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Review Articles

**A CRITICAL REVIEW ON VISHTINDUKADI VATI**

Praveen kumar<sup>1</sup>, Sharad M.Porte<sup>2</sup>, Sheetal Meena<sup>3</sup>.

<sup>1</sup>PG Department of Agadtantra, national institute of Ayurveda Jaipur, Raj., india.

<sup>2</sup> Assistant Professor, PG Department of Agadtantra, national institute of Ayurveda Jaipur, Raj., india.

<sup>3</sup> PG Department of Agadtantra, national institute of Ayurveda Jaipur, Raj., india.

**ABSTRACT-**

*Vishtindukadi vati*<sup>1</sup> is Ayurvedic drug mentioned in *Ras tantra sara and sidha prayoga samgraha*<sup>1</sup>. The main Content of vishtindukadi vati is the kuchla, along with maricha, chinchha phala and phugphala, indicated in opium addiction. The main contents of *vishatindukaadi vati* are *Kupilu*<sup>1</sup> which having properties like *vata-shamak*, *chitta-avasadahar* (antidepressant properties) and *hridya daurbalyahar* (cardiac tonic). Also *Kupilu* and *Pugphal* has pharmacological actions opposite to opium withdrawal symptoms Pharmacological preparation of *Kupilu* calm down the withdrawal effect of opium like anxiety and agitation by its *Chitavasadhar* property and Running nose, Diarrhea by its *Grahi* property. Muscular pain and Joint Pain by its *vatshamak* property. All these drugs are having mainly *katu-tikta rasa*, *ruksha*, *ushna*, *tikshna gunaas*, *ushna virya* and *vata kaphagnadoshaghata*.

**Keywords-**Vishtindukadi vati, kuchla, opium addiction.

**Introduction-**

In *Ayurveda Aushadhi* is considered one of the important component out of four essential component of *chikitsa chatuspadas*<sup>1</sup>. Treatment is not possible in absence of any of the four components. *Acharya charaka* has emphasized, the awareness of therapeutic drug by considering it as one among *trisuotra* i.e. *hetu, linga and Aushadhi of Ayurveda*. *Acharya charaka* say that the physician who knows the science of administration of drugs with due reference to the place and time and who applies it only after examining each and every patient individually is excellent physician.

The term drug is derived from a French word —Droque- a dry herb. It is

the single active chemical entity present in a medicine that is used for diagnosis, prevention, treatment / cure of a disease. W.H.O. defines drug as "Any substance or product that is used or intended to be used to modify or explore physiological symptoms or pathological states for the benefit of the recipient." (WHO1966). This definition appears more in compliance with the terms of *Ayurveda*, which aims at the preservation of good health apart from mitigation of diseases.

The ultimate goal of *Ayurveda* i.e. *Prakriti-Sthapana*, can be achieved with the help of proper drug combination. *Acharya Charak-* Nothing in the world exists which does not have therapeutic utility; this shows the importance of drug in our classics.

**Contents of Vishtindukadi vati<sup>2</sup>**

S.No.	Ingredients	Latin name/English name	Part used	Quantity
1	<i>Shudh Kupilu</i>	<i>Strychnos nuxvomica</i>	Seed	120 gm.
2	<i>Marich</i>	<i>Pipper nigrum</i>	Fruit	9 gm.
3	<i>Pugphal</i>	<i>Areca catechu</i>	Fruit	12 gm.
4	<i>Chincha Phal</i>	<i>Tamarindus indica</i>	Seed	8 seed = 5.5gm.

