



Available online through

www.jbsoweb.com

ISSN 2321 - 6328

Review Article

PANKTHIPRASOONADI GRITHAM: A REVIEW

Sunitha G¹, Sariput bhosikar², Rajalakshmi R³¹ Assistant Professor, Dept of Agada Tantra, Parul institute of Ayurveda and research, Vadodara, India² Professor, Dept of Agada Tantra, Parul institute of Ayurveda and research, Vadodara, India³ Associate Professor, Dept of Agada Tantra, Parul institute of Ayurveda and research, Vadodara, India

*Corresponding Author Email: sunithagopakumar1@gmail.com

Article Received on: 14/03/24 Accepted on: 23/04/24

DOI: 10.7897/2321-6328.12291

ABSTRACT

Pakthi prasoona gritha is explained in traditional visha granthas like visha jyothsinika and prayoga samuchaya. The word pakthi means ten, and prasoona means pushpa (flowers). Here dasapushpas are the major ingredient which is considered as divya aushadhi in treating Visha. The dasapushpas are sahadevi, akhukarni, vishukranthi, durva, brngaraja, lakshmana, musali, samanga, badra and vishnukranthi. This gritha preparation mainly fused for mandali visha (viper bite) This formulation has been indicated for Vrana Shodana as well as Ropana. Even the Kalka prepared out of this can be applied at the site of bite to prevent development of ulcers. This gritha preparation can be taken internally also. One of the best substances that is easily assimilated in the body in its natural as well as in its medicated form is gritha. Gritha considered as best among all the other sneha as it is assimilated easily in the body and achieves the properties of drug by which it gets medicated without losing its original properties, and it can be given in all visha avasthas. The combined action of all ingredients helps in reduce visha from the body.

Keywords: Pakthiprasoona gritha, Mandali, dasapushpas, Visha, Vrana sodhana

INTRODUCTION

In India, the majority of the snake bite envenomation are caused by Indian cobra (*Naja naja*), Indian krait (*Bungarus caeruleus*), Russell's viper (*Daboia russelli*), and saw-scaled viper (*Echis carinatus*). They are infamously known as 'Big Fours'. Among them, vipers cause the majority of snake bites in India. Viper bite is characterized by predominant local symptoms such as pain, swelling, and necrosis at the bite site. Besides, it also results in systemic manifestations like consumption coagulopathy, acute renal failure, acute respiratory distress syndrome, hypotension, shock, etc¹. Improper tourniquet tying and delay in accessing medical emergencies are practically found to be the cause for post snake bite ulcers. If this ulcer not treated properly or left untreated, there can be infection of wound which causes increased pain and swelling along with pus secretion. It can also lead to septicemia and associated problems. Therefore, in such cases,

effective management should be done in order prevent the occurrences of malignancies. Ayurveda has got very effective medicines in the management of snake bite ulcers². In Ayurveda viper bite can be considered as mandala sarpa damsha, it produces symptoms like twak peethatha (yellowish discolouration of skin), paridhoopanam (hot fumes produce by body), sonitha agamana from urdha and adha (bleeding from upper and lower orifice), mamsa avasatha (sloughing). Pitta dosa is predominant in mandali sarpa³.

Pankthiprasoona gritha explained in the context of mandali visha prakarana in vishajyothsinika and prayoga samuchaya text book⁴. The word pakthi prasoona derived by combining two words pakthi and prasoona. Pankthi means ten and Prasoona means Pushpa (flowers). The Gritha prepared out of ten sacred flowers known as dasapushpa which is the agra aushadha in mandali visha for healing ulcer produced by the bite⁵.

