



Review Article

www.ijrap.net



A LITERARY REVIEW ON ATIVISHA (*ACONITUM HETEROPHYLLUM* WALL EX. ROYLE): AN IMPORTANT AYURVEDIC DRUG WITH SPECIAL REFERENCE TO BRIHADTRAYEE AND NIGHANTUS

Gagan deep kour ^{1*}, Suresh Chaubey ², Dinesh Chandra Singh ³, Ramesh Chandra Tiwari ⁴

¹PG Scholar, PG Department of Dravyaguna, Rishikul Campus, Uttarakhand Ayurved University, Haridwar, Uttarakhand, India

²Associate Professor, PG Department of Dravyaguna, Rishikul Campus, Uttarakhand Ayurved University, Haridwar, Uttarakhand, India

³Professor, PG Department of Dravyaguna, Rishikul Campus, Uttarakhand Ayurved University, Haridwar, Uttarakhand, India

⁴Associate Professor, Department of Agad Tantra, Rishikul Campus, Uttarakhand Ayurved University, Haridwar, Uttarakhand, India

Received on: 24/04/16 Revised on: 13/05/16 Accepted on: 02/06/16

*Corresponding author

E-mail: saniyar.sethi@gmail.com

DOI: 10.7897/2277-4343.074126

ABSTRACT

Ayurveda, the science of life, is both systematized knowledge and practical wisdom, an art of healthy living that encompasses all phases of life, body, mind and spirit. Ayurveda uses different indigenous plant products to treat various ailments. Phytomedicine had its genesis in India from time immemorial. There is evidence in the early Vedic period of plants being used for a wide range of medicinal purposes. Today, a number of plants are used in different Indian system of medicine. The conventional medicine is also using a lot of plant derived chemicals as therapeutic agents but there is a need to further evaluate different uses of these medicinal plants which are concealed in Ayurveda treatise. So the aim of this study is to collect and evaluate different medicinal properties of Ativisha – an endangered medicinal plant of Himalayas. It is a highly valuable drug and is mentioned in different Ayurvedic compendia like Brihadtrayee, Lagutrayee, Chikitsa grantha and Nighantus. It is a drug with high therapeutic value as the root is bitter, tonic, stomachic, digestive; alleviates dysentery and bilious complaints; good in periodic and intermittent fevers as a tonic; useful in diarrhoea and vomiting of children; useful in bites from poisonous snakes, scorpions, rats etc. Ativisha is used in various Ayurvedic preparations in which Balachaturbhadrha Churna, Pushyanuga Churna, Sudarshan Churna, Chandra Prabha Vati, Yogaraja Guggul are few important preparations which are frequently used by Ayurvedic practitioners. But still there are many other medicinal uses which further need to be explored.

Keywords: Ativisha, *Aconitum heterophyllum* Wall ex. Royle, Diarrhoea

INTRODUCTION

The history of medicine in India can be traced to the remote past. The earliest mention of medicinal use of these plants is to be found in the Rigveda, which is one of the oldest treatises. Rigveda quoted 67 plants of medicinal value. The Yajurveda and Atharvaveda mentioned 81 and 89 species of plants of therapeutic value. Then it is in the Ayurveda which is considered as an Upveda, where definite properties of drugs and their uses have been given in detail. Around 6000 species of medicinal plants are documented in published medical and ethno-botanical literatures in India.¹ Ativisha is a highly valuable medicinal plant for combating debility after fever.² This tall herb possess paired white tuberous roots, variable leaves (lower long petiole, upper amplexicaul), racemes bearing blue flowers and follicles enclosing blackish obpyramidal seeds.³ Ativisha consists of dried, tuberous roots of *Aconitum heterophyllum* Wall. ex. Royle (Family : *Ranunculaceae*), a perennial herb, native of western Himalayas and found in Garhwal, Kumaon and Kashmir at altitude between 2,500- 4,000 m.⁴ Roots yield diterpenoid alkaloids which are 0.79% in which Atisine (0.4%) is the main constituent of the root, others are aldine, histisine, helisine, helidine, heterophylline, heterophyllisine, isoatisine, dihydroatisine, hetisinone and benzoyl heteratisine.⁵