**Dose:**60-250mg

**Anupan:** *koshana jal*

**Synonyms of Vishtindukadi vati Ingredient :<sup>3</sup>**

S.no.	Drug content	Synonyms
1	<i>Sudha kupilu</i>	<i>Kuchla, vishatindu, karaskara, kaktinduka, tinduka, kak</i>

		<i>piluka</i>
2	<i>Maricha</i>	<i>Kalimircha, usnha, kanga, krishna, suvruta,</i>
3	<i>Pugphala</i>	<i>Chikka, kramuka, kebuka, rajaphala, munihvaya</i>
4	<i>Chincha phala</i>	<i>Chincha, chinchika, beeta, amla, shukta, chukra, tintdi.</i>

**Ganas of Vishtindukadi vati:**

S.No.	Drug Name	Ganas
1.	<i>Sudha kupilu</i>	<i>Nighantu adarsh<sup>4</sup>–Vishtindukadi varga</i> <i>Acharya Sushrut–: Aamradi varga</i>
2.	<i>Maricha</i>	<i>Acharya Charak: Deepniya, krimighna,</i> <i>sirovirechnouopga,</i> <i>Acharya Sushrut: Pippalyadi, Tri-ushna</i> <i>Acharya Vagbhatta: Pippalyadi, Tri-ushna</i>
3.	<i>Pugphala</i>	<i>Madanpal nighntu- Phaladi varg.</i> <i>Nighantu Adarsh<sup>5</sup>-Taladi varga</i>
4.	<i>Chincha phala</i>	<i>Madanpal nighntu<sup>6</sup>- Phaladi varg.</i> <i>Bhavprakasha<sup>7</sup>- Amradi varga</i>

**Pharmacodynamic properties (Rasa Panchaka) of Vishtindukadi vati:<sup>8</sup>**

S. n.	Drug	Rasa	Guna	Virya	Vipaka	Dosha karma
1	<i>Sudha kupilu</i>	<i>Katu</i>	<i>Laghu, grahi, ushna</i>	<i>Ushna</i>	<i>Katu</i>	<i>Kaph-vat shamak</i>
2	<i>Maricha</i>	<i>Shushak- Katu Aadra-Katu</i>	<i>Shushaka- Ruksha, Tikshana</i>	<i>Ushna</i>	<i>Madhur</i>	<i>Kaphvatshamk, agnideepak, swashara, sho olhara</i>
3	<i>Pugphala</i>	<i>Kashya</i>	<i>Sheeta, Guru,</i>	<i>Sheeta</i>	<i>Madhur</i>	<i>Mohkara, Deepak, Kaph-</i>

			<i>ruksha</i>			<i>pitta shamaka</i>
4	<i>Chincha phala</i>	<i>Amla</i>	<i>Laghu.</i>	<i>Sheeta</i>	<i>Madhura</i>	<i>Trishna, hara, rochaka, agnivrhdhaka, dahshamak, Vatashamaka</i>

**1. Approximate Rasa Panchaka of Vishtindukadi vati:**

1	<i>Rasa</i>	<i>Amla</i>	2	50 %
		<i>Katu</i>	1	25 %
		<i>Kashaya</i>	1	25 %
2	<i>Guna</i>	<i>Laghu</i>	2	50%
		<i>Grahi</i>	1	25 %
		<i>Ruksha</i>	1	25 %
		<i>Ushna</i>	1	25 %
		<i>Tikshna</i>	1	25 %
		<i>Sheeta</i>	1	25%
		<i>Guru</i>	1	25%
		<i>Soshaka</i>	1	25 %
3	<i>Virya</i>	<i>Ushna</i>	2	50%
		<i>Sheeta</i>	2	50 %
4	<i>Vipaka</i>	<i>Madhur</i>	1	25%
		<i>Katu</i>	3	75%
		<i>Vatahara</i>	3	75 %

5	<i>Doshakarma</i>	<i>Pittahara</i>	1	25 %
		<i>Kaphahara</i>	3	75 %
		<i>Tridoshara</i>	0	0 %