Table 1: Drava Dravya- dasapushpa-Ingredients

SI No	Drug	Botanical name	Family name	Part used
1	Sahadevi	<i>Vernonia cinerea</i>	Asteraceae	Whole plant
2	Akhukarni	<i>Merremia emarginata</i>	Convolvulaceae	Whole plant
3	Vishnu kranthi	<i>Evolvulus alsinoides</i>	Convolvulaceae	Whole plant
4	Durva	<i>Cynodon dactylon</i>	Poaceae	Whole plant, Root
5	Bhringa raja	<i>Eclipta alba</i>	Asteraceae	Whole plant
6	Lakshmana	<i>Ipomea obscure</i>	Convolvulaceae	Whole plant
7	Musali	<i>Curculigo orchoides</i>	Hypoxidaceae	Tuberous root
8	Samanga	<i>Biophytum sensitivum</i>	Oxalidaceae	Whole plant
9	Badra	<i>Aerva lanata</i>	Amaranthaceae	Root, Whole plant
10	Indravalli	<i>Cardiospermum halicacabum</i>	Sapindaceae	Fruit, Flower, Root

Table 2: Properties of Drugs in dasapushpa

SI No	Drug	Rasa	Guna	Veerya	Vipaka	Karma
1	Sahadevi	Thiktha	Laghu, rooksha	Usna	Katu	Kapha Vata hara Nidra janaka Jwarahara
2	Akhu kami	Thiktha katu	Laghu Rooksha Theekshna	Seeta	Katu	Rechana Krimihara
3	Vishnukranthi	Thiktha katu	Laghu rooksha	Seeta	Katu	Krimighna Soola hara
4	Durva	Kashaya madhura	Laghu	Seeta	Madhura	Kapha Pita hara, Varnya Prajastapana Trishna hara Dahaghna
5	Brgaraja	Katu thiktha	Laghu, Rooksha	Ushna	Katu	Kapha pitta hara Kesya Rasayana, Balya Chakshushya Sopaghna Soolaahara
6	Lakshmana	Madhura	Laghu, Rooksha	Seeta	Katu	Tridosha hara Vrshya Aayu prada
7	Musali	Madhura Thiktha	Gaghu Snigdha Picchila	Ushna	Madhura	Kapha Pita hara Vrshya, Brhmana Rasayana
8	Samanga	Madhura	Laghu Rooksha	Seeta	Katu	Kapha Pitta samaka Vata anulomaka
9	Badra	Tiktha Kashaya	Laghu Teekshna	Ushna	Katu	Kapha Vata hara Mootrala
10	Indravalli	Katu	Laghu Rooksha	Seeta	Katu	Vata Pita hara Vishaghna

Table 3: Kalkka Dravya-In Pakthiprasoonadi Gritha

Si No	Drug	Botanical name	Family name	Part used
1	Kupilu pathra	<i>Strychnos nuxvomica</i>	Loganiaceae	Seed, root bark
2	Haridra	<i>Curcuma longa</i>	Zingiberaceae	Rhizome
3	Dineshavalli	<i>Ventilago madraspatana</i>	Ramnaceae	Bark
4	Thamboola pathra	<i>Piper betle</i>	Piperaceae	Leaf
5	Yeshtimadhu	<i>Glycyrrhiza glabra</i>	Fabaceae	Root
6	Sariva	<i>Hemidesmus indicus</i>	Asclepidaceae	Root
7	Aghori	<i>Flacourtia indica</i>	Flacourtiaceae	Bark, Leaves, Root
8	Nili moola	<i>Indigofera tinctoria</i>	Fabaceae	Root
9	Vacha	<i>Acorus calamus</i>	Araceae	Rhizome
10	Chandhana	<i>Santalum album</i>	Santalaceae	Heartwood
11	Ratha chandhana	<i>Pterocarpus santalinus</i>	Fabaceae	Heartwood

Table 4: Properties Of Each Ingredients In Kalka Dravya

SI no	Drug	Rasa	Guna	Veerya	Vipaka	Karma
1	Haridra	Tiktha katu	Rooksha, Laghu	Ushna	Katu	Kapha Vata Hara, Vishaghna, Varnya Kandughna Vranaghna Sopaghna
2	Kupilu	Katu, thiktha	Laghu	Ushna	Katu	Kandughna Kushtaghna Vranaghna Soolaghna
3	Dineshavalli	Kashaya thiktha	Guru	Ushna	Katu	Varnya, Vishaghna Soolaghna Kandughna
4	Tamboola pathra	Tiktha katu	Ushna	Ushna	Katu	Kapha Vata Hara Ruchya Balya Swarya Deepana Kandughna