The roots are acrid, bitter, thermogenic, expectorant, stomachic, digestive, anti periodic, tonic, analgesic, anti inflammatory, aphrodisiac and astringent. The dried root is febrifuge and tonic. They are useful in diarrhea, dysentery, malarial fever, vomiting, helminthiasis, haemorrhoids, hemorrhages and general debility. They are highly recommended for diseases in children⁶ but there are still many other uses of this valuable medicinal plant which are mentioned in major treatise of Ayurveda but no experimental or clinical studies have been done yet. So there is a need to explore this drug in ancient Ayurveda treatise to find out the scope for other pharmacological activities of this plant. This important drug is described in all ancient Compendia from Vedas to Chikitsa Grantha of Ayurveda. Ativisha is mentioned under the name of 'Ativishwa' in Vedas. 'Ativishwa' implies that this drug can cure all diseases of the world (Vishwa). Ativisha is mentioned in Vidhi Richa and is considered as best medicine for Delirium (Raap or Pralapa). Decoction of Ativisha can be used for curing Delirium.⁷ The efficacy of *Aconitum heterophyllum* Wall ex. Royle has also been proved by various experimental and clinical studies. This article will highlight on the ayurvedic pharmacological properties and different therapeutic indications of Ativisha in major Ayurvedic textbooks and Lexicons. Different textbooks of Ayurveda and Lexicons have been reviewed in detail for exploring different single and compound formulations of Ativisha with their indications in different ailments.

Classification of Ativisha

Charak has included Ativisha in Lekhaniya Mahakashaya⁸, Arshoghna Mahakashaya⁹, Tikta skanda¹⁰ while Sushruta has mentioned it in Pippalyadi Gana¹¹, Vachadi Gana¹², Mustadi Gana¹³ and Shirovirechana Dravya¹⁴. In Ashtang Hridaya, the drug Ativisha is mentioned in Vatsakadi gana under the name of Ghunapriya¹⁵ (A.H.Su.15/33), Vachaharidradi gana¹⁶ (A.H.Su.15/35), Mustadi gana¹⁷ (A.H.Su.15/40) and stated as Tikta skandha dravya¹⁸.

Synonyms

Aconitum heterophyllum Wall ex. Royle is known as Ativisha (though it belong to the genus of poisonous plant, it subsides the effect of poisons), Shuklakanda (the official part i.e. tuber is white in colour), Ghunavallabha (It is easily affected by Pests), Aruna (Its rhizome is reddish-brown in colour), Shringi (Its rhizome possess horn-like projection), Vishwa (It assimilates to every part of the body due to its Sukshma guna), Shishubhaishajya (It is popular remedy of the diseases of children), Bhangura (Rhizome breaks very easily i.e. Fragile), Mahaushadha (It is useful in various diseases), Prativisha (It is an antidote of many poisons), Kashmira (It grows in high altitude like Kashmir), Atisaraghi (It is useful in Diarrhoea), Shofapaha (It relieves oedema or swelling) in sanskrit.^{19,20} (Table 1)

Physical properties of Ativisha as per Lexicons (Nighantu)

Most of the Nighantus have not mentioned about the properties (guna) of Ativisha except for Light (Laghu) in property (guna) by Madanpala and Kaiyedeve Nighantu. Ativisha is mentioned as having pungent (Katu) and bitter (Tikta) taste (Rasa) by almost all nighantus while Sodhala, Madhava Dravyaguna and Madanpala Nighantu have mentioned only about bitter (Tikta) taste. All the Nighantus have mentioned that Ativisha is hot (Ushna) in potency (Veerya). (Table 2)

Therapeutic utilization of Ativisha as per Lexicons²¹⁻²⁹

Ativisha is indicated in treatment of diarrhoea and cough by almost all the Nighantus except for Sodhala, Madhava Dravyaguna and Madanpala Nighantu; in Paediatric complaints by Dhanvantri, sodhala and Priya Nighantu; Fever by Dhanvantri, Raja and Priya Nighantu; helps in alleviating poison by Dhanvantri Nighantu, Kaiyedeve, Bhav Prakash and Raja Nighantu. Lexicons have also mentioned properties of Ativisha as appetizer, rejuvenator. (Table 3)

Therapeutic Ayurvedic Yoga of Ativisha as per Acharya Charaka, Acharya Sushruta and Acharya Vagbhatta

In Charak Samhita, It is mentioned to use root of Ativisha for Shirovirechana³⁰ (C.S. Vi. 8/151). In indication of best drugs (Agyra Dravyas), Ativisha is indicated as best Deepana, Pachana, Sangrahaka and Sarvadoshahara dravya³¹ (C.S.Su.25/39). Acharya Sushruta has mentioned use of Ativisha as an ingredient in preparation of strong alkali preparation (Pakya or Teekshna kshara).³² (Table 4-6)

