthraquinone derivatives[24]. Root bark besides tannins contains phlobaphenes and oxyanthraquinone substancethe stem bark contains two flavonol glycosides, the roots contain 7 - methylphyscion, betulinic acid and βsitosterol.

***Takra* action**

Takra used in this*yoga*as medium of application is an excellent bleaching agent. As it is enriched with lactic acid, it lightens the tanning, cleanses skin and makes it softer[25]. It alleviates the derangement of tridosa and improvesthe power of all sensory organs. Due to *kashāyausnavikasi* and *rouksya*properties it act as*Vātakaphahara* which will help in reducing *kandu*associated with *vātahara*which will aid in reducing*rouksya, kharasparsa*and*asitavarna*

Analysis of ingredients of*Śamyākapatrādi yoga*

Drug	*Rasa*	*Guna*	*Virya*	*Vipaka*	*Karma* -	*Karma*
Samyāka	*Thikta*	*Guru*	*Sita*	*Katu*	*PithavātaharaKandughna, Rakthasodhaka, Dahaprasamana, Sula prasamana*	*Krimighna, Kushtaghna, Anulomana, Sothahara*
Vatsanābha	*Madhura*	*Vikasi, vyavāyi, Laghu, Rukṣa, Tikṣna, Yogavahi*	*Uṣna*	*Madhura*	*Tridoṣahara*	*Pramadhi, Rasyana, Kuṣhtahara, Viṣarpahara*

3. Probable mode of action of Śamyākapatrādi yoga

a) *Yogavahiguna*

The most important property of *Viṣa* is its *yogavahiguna* itself. *Yogavahi* property of *Viṣa* is found to be made use in chronic conditions without intervening and enhancing the action of other drugs in combinations. In the case of chronic *Kitibha Dadru Samyākapatra* is one among the best drug of choice. *Viṣa*can cure *kitibha* which is not responding to conventional management.

b) *Rasayana*

All the classics of *Ayurveda* support the *Rasayanaguna*of*Viṣa*. For attaining the *Rasayana* property in external application there should be systemic action. In *Ayurveda* several perspectives are explained where external application exerts its effect on whole system. In the context of dhara, it is explained that it has the penetrating power of the skin upto *saptadhatu* after penetrating through the *saptatvak*. Also in the description of *Bindughrita* it is stated that even local application of ghrita on the umbilical area produce *virecana*. This also indicates that even a local application can have systemic action. As mentioned earlier *yogavahi* property plays an important role in this aspect. In modern science several studies reveal the systemic absorption of aconite through skin.

c) Doṣa aspect

Viṣa is ideal in curing *kaphaja and vataja* vikara. Most of the time itching will the symptom for which the patient will be seeking medical aid. As we discussed earlier in conceptual study, *kapha* and *vāta* are responsible for *Kandu* and *Ruksata. Kaphavātahara* property of *Vatsanābha* taken care of that.

d) *Dipana and agnimandyaprasamana* of property

As mentioned earlier, external treatment modalities can have effect in *agni.* Since in dermatological ailments, there will be *bhrajakagni* derangements. Also in several contexts we can find that derangements in *dhatvagni* causing disease manifestations in skin. It is evident that the *Usnavirya* having *dipana* or *agnimandyaprasamana* properties would be correcting the *Bhrajakagnimandya*.

e) *Svedajanana* property
This will help in removing *srothorodha* locally. Increase in the circulation locally helps the diseased site to regain its normalcy. It should be noted that even though *Viṣa* is *svedajanana* it will not be producing *atisveda*, since it is mentioned clearly by *Acaryas* that *Viṣa* is not *atisvedakrit.*

f) *Sodhaghna* property
Aconite is used externally and internally as an anti - inflammatory agent. Spray of Aconite is used relieving early stage of tonsillitis. Local inflammatory process caused is cured by this action.

g) *Sukṣmaguna* aspect
This property enhances the penetrating power of the poison so that it can spread the whole body.

h) *Vaisadyaguna*
This property helps in causing cell membrane barrier. Thus by helping in normalising the skin.

4. Discussion

The ***Śamyākapatrādi yoga*** contains *Viṣa*, by the action of its *Viṣahara* and *Rasayana* properties, works over the toxic conditions and acts as a rejuvenator. The *Yogavahi*, *Rasayana*, Diaphoretic, Analgesic effect of constituents contribute the treatment effect in this study. It is *Kandughna*, *Kushtaghna*, *Viṣaghna*, *Varnya*, *Krimighna*, *Leghaniya* and *Raktasodhaka* action. Antihistaminic, keratolytic, immuno - modulatory action are proven for its ingredients. Anti - inflammatory, wound healing property, antitumour action of drugs are taken care of the effect of *yoga* in this study.

In *yoga Rasa* analysis shows *Tiktamadhura rasa* with a predominance of *Tikta* (75% Aragwadha). The combination has *Guru*, *Vikasi*, *Vyavayi*, *Rūksa*, *Tiksna*, *Yogavāhiguna* with predominance of *guru guna* since *Āragwadha* is *guru*. Similarly the high proportion of *Aragwadha* makes this combination *sitavirya* and *katuvipaka* predominant and its *doṣahara karma* is *tridoṣahara* with action mainly on *pitta* and *vāta*. *Śamyākapatrādi yoga* action is also explained in terms of the *prabhāva* action of *Viṣa*as *lepana* in a chronic non responding case.

The cytotoxic features of various dermatolgical manifestations of autoimmune or chronic fungal diseases like kitibha, dadru, vicharchika can be effectively treated using this Agadayoga. Various studies (G Arunkumar et al) regarding the yoga proven effective for *Dadru* (Chronic dermatophytosis) where other treatment modalities fails.

5. Conclusion

Viṣa is the drug of choice in medical interventions where conventional treatment modalities fail to respond. The importance of *Vishopayogĩya* is that, the life destructing *Viṣa*can be used as a life saver if used accordingly. *Ācāryā* have clear concept about the drugs that can produce an adverse reaction in body. Adopting the unexplored *yoga* of Agada formulations like *Śamyakapatrādi yoga* from classics in routine practices of Chronic skin diseases will bring miraculous effect in Ayurvedic management.

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