5	Yeshtimadhu	Madhura	Guru Snigdha	Seeta	Madhura	Tridosahara Rasayana Chakshushya Sopaghna Vranaghna Vishaghna
6	Sariva	Madhura Thiktha	Guru Snigdha	Seeta	Madhura	Tridosahara Kandughna Durgadhanasa Vishaghna
7	Aghori	Amla Madhura	Laghu	Seeta	Madhura	Twachya, Raktasodaka Vishapaha
8	Neelini	Tiktha	Laghu, rooksha	Ushna	Katu	Kapha vata hara Vishaghna Keshya Krimighna
9	Vacha	Katu Thiktha	Laghu Theekshna	Ushna	Katu	Kapha vata hara Lekhaneeya Medhya Soolaghna
10	Chandhana	Tiktha Madhura	Laghu Rooksha	Seeta	Katu	Kapha Pitta Hara Varnya Dahaprashamana Kandughna Pittasamaka Vranaghna Vishaghna Raktha dosa jith
11	Raktha chandhana	Tiktha madhura	Guru Rooksha	Seeta	Katu	Dahaghna Jwarahara Vishaghna Asrapitta hrth

Method of preparation

4 parts of gritha (cows' ghee) are boiled with 16 part drava Dravya (dasapushpa) and 1 part Kalka dravya according to the formulation. Generally, the ratio of components is 1:4:16; Kalka: Gritha: Drava⁶. The formulation is boiled till attain sneha sidhi lakshana

Sneha sidhi lakshanas⁷

- The drug kalka (paste) moulded in varti with two fingers
- If the kalka (paste) is exposed to sound is observed. "Phena shanty", that means no bubbles are observed in gritha while heating.
- Gritha gets all the characters of drug by which it was medicated, such as taste, colour, smell etc.

Thus, when this gritha gets prepared finally, it could be used for taking it orally and Vrana (wound) chikitsa etc.

Dose

There are no classical references for the dosage of this formulation, so general dose can be taken. i.e., Uttama Matra: 1 Pala (~48ml)⁸.

DISCUSSION

Pakthi prasonadhi gritha explain in the context of mandala visha chikitsa (viper bite) in keraleeya visha granthas like visha jyothsinika and prayoga samuchaya One of the best substances that easily assimilated in the body in its natural as well as in its medicated form is "gritha". "Gritha" considered as best among all the other sneha as it is assimilated easily in the body and achieves the properties of drug by which it gets medicated without losing its original properties, and it can be given in all visha avasthas.⁹ The Yogavahi property of Gritha helps in wound healing also. The main ingredient in this preparation is the dasapushpa which

possesses anti-inflammatory, analgesic and antioxidant properties¹⁰.

In this formulation Indravalli, haridra, dinesavalli, yeshtimadhu, sariva, neelini, chandana having vishaghna property, help to remove visha from the body. Haridra, kupilu, dineshavalli, thamboola pathra, sariva, chandana having kandughna (anti pruritus) activity. Durva, haridra, dineshavalli, chandhana, raktha chandana having varnya (skin whitening) action help to reduce discolouration due to wound produce by the viper bite. Akhukarni, vishnukranthi, neelini having krimighna action help to remove microbes from the pus produce due to viper bite. Vishnukranthi, bmgaraja, kupilu, dinesavalli, vacha having soolaghna action help to reduce pain due to viper bite. Haridra, yeshtimadhu and chandhana having vranaghna effect help in healing of the ulcer due to viper bite. Brgaraja and musali having rasayana effect help in rejuvenate the body. Sariva and yeshtimadhu having tridosahara action help in pacification of all tri dosas. Badra is having moothrala action, help in remove visha through urine. Brgaraja, haridra, yeshtimadhu having sopaghna action, help in reduce the swelling due to viper bite. Sariva is durgandha nasana effect help to remove bad odour produe by the ulcer of viper bite. Kupilu, aghori having kushtaghna and rakthasodhaka action these properties help in wound healing. In viper bite pitha dosa will be vitiated, akhukarni, vishnukranthi, durva, lakshmana, samamga, indravalli, yeshtimadhu, sariva, chandhana and rakthachandhana help to pacify the pitha dosa in the body. Most of the drug in this yoga having katu thiktha, kashaya rasa. Katu Rasa has shophahara, and vrana shodaka properties. Kasaya rasa helps in purification of blood and help in kleda vishoshana and results in twak prasadana¹¹.