DISCUSSION

About 80 percent of the world depends on herbal-based alternative system of medicine. An estimated 70,000 plants (including the lower plants) are used in medicine. Ayurveda system of medicine utilizes about 2000 plants to cure different ailments. Herbal medicine is now expanding at an astonishing space due to the great inputs from ethnomedicinal practices being pooled from all over the world.³³ WHO also considers that out of 119 plant derived pharmaceutical medicines, about 74% are used in modern medicine for the same medicinal value as in traditional system of medicine.³⁴ After screening the literature related to Ativisha in Brihadtrayee and Nighantus, it has become clear that Ativisha has been used to cure different ailments. In Charaka Samhita, properties of Ativisha have been mentioned as best digestive, carminative and Tridosha pacifying activity signifying the usage of drug in any sort of disorders. Different important formulations of Ativisha like Sunishnaka Changeri Ghrita, Bala Tailam, Pushyanuga Churna etc. were also mentioned. The use of different formulations of Ativisha was mentioned in contexts of fever, diarrhoea, diabetes, skin disorders, hemorrhoids, intestinal bowel disorder, anaemia, joint disorders and different gynecological disorders. In Sushruta Samhita, use of Ativisha was mentioned in diseases like vata vitiation in stomach and small intestine (Aamashya gata Vata), application of different external applications were also mentioned in context of malpresentation of foetus (Mudha garbha), vitiation of breast milk, goitre and chancroid. References of different oils for unctuous enemas and other nasal therapies were also found; Kshar Agada and Maha sugandhi Agada were also described in context of poisoning disorders (Visha vikara). In Ashtanga Hridaya, Ativisha was mentioned as one of the ingredients of Vasishtha Rasayana which is useful as a rejuvenator, Panchatikta Ghrita Guggul for skin disorders and fistula in ano; Ativisha Churna for cough, fever and vomiting, Pushyanuga Churna for gynaecological disorders and Ashtanga Agada for poisoning (visha) conditions. Since most of the single and compound formulations of Ativisha are still concealed in our treatise only, so further pharmacological and clinical studies on its efficacy in skin disorders (Kushtha), inflammatory and joint disorders (Vata vyadhi), gynaecological disorders (Pradra, Stanya roga and Mudha garbha) must be carried out in order to establish its therapeutic value and safety.

CONCLUSION

The roots of Ativisha have great medicinal value and are used for medicinal purpose. Ativisha is highly recommended for diseases in children. It is a keen stimulant to digestive system as an appetizer, digestant and astringent. It works well in digestive disorders like anorexia, dyspepsia, piles, diarrhoea, worms and vomiting. This paper is an attempt of the author to find out some other therapeutic uses which are mentioned in treatise and are not used in daily clinical practices. Skin disorders, gynaecological disorders like menorrhagia, DUB etc. and other joint disorders are some of the ailments in which Ativisha is not generally used but are mentioned several times in treatise. So further experimental and clinical studies should be done in this respect so as to prove the efficacy of Ativisha in other disorders.