### Chemical constituents & Karma of *Vishtindukadi vati*<sup>9</sup>

S.n	Drug	Chemical Constituents	Therapeutic Action
1.	<i>Sudha kupilu</i>	Alkaloids, Indole Alkaloids, Strychnine & Brucine, Monoterpenoid, Glycoside (Loganin), $\alpha$ , $\beta$ -Colubrine, Vomicine	stomachic, digestive, nervine tonic, anti-rhematic, aphrodisiac, analgesic, anticolic, antipyretic, astringent, stimulant, antidermatosis, and anthelmintic. Uses in vatavyadhi, rheumatic and mervine disorders, cough, loss of appetite or digestive power, visucika, agnimandya, piles or haemorrhoids, worms affection, general debility, jvara, visamajvara, paralytic disorders, abdominal colic, gout, ulcer, insomnia, cramp, skin disease and senile disorders
2.	<i>Maricha</i>	Piperine, piperethine, piperolein A&B, feruperine ,cryptone, carotene, ascorbic acid, pipericide, citronellol, dihydrocarveol.	useful in diarrhea, abdominal pains, strangury, diseases of spleen and abdomen, ascites, tumours, piles, bronchitis, indigestion, constipation and vaginal discharges.
3.	<i>Pugphala</i>	Tannin, volatile oils, lignin 15%, Arecain, aricalin, colidine.	Appetizer, antihelminthic, carminative, anti-diarrhoeal property, Anti-leucrrhoea, soft chancer, anti dysentery
4.	<i>Chincha phala</i>	Vitamin C, Tarttric acid 5%, citric acid 4%, malic acid, acetic acid tarterate 8%, sugar 25-40%, gum, pecin,	Effective in loss of appetite, vomotting. its acts like as diuresis, astringent, it drained biles. It has Anti-microbial, antioxidant, anti-inflammatory, antibacterial and immune modulatory effect.

		potassium.	
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### Pharmacological action and related researches:

#### 1. Kupilu-

The seed are extremely bitter and poisonous since they contain strychnine which is highly bitter and most poisonous. Almost every part of this tree is more or less poisonous but especially the seeds, which yield the alkaloid known as strychnine and brucine. The seeds of kupilu is used therapeutically only after proper purification as per method given in classical texts. It is given internally for alleviating loss of digestive power and other disorder caused by the indigestion and low or abnormal digestive power.

It is a strong stomachic, digestive, nervine tonic, anti-rhematic, aphrodisiac, analgesic, anticollic, antipyretic, astringent, stimulant, antidermatosis, and anthelmintic. It is recommended in vatavyadhi, rheumatic and mervine disorders, cough, loss of appetite or digestive power, visucika, agnimandya, piles or haemorrhoids, worms affection, general debility, jvara, visamajvara, paralytic disorders, abdominal colic, gout, ulcer, insomnia, cramp, skin disease and senile disorders. In higher or overdose and excess or prolonged use, it is convulscent.

#### Related researches:<sup>10</sup>

#### **Kuchla use in addiction disorders:**

It is used by renowned Ayurvedic doctors such as Prof. Anoop Indoria for the treatment of

1. Opium dependance
2. Alcohol dependance and
3. Tobacco dependance.

The medicines usually used are – Vishatinduk Vati or Shuddha Kuchila in 3 divided doses, along with Hingvastak churna.

Dr Anoop Indoria also uses the leftover milk after Kuchila Shodhana. It is processed to ranular form. This is sued in opium dependance as per Rasatantra sara and Siddhayoga Sangraha.

#### 2. Maricha–

*Piper nigrum* (family Piperaceae) is a valuable medicinal plant. It is one of the most commonly used spices and considered as “The King of spices” among various spices. Black pepper is grown in many tropical regions like Brazil, Indonesia and India. *Piper nigrum* is commonly known as *Kali Mirch* in Urdu and Hindi, *Pippali* in Sanskrit, *Milagu* in Tamil and Peppercorn, White pepper, Green pepper, Black pepper, Madagascar pepper in English. Hot and pungent peppercorns are obtained from Black pepper which is the most famous and one of the commonly used spices throughout the world. Black pepper is used as medicinal agent, a preservative, and in perfumery. Whole Peppercorn of *Piper*