CONCLUSION

Pakthi prasonadi gritha is a formulation given in mandala visha both externally and internally. It is explained intraditional visha granthas like visha jyothsinika and prayoga samuchaya. Here

dasapushpa are the major ingredient which is considered as agraushadha in treating Visha especially viper bite ulcer. The Kalka prepared out of in this preparation can be applied at the site of bite to prevent development of ulcers. Most of the ingredients in this yoga have vishaghna, kandughna, sophaghna, kushtaghna and varnya property help in reducing the effect of visha and also help in wound healing.

REFERENCES

1. Naveen A, Sahu MR, Mohanty MK, Padhi KS, Patnaik A. Fatal intracranial bleedings in a viper bite: A case report. *Chin J Traumatol.* 2023 Mar;26(2):121-124. DOI: 10.1016/j.cjtee.2022.09.004. Epub 2022 Sep 15. PMID: 36180309; PMCID: PMC10071319.
2. Vijitha vijayan, Neethu P, Post snake bite ulcer management a case study, . *International Ayurvedic Medical Journal*, 2018; 8 (12): 1-2
3. Pv sharma, *Susruta samhitha with English translation of text and dalhana's commentary along with critical notes*, vol 3, kalpastana and utharastana, Chaukhambha, visvabharathi oriental publishers P39 ,41
4. C.M Sreekrishnan, *Visha Vaidya Jyotsnika an English translation*, Department of Agada Tantra Vaidyaratnam P.S Varrier Ayurveda College Kottakal, 3rd edition, pg no; 60
5. Sreekutti PV, Sreenidhi, probable mode of action of Pakthi prasonadi ghrita in vishaja vrana, based on analysis of rasa panchaka of the ingredients, *international journal of Ayurveda and Pharma research*, 2022; 10 (11): 2-3
6. Agnivesha. *Charaka Samhita*, Elaborated by Caraka and Dridhabala, Edited by RK Sharma and Bhagavan Dash, Volume 6, Kalpa sthana, Chapter 12, verse 101. Chaukhambha Orientalia, Varanasi. 2017: p. 133
7. Fulkar sonali, Priyanka, A study of ghrita kalpana with respect to charaka samhitha, *International ayurvedic medical journal*, 2014; 2(4): 2
8. Sharangadhara. *Sharangadhara Samhita*, Annotated with Dipika Hindi commentary, Edited by Brahmanand Tripathi, Madhyama kanda, Chapter 9, Verse1. Chaukhambha Surbharbharti Prakashan, Varanasi. 2010; p. 218
9. Charak samhita of Agnivesha. *Vaidyamanorama Hindi commentary by Acharya Vidyadhar Shukla and Ravi Dutt Tripathi*. Varanasi: Chaukhambha Sanskrit Pratishtan, Snehadhyaya 13/41:203; 2003.
10. Sreekutti PV, Sreenidhi, Probable mode of action of Pakthi prasonadi ghrita in vishaja vrana, based on analysis of rasa panchaka of the ingredients, *International journal of Ayurveda and Pharma research*, 2022; 10 (11): 3
11. Nagarajnaik Chavhan1, B.H.Venkaraddiyavar, Manjunath Lande, *Insight of Kashaya rasa a review*, *Journal of emerging technology and innovative research*, 2014; 9(6): 3

Cite this article as:

Sunitha G, Sariput bhosikar and Rajalakshmi R. Pankthiprasoonadi Gritham: A Review. *J Biol Sci Opin* 2024;12(2):24-27.
<http://dx.doi.org/10.7897/2321-6328.12291>

Source of support: Nil; Conflict of interest: None Declared

Disclaimer: JBSO is solely owned by Moksha Publishing House - A non-profit publishing house, dedicated to publishing quality research, while every effort has been taken to verify the accuracy of the contents published in our Journal. JBSO cannot accept any responsibility or liability for the site content and articles published. The views expressed in articles by our contributing authors are not necessarily those of JBSO editor or editorial board members.