Table 1: Synonyms of Ativisha in Brihadtrayee and Nighantus

S.No.	Synonyms	C.S.	Su.S.	A.H.	So. Ni.	A. Ni.	Dh. Ni.	Sd.Ni.	Ab.R.	Hd. Ni.	M.P.Ni	K.Ni.	Sa. Ni.	Bh.Ni.	Ra.Ni	Rv.Ni.	S.G.Ni	Mh.Ni.	P.Ni
1.	Ativisha	+	+	+	+	+	+	+	+	-	+	+	-	+	+	-	+	+	+
2.	Ardra	-	-	-	-	-	+	-	-	-	-	-	-	-	-	-	-	-	-
3.	Aruna	-	-	-	-	-	-	-	-	+	-	+	-	+	+	-	+	+	+
4.	Atisarghni	-	-	-	-	-	+	+	-	-	-	-	-	-	-	-	-	-	-
5.	Balarognashini	-	-	-	-	-	+	+	-	-	-	-	-	-	-	-	-	-	-
6.	Bhangura	-	-	-	-	+	+	+	+	-	+	+	-	+	+	-	-	+	-
7.	Chandri	-	-	-	-	-	-	-	-	-	-	-	-	-	+	-	-	-	-
8.	Ghuna	-	-	-	-	-	-	-	-	-	-	+	-	-	-	-	-	-	-
9.	Ghuneshta	-	-	+	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
10.	Ghunpriya	-	-	+	-	+	+	-	+	+	-	+	+	-	-	-	-	-	-
11.	Ghunvallabha	-	-	+	+	-	-	+	-	-	-	-	-	+	-	-	-	+	-
12.	Kashaya	-	-	-	-	-	-	+	-	-	-	-	-	-	-	-	-	-	-
13.	Kashmira	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	+	-	-
14.	Krishna	-	-	-	-	-	-	+	-	-	-	-	-	-	-	-	-	-	-
15.	Madhyadeshastha	-	-	-	-	-	-	+	-	-	-	-	-	-	-	-	-	-	-
16.	Madri	-	-	+	-	+	-	+	-	+	-	+	-	-	-	-	-	-	-
17.	Mahoushadha	-	-	+	-	-	-	+	-	-	-	-	-	-	-	-	-	-	-
18.	Mrudvi	-	-	-	-	-	-	+	-	-	-	-	-	-	-	-	-	-	-
19.	Pittavallabha	-	-	-	-	-	+	-	-	-	-	-	-	-	-	-	-	-	-
20.	Prativisha	-	-	-	-	+	+	+	-	-	+	+	-	+	+	-	+	+	+
21.	Shishubhaishajya	-	-	-	-	-	-	+	-	-	-	-	-	-	-	-	-	-	-
22.	Shita	-	-	-	-	-	-	-	-	-	+	+	-	-	-	-	-	-	-
23.	Shophapaha	-	-	-	-	-	-	+	-	-	-	-	-	-	-	-	-	-	-
24.	Shrungi	-	-	-	-	-	+	-	+	-	+	+	-	+	+	-	-	+	-
25.	Shrungika	-	-	-	+	-	-	+	-	-	-	-	-	-	-	-	-	-	-
26.	Shuklakanda	-	-	-	-	+	+	+	+	+	+	+	+	+	+	-	-	+	+
27.	Shveta	-	-	-	-	+	+	-	-	-	-	-	-	-	-	-	+	-	-
28.	Shvetakanda	-	-	-	-	-	-	-	-	-	-	-	-	-	+	-	-	-	-
29.	Shvetraktavisha	-	-	-	-	+	-	-	+	-	-	-	-	-	-	-	-	-	-
30.	Shvetavacha	-	-	-	-	-	-	-	-	-	-	-	-	-	+	-	-	-	-
31.	Shvetavisha	-	-	-	-	-	-	-	-	-	-	-	+	-	-	-	-	-	-
32.	Shyamakanda	-	-	-	-	-	+	+	-	-	+	+	-	-	+	-	-	-	-
33.	Sugandha	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
34.	Upvisha	-	-	-	+	-	+	-	-	-	+	+	-	+	+	-	-	+	-
35.	Upvishanika	-	-	-	-	-	-	-	-	-	+	+	-	-	-	-	-	-	-
36.	Upavishhvya	-	-	-	-	-	-	+	-	-	-	-	-	-	-	-	-	-	-
37.	Vira	-	-	-	-	-	-	-	-	-	-	-	-	-	+	-	-	-	-
38.	Virupa	-	-	-	-	-	+	+	-	-	-	-	-	-	+	-	-	-	-
39.	Visha	-	-	+	-	-	+	-	-	+	+	+	+	+	+	-	+	+	-
40.	Vishada	-	-	-	-	-	+	-	-	-	-	-	-	-	-	-	-	-	-
41.	Vishagandhani	-	-	-	-	-	-	-	-	-	-	-	+	-	-	-	-	-	-
42.	Visharup	-	-	-	-	-	-	+	-	-	-	-	+	-	-	-	-	-	-
43.	Vishvarupa	-	-	-	+	-	-	-	-	-	-	-	-	-	+	-	-	-	-
44.	Vishva	-	-	-	-	-	+	+	-	-	-	+	+	+	+	-	-	+	-

Table 2: Physical properties of Ativisha as per Lexicons

Nighantu	Gana (Class)	Guna (Properties)	Rasa (Taste)	Virya (Potency)
Dhanavantari Nighantu ²¹	Guduchyadi Gana	-	Katu (Pungent), Tikta (Bitter)	Ushna (Hot)
Sodhala Nighantu ²²	Guduchyadi Gana	-	Tikta	-
Madhava Dravyaguna ²³	Vividh Aushadhi Gana	-	Tikta	Ushna
Madanpala Nighantu ²⁴	Abhayadi Varga	Laghu (Light)	Tikta	Ushna
Kaiydeva Nighantu ²⁵	Aushadhi Varga	Laghu	Tikta	Ushna
Bhav Prakash Nighantu ²⁶	Haritkyadi Varga	-	Katu, Tikta	Ushna
Raja Nighantu ²⁷	Pipplyadi Gana	-	Katu, Tikta	Ushna
Mahaushadha Nighantu ²⁸	Mahaushadhi Varga	-	Katu, Tikta	Ushna
Priya Nighantu ²⁹	Shatpushpadi Varga	-	Katu, Tikta	Ushna

Table 3: Therapeutic utilization of Ativisha as per Lexicons

Karma & Rogagnata	Dh.Ni. ¹⁶	Sd.Ni. ¹⁷	M.D. ¹⁸	M.P.Ni. ¹⁹	K.Ni. ²⁰	Bh.Ni. ²¹	Ra.Ni. ²²	P.Ni. ²⁴
Aamatisara (Diarrhoea associated with aama)	+	-	-	-	-	-	+	-
Aama (Undigested food)	-	-	-	-	+	+	-	-
Atisara (Diarrhoea)	+	-	-	-	+	+	-	+
Bala roga (Paediatric complaints)	+	+	-	-	-	-	-	+
Chhardi (Vomiting)	+	-	-	-	-	-	+	+
Deepana (Digestive stimulant)	-	-	-	-	+	+	-	+
Graahi (Bowel binding)	-	+	+	-	-	-	-	-
Jwara (Fever)	+	-	-	-	-	-	+	+
Kasa (Cough)	+	-	-	-	+	+	+	+
Krimi (Worm infestation)	-	-	-	-	+	+	-	-
Pachana (Carminative)	-	+	+	-	+	+	-	+
Rasayana (Rejuvenator)	-	-	-	+	-	-	-	-
Shleshmaja Vikara	-	-	-	+	-	-	-	-
Shotha (Oedema)	-	+	-	+	-	-	-	-
Visha (Poisoning)	+	-	-	-	+	+	+	-

Table 4: Therapeutic Ayurvedic Yoga of Ativisha as per Acharya Charaka

S.No.	Yoga / Formulation	Indication	Context
1.	Peya (Gruel)	Amatisara	C.S.Su. 2/22
2.	Vyoshadi Saktu	Ati santarpana janya roga	C.S.Su. 23/19
3.	Murvadi Kwath	Jwara	C.S.Chi. 3/204
4.	Pipplyadi Ghrita	Jeerna jwara	C.S.Chi. 3/219
5.	Trikantakadi Ghrita	Kaphaj Prameha	C.S.Chi. 6/38
6.	Madhvasava	Kaphaj and Pittaj Prameha	C.S.Chi. 6/42
7.	Triphaladi Churna	Supti lakshana in Kushtha	C.S.Chi. 7/68
8.	Priyangwadi Aalepa	Pittaj Kushtha	C.S.Chi. 7/132
9.	Lakshadi Yoga	Bhinna vitta (Diarrhoea) due to Uro shatta	C.S.Chi. 11/16
10.	Kshar gutika	Shvyathu	C.S.Chi. 12/44
11.	Pipplyadi Kshara	Udara roga	C.S.Chi. 13/159
12.	Ativishadi Yoga	Raktarsha	C.S.Chi. 14/187

13.	Hriberadi ghrita	Arsha and Arsha janya shula	C.S.Chi. 14/230
14.	Sunisannaka Changeri Ghrita	Arsha	C.S.Chi. 14/236
15.	Naagaradi Kwath	Aama pachana in Grahani	C.S.Chi. 15/98
16.	Devdarvadi Yoga	Varchasya aama and Shula in Grahani	C.S.Chi. 15/99
17.	Kalingadi Churna	Chhardi, Arshogranthi and Shula	C.S.Chi. 15/101
18.	Ativishadi Kwatha or Churna	Grahani associated with Aama	C.S.Chi. 15/105
19.	Nagaradhya Churna	Pittaj Grahani	C.S.Chi. 15/129
20.	Kiratadhya Churna	Hridroga, Pandu, Grahani, Gulma	C.S.Chi. 15/138
21.	Madhvarishta	Hridaroga, Pandu, Grahani, Kushtha, Arsha	C.S.Chi. 15/165
22.	Piplyadi Leha	Visha, Gara visha (Grahani Chikitsa)	C.S.Chi. 15/173
23.	Vatsakadi Kshara	Grahani dosha, Shotha, Arsha, Pandu	C.S.Chi. 15/186
24.	Vishaladi Phanta	Kasa, Shwasa, Jwara, Daha, Pandu, Arochak, Gulma, Aanaha, Aamvata, Raktapitta	C.S.Chi. 16/61
25.	Vidangadi bhavita Mritika	Dvesha for Mritika in Mrid bakhshana janya Pandu	C.S.Chi. 16/122
26.	Nagaradi Kalka	Kaphaj kasa, Kantha roga, Shwasa, Hikka, Jwara, Mukha shotha	C.S.Chi. 18/115
27.	Ativishadi Kalka	Paittik Atisara	C.S.Chi. 19/51
28.	Kushthadi Kwatha	Kaphaj Atisara	C.S.Chi. 19/105
29.	Rasanjanadi Leha	Kaphaj Atisara	C.S.Chi. 19/108
30.	Vyoshadi Leha	Raajimaan sarpa visha	C.S.Chi. 23/197
31.	Vachadi Churna	Aanaha, Vimudha vata	C.S.Chi. 26/21
32.	Katphaladi Yoga	Kaphaj Hrid roga	C.S.Chi. 26/97
33.	Murvadi Churna	Urustambha	C.S.Chi. 27/35
34.	Swarnakshiryadi Churna	Urustambha	C.S.Chi. 27/36
35.	Bala Tailam	Vata vyadhi	C.S.Chi. 28/151
36.	Mulakadhya Tailam	Ugra Vata Vyadhi	C.S.Chi. 28/168
37.	Pushyanuga Churna	Arsha, Rakta atisara, Bala dosha, Yoni dosha, Rajo dosha associated with Shweta, neela, peeta, shyaav, aruna sraava.	C.S.Chi. 30/91
38.	Saindhavadi Anuvasana vasti	Kaphaj roga, Braghna, Udavarta, Gulma, Arsha, Pleeha, Meha, Aadhya vata, Aanaha, Ashmari	C.S.Si. 4/14
39.	Ghanadi Kwatha	Aama and Kunupa Gandhi Atisara associated with shula and arochaka	C.S.Si. 8/19

Table 5: Therapeutic Ayurvedic Yoga of Ativisha as per Acharya Sushruta

S.No.	Yoga/Formulation	Indication	Context
1.	Pakya or Tikshna kshara	As an ingredient used for prativapa and all kshara sadhya vyadhi	Su.S.Su. 11/13
2.	Sauviraka Kalpana	Virechana	Su.S.Su. 44/36
3.	Shaddharana Yoga	Aamashya gata Vata	Su.S.Chi. 4/4
4.	Mahatiktaka Ghrita	Kushtha, Vishma jwara, Raktapitta, Hridroga, Unmaad, Apasmaara, Gulma, Pidika, Asrigdar, Galganda, Shleepada, Paandu, Visarpa, Arsha, Shandya, Kandau.	Su.S.Chi. 9/8
5.	Mishraka Sneha	Sarva Kushtha, Smriti enhancer and Shata ayu.	Su.S.Chi. 10/15
6.	Chavyadi Ghrita	Udara roga	Su.S.Chi. 14/10
7.	Krishnadi Yoga	Mudha garbha	Su.S.Chi. 15/21
8.	Bharangyadi Ghee	Stanya dushti	Su.S.Chi. 17/44
9.	Upnaha(Poultice)	Kaphaja Galganda	Su.S.Chi. 18/48
10.	Rajnyadi Pralaepa	Kaphaja Updansha	Su.S.Chi. 19/34
11.	Marichadi Lepa	Galashundika	Su.S.Chi. 22/53
12.	Vachadi Kawal Yoga	Galashundika	Su.S.Chi. 22/54
13.	Ativishadi Churna	Kaphaja Sarvasara(Asyapaka)	Su.S.Chi. 22/74
14.	Vidangadi Churna	Shotha	Su.S.Chi. 23/12
15.	Chitrakadi Taila	Gridhrasi, Khanja, Kubja, Mutra roga, Udavarta, Alpa bala, Alpa agni	Su.S.Chi. 37/15

16.	Jivantyadi Taila	Shukra, agni, Bala vardhanam, Brimhana, Vata pitta shaamak, Gulma aanaha nashaka	Su.S.Chi. 37/23
17.	Jivantyadi Taila	Urdhvajatrugata roga	Su.S.Chi. 37/23
18.	Madhukadi Taila	Daha, Asrigdhara, Visarpa, Vata shonita, Vidradhi, Pitta rakta jwara	Su.S.Chi. 37/27
19.	Triphaladi Taila	Stholya, Aalasya, Kandu, Diseases of Kapha	Su.S.Chi. 37/33
20.	Vidangadi Taila	Pleecha, Udavarta, Vatarakta, Gulma, Aanaha, Prameha, Sharkara, Arsha	Su.S.Chi. 37/39
21.	Ativishadi Ghrita	Nasya Dhuma Visha	Su.S.Ka. 1/64
22.	Sharkaradi Yoga	Visha nashaka	Su.S.Ka. 1/83
23.	Vishodhita Dhuma	Vishajusta Dhumadi	Su.S.Ka. 3/17
24.	Kshara Agada	Sharkara, Ashmari, Arsha, Vataja Gulma, Kasa, Shula, Ajeerna, Grahani, Bhakta dvesha, Shofa, Shvasa, Sarva Visha, Even defeats pride of all snakes headed by Takshaka	Su.S.Ka. 6/3
25.	Maha sugandhi Agada	Bhagna skanda, Vivritaaksha, Destroys poison of King of Snakes and even of Vasuki sarpa, Worn by Kings which bestows them with brilliance	Su.S.Ka. 6/18
26.	Ativisha Kalka	Mushaka visha	Su.S.Ka. 7/39
27.	Rasanjanadi Taila	Pratishyaya produced by all doshas	Su.S.U 24/35
28.	Haridradi Kwatha	Kaphaja jwara	Su.S.U 39/188
29.	Saarivadi Kwatha	Kaphaja jwara	Su.S.U 39/190
30.	Pipplyadi Ghrita	Vishma jwara, Jeerna jwara, Shiras hula, Gulma, Udara roga, Halimaka, Kshaya, Kasa, Santapa, Parshava shula	Su.S.U 39/218
31.	Pancha gavva Ghrita	Vishama jwara	Su.S.U 39/241
32.	Triphaladi Ghrita	Parisarpa, Shwasa, Jwara, Gulma, Kushtha, Paandu, Pleecha, Agnisaada	Su.S.U 39/245
33.	Kalingadi Churna or Kwath	Amatisara	Su.S.U 40/35
34.	Abhyadi Churna or Kwath	Amatisara	Su.S.U 40/37
35.	Naagaradi Churna or Kwath	Amatisara	Su.S.U 40/44
36.	Haritkyadi Churna	Amatisara	Su.S.U 40/48
37.	Haridradi Kwath	Aama pachana and Pitta pachana	Su.S.U. 40/61
38.	Bilwadi Kwath	Pittaja Atisara	Su.S.U. 40/66
39.	Rasanjanadi Churna	Atisara with Shula and Rakta	Su.S.U. 40/94
40.	Shadgranthadi Churna	Kaphaja Gulma	Su.S.U. 42/71
41.	Vachadi Kwatha	Udara shula	Su.S.U. 42/128
42.	Vachadi Churna	Udavarta	Su.S.U. 55/48
43.	Ikshvakwadi Churna	Udavarta	Su.S.U. 55/49
44.	Pathyadi Churna	Ajeerna, Udara shula, Visuchika, Aruchi	Su.S.U. 56/14
45.	Pathadi Leha	Gulma, Aruchi, Shwasa, Diseases of Heart and Throat	Su.S.U. 57/10

Table 6: Therapeutic Ayurvedic Yoga of Ativisha as per Acharya Vagbhata

S.No.	Yoga/ Formulation	Indication	Context
1.	Vyoshadi Churna	Atistholya, Hridroga, Kamala, Shvitra, Shwasa, Kasa, Galagraha, Buddhi medha smritikara.	A.H. Su. 14/25
2.	Preparation of Tikshna Kshara	Kshar sadhya vyadhi	A.H. Su. 30/21
3.	Duralabhadi Yoga	In women who have not completed three months of Pregnancy and who get premature menstrual flow	A.H. Sha. 2/8
4.	Deeptyakadi Churna	Dosha syandarth and Vedna upshamana	A.H. Sha. 2/41
5.	Katukadi Churna	Dosha syandarth and Vedna upshamana	A.H. Sha. 2/42
6.	Patoladi Kwatha	Kapha pittaja Jwara	A.H. Chi. 1/65
7.	Pipplyadi Ghrita	Jwara, Vishamaagni, Halimaka, Vamathu, Parshava shiro ruja, Kshaya	A.H. Chi. 1/90
8.	Lakshadi Yoga	Bhinna vitta due to Urokskata	A.H. Chi. 3/74
9.	Vasishta (Haritaki) Rasayana	Rasayana	A.H. Chi. 3/133
10.	Abhyadi Kwath	Kaphaja Hridroga	A.H. Chi. 6/52
11.	Kushthadi Churna	Shula yukta Hridya roga	A.H. Chi. 6/57

12.	Kutajadi Kwatha	Kaphaadhika Raktasrava janya Arsha	A.H. Chi. 8/103
13.	Madhukadi Ghrita	Arsha, Atisara, Grahani, Pandu roga, Jwara, Aruchi, Mutrakrichha, Gudabransha, Basti aanaha, Pichha srava, Arsha	A.H. Chi. 8/131
14.	Kutajadi Kalka	Atisara	A.H. Chi. 9/57
15.	Ativishadi Kwath	Atisara	A.H. Chi. 9/58
16.	Ativishadi Churna	Atisara	A.H. Chi. 9/59
17.	Ativishadi Peya	Aama atisara	A.H. Chi. 10/3
18.	Naagaradi Kwatha or Kalka	Aama Pachana (Grahani Chikitsa)	A.H. Chi. 10/8
19.	Kalingadi Churna	Chhardi, Hridroga and Shula	A.H. Chi. 10/11
20.	Patoladi Churna	Hridroga, Pandu, Grahani, Gulma, Shula, Aruchi, Jwara, Kamala, Sannipata roga, Mukha roga	A.H. Chi. 10/35
21.	Naagaradi Churna	Pittaja Grahani, Pravahika, Arsha, Guda ruka, Raktaja Vikara	A.H. Chi. 10/39
22.	Rodhrasava	Prameha, Arsha, Shvitra, Kushtha, Aruchi, Krimi, Pandu, Grahani, Stholya	A.H. Chi. 12/25
23.	Naagaradi Churna	Sarvanga Shofa	A.H. Chi. 17/1
24.	Mahatiktaka Ghrita	More beneficial than Tiktaka Ghrita and is used in Pittaja Kushtha, Parisarpa, Daha, Trishna, Kandu etc.	A.H. Chi. 19/10
25.	Mahavajraka Ghrita	Krura Koshtha, Kushtha, Shvitra, Pleeha roga, Vridhi, Ashmari, Gulma	A.H. Chi. 19/19
26.	Bhunimbadi Churna	Kushtha, Prameha, Prasupti	A.H. Chi. 19/33
27.	Pathadi Churna with Gomutra or Ushna jala	Kushtha	A.H. Chi. 19/40
28.	Panchtikta Guggulu Ghrita	Diseases of Vata even located in joints, bones and marrow; Kushtha, Nadivrana, Arbuda, Bhagandra,	A.H. Chi. 21/60
29.	Kaphahara Basti Kalpa	Kapha roga, Vridhi, Udavarta, Gulma, Arsha, Pleeha roga.	A.H. Ka. 4/64
30.	Ativishadi Kwatha	Kaphaja Stanya Dushti	A.H. U. 2/19
31.	Ativisha Kwatha	Kshiralsaka	A.H. U. 2/24
32.	Vachadi Ghrita	Good eruption of teeth (Dashanjanamani)	A.H. U. 2/37
33.	Ativishadi Churna	Kasa, Jwara, Chhardi	A.H. U. 2/57
34.	Ativisha Churna	Kasa, Jwara, Chhardi	A.H. U. 2/58
35.	Bhutarava Ghrita	Sarva graham nashaka	A.H. U. 5/19
36.	Vyoshadi Dhooma	Pinasa	A.H.U. 20/15
37.	Marichyadi Kalka	Galashundika	A.H. U. 22/49
38.	Katukadi Kwatha	Galashundika	A.H. U. 22/50
39.	Ajgandhadi Lepa	Kaphaja Galganda	A.H. U. 22/69
40.	Pushyanuga Churna	Arsha, Rakta atisara, Diseases caused by worms, Bala dosha, Yoni dosha, Rajo dosha associated with shyava, shveta, aruna and asita srava.	A.H. U. 34/46
41.	Ashtanga Agada	Gonasa Visha (A kind of cross breed snake)	A.H. U. 36/66
42.	Katukadi Kalka	Rajimana Visha	A.H. U. 36/67
43.	Pathyadi Kalka	Patient who is unconscious, breathes heavily and has severe pain	A.H. U. 37/38

ABBREVIATIONS

A.H.	Ashtang Hridaya