*nigrum* or its active components are being used in different types of foods and as medicine. Pepper is used worldwide in different types of sauces and dishes like meat dishes. It contains major pungent alkaloid Piperine (1-peperoyl piperidine, Figure 1) which is known to possess many interesting pharmacological actions. It is widely used in different traditional systems of medicine like *Ayurvedic* and *Unani* System of medicines. Piperine exhibits diverse pharmacological activities like antihypertensive and antiplatelets, antioxidant, antitumor, antiasthmatics, antipyretic, analgesic, anti-inflammatory, anti-diarrheal, antispasmodic, anxiolytic, antidepressants, hepato-protective, immuno-modulatory, antibacterial, antifungal, anti-thyroids, antiapoptotic, anti-metastatic, antimutagenic, anti-spermatogenic, antiColon toxin, insecticidal and larvicidal activities etc. Piperine has been found to enhance the therapeutic efficacy of many drugs, vaccines and nutrients by increasing oral bioavailability by inhibiting various metabolising enzyme. It is also known to enhance cognitive action and Fertility. Piperine also found to stimulate the pancreatic and intestinal enzymes which aid to digestion. Many therapeutic activities of this spice are attributed to the presence of piperine apart from other chemical constituents. The fruits of *Piper nigrum* are used to produce white and green peppers. *Piper nigrum* is also used as a flavoring agent. In recent pasts, different therapeutic potentials of *Piper nigrum*, its extracts, or its important active chemical constituent ‘piperine’ have been published in different international research journals. The current review is aimed to provide an updated literature

review on recent research advancement of pharmacognosy, chemistry and pharmacological activities of *Piper*

### **Black pepper home remedies**<sup>11</sup>

*Ghee + Trikatu* (Ginger, black pepper, long pepper)+ rock salt, black salt and bida salt – Useful in vomiting due to *Vata Dosh* increase.

### **❖ Other activities well established based on research:**<sup>12</sup>

#### **❖ Effect of Black pepper and sperm quantity and quality:**

Effect of oral administration (25 and 100 mg/kg body wt/day, for 20 and 90 days) of fruit powder of *Piper nigrum* L. on male reproductive organs of mice was investigated. In mice treated with 100 mg dose for 90 days, degenerative changes were observed in all the tubules. Percentage of affected tubules in testes of Piper-treated mice was dose-and duration-related. Further, *Piper nigrum* treatment for 20 days did not cause appreciable alterations in histological appearance of the epididymis, while the treatment for 90 days caused detectable alterations in the duct.

#### **❖ Effect of black pepper on hyperthyroidism and diabetes:**

Piperine alkaloid forms 5 – 10 % of chemicals of black pepper. It was evaluated for its thyroid hormone and glucose regulatory efficacy in adult male Swiss albino mice. Its daily oral administration (2.50 mg/kg) for 15 days lowered the serum levels of both the thyroid hormones, thyroxin (T (4))

and triiodothyronine (T (3)) as well as glucose concentrations.

❖ **Black pepper in post partum care**

In every herbal remedies given to the new mother, black pepper is added.

This is to control *Vata Dosha* aggravation that naturally occurs post-delivery.

It is anti toxic – prevents post partum sepsis, infections.

It prevents cold, cough and other Kapha related problems that may occur in the mother.

❖ **Maricha to nullify toxicity:**

*Vatsanabha* – *Aconitum ferox* is added with 1 part of *Shuddha Tankana* (borax) and 2 parts of *Maricha* (Black pepper) and triturated.

This is the second method of *Visha Marana*.

In most of toxicity due to usage of tubors, black pepper is used.

### 3. Pughphala-

Effective in loss of appetite, vomiting. its acts like as diuresis, astringent, it drained biles. It has Anti-microbial, antioxidant, anti-inflammatory, antibacterial and immune modulatory effect

Fine powder of *Phughphala* is used as dusting powder to heal wound and manegment of bleeding. The decoction of areca nut is given in a dose of 20 ml to treat intestinal worms and diarrhea. The decoction of *Areca catechu* is pushed through vaginal route as a type of *Vasti* to treat condition of leucorrhoea. Sesame oil processed with areca nut is used for external application over joints pain and inflammation. *Areca nut* powder is mixed

with lime juice is given to treat anorexia and nausea. The powder of *Areca catechu* is used as dental powder to whiten the teeth and remove dental plaque. Regular intake of areca nut can cause decrease of sperm count. Decoction of *puga* in a dose of 10 – 15 ml can treat inflammation of the uterus and decrease the urine output. Ayurveda explains the use of *tambula* (mixture of betel leaf, areca nut and some spices) after meal to aid in digestion of food. To treat syphilis, the paste of areca nut is applied over the affected area.

### **Research articles related to *Areca catechu*:<sup>13</sup>**

#### **Anti – microbial study:**

Varying concentrations of *Areca catechu* L. nut ethanol extract were tested for antimicrobial activity against 0.5 McFarland of mixed – oral flora and eight gram – negative clinical isolates (*E. coli*, *K. pneumonia*, *P. vulgaris*, *P. aeruginosa*, *S. non – typhi*, *S. typhi*, *S. flexneri* and *V. cholera*) by agar well diffusion method. All concentrations were shown to inhibit growth in all mixed – oral flora models with zones of inhibition ranging from 7 mm to 18 mm. Susceptible patterns were also seen in all gram – negative clinical isolates with the smallest mean of zones of inhibition seen in *Escherichia coli* which is 8 mm at 30 % concentration and *Klebsiella pneumoniae* with no zone of inhibition in both 30% and 50% concentration.

#### **Anti – fungal activity:**

The purpose of this investigation was to study the antifungal activity of hot water extract of *Areca Catechu* nuts collected from coastal region of Kerala. The *Areca nut* extract did not inhibit the growth of mycelial fungal forms such as *Mucor*



sp, *Aspergillus niger* and *Cladosporium* sp but the growth of unicellular fungus *Candida albicans* was inhibited.

#### **Anti – oxidant activity:**

The seed of *Areca catechu* contains higher proportions of polyphenolic compounds mainly tannins. Results shows that the methanol extract (ME) obtained from successive extraction has highest tannin content (TC), total phenolic content (TPC) and exhibited higher reducing power and hydrogen peroxide scavenging ability in comparison to petroleum ether, ethyl acetate and water extract (WE).

#### **Anti – ovulatory and abortifaciant activity:**

For antiovlatory effect, ethanolic extract of *A. catechu* at 100 and 300 mg/kg doses was administered orally for 15 days. The extract of *A. catechu* showed a significant decrease in the duration of estrus at 100 mg/kg ( $P = 0.015$ ) and 300 mg/kg doses ( $P = 0.002$ ) as compared with control. Metestrus phase was also significantly reduced at 100 mg/kg ( $P = 0.024$ ) and 300 mg/kg doses ( $P = 0.002$ ). There was a significant increase in proestrus ( $P < 0.001$ ) phase. However, diestrus phase was unchanged.

#### **4. *Chincha phala*-<sup>14</sup>**

Effective in loss of appetite, vomotting. its acts like as diuresis, astringent, it drained biles. It has Anti-microbial, antioxidant, anti-inflammatory, antibacterial and immune modulatory effect.

#### **External application of tamarind:**

***Shopha Pakakara*** – Causes swellings to secrete pus, initiates healing process.

***Vranadosha Vinashana*** – Cleanses wounds, removes slough and impurities.

One *Mushti* (fistful quantity) each tamarind leaves and *nimba* leaves should be taken and it should be tied inside the leaf of *kumari* and *putapaka* should be given. Later on, these leaves should be taken out and squeezed well. The obtained juice should be mixed with the powders of *triphala*, *ayas* and *kataka beeja* and made into a fine paste. By applying this paste frequently to the eyes, the symptoms like pain, redness, watering of the eyes along with the eye diseases will be cured. – Vaidya Sara Sangraha.

#### **Tamarind leaf as antidote:**

**Arka over-dosage:** In case of over-dosage of *Arka* – *Calotropis procera* / *gigantea*, leaves of tamarind are crushed and juice is extracted. 15 ml is mixed with 15 ml of water, administered twice a day.

**Rat poisoning:** One *pala* of tamarind and half *pala* of soot are taken and mixed with old ghee and given as linctus for 7 days. It will cure the rat poisoning. – Vaidya Sara Sangraha

In case of the poisoning caused due to Heeng – Asafoetida, tamarind which is dissolved in water is given. Vaidyasara Sangraha

**Antimicrobial Activity<sup>15</sup>** – Antimicrobial activities of extracts of the stem bark and leaves were evaluated against some common gram negative and gram positive bacteria and fungi. The extracts were active against both gram positive and gram negative bacteria. Studies on the minimum inhibitory concentration (MIC) and minimum bactericidal concentration (MBC) of the extracts on the test organisms showed that the lowest MIC and the MBC were demonstrated against *Salmonella paratyphi*, *Bacillus*

*subtilis* and *Salmonella typhi* and the highest MIC and MBC was exhibited against *Staphylococcus aureus*. The study concluded that *Tamarindus indicas* has broad spectrum antibacterial activity and a potential source of new classes of

antibiotics that could be useful for infectious disease chemotherapy and control.

<sup>1</sup>Charak samhita, Vol.1<sup>st</sup>Publication *choukhmbha orientaliya Varanasi,Pandit Kashinath sharma,*

<sup>2</sup>*Rasa tantra sara & siddha pryoga Samgraha* ,first part publication *Krishna gopala Ayurveda bhawana* (july 2003) *Gutika Prakaran* Page. 647

<sup>3</sup>*Acharya Priyarta sharama dravaya guna vighyan*,Vol.2<sup>nd</sup> Publication *choukhmbha orientaliya Varanasi,* Madakari prakarana.Page 83,362,750.

<sup>4</sup> Nighantu Aadrsh, shri Bapalal vaidhya, Vishtindukadi varga page 61, publis. *choukhmbha bharti akadami,* varanasi,2001

<sup>5</sup> Nighantu Aadrsh, shri Bapalal vaidhya, Taladi varga page 655, publis. *choukhmbha bharti akadami,* varanasi,2001

<sup>6</sup> Madanpal nighantu,shri nripa madanlal(madan vinod),, phaladi varga, page no.445, publish.*choukhmbha orientaliya, varanasi.2005*

<sup>7</sup> Bhav prakash nighntu, Acharya Bhavprakash, Commentor Bhisghratna shree brihma shankra mishra, 1<sup>st</sup> part ,Amradi phala varga,shlok no. 756 ,publication *choukhmbha sanskrita bhawana, varanasi 2001*

<sup>8</sup>*Acharya Priyarta sharama dravaya guna vighyan*,Vol.2<sup>nd</sup> Publication *choukhmbha orientaliya Varanasi,* Madakari prakarana.Page 83,362,750.

<sup>9</sup>*Acharya Priyarta sharama dravaya guna vighyan*,Vol.2<sup>nd</sup> Publication *choukhmbha orientaliya Varanasi,* Madakari prakarana.Page 83,362,750.

<sup>10</sup> [www.easyayurveda.com](http://www.easyayurveda.com) seen at- 07/05/2019

<sup>11</sup>*Charak samhita, Vol.2<sup>nd</sup>* ,Chikitsa sthan,Chhardi chikitsa shlok no.23-25Publication *choukhmbha orientaliya Varanasi,Pandit Kashinath sharma,*

<sup>12</sup> [www.easyayurveda.com](http://www.easyayurveda.com)>Piper nigrum seen at- 07/05/2019

<sup>13</sup> [www.easyayurveda.com](http://www.easyayurveda.com)>Betele Nut seen at- 07/05/2019

<sup>14</sup> [www.easyayurveda.com](http://www.easyayurveda.com)>tamarind

<sup>15</sup>*Tropical Journal of Pharmaceutical Research* Vol. 5 (2) 2006: pp. 597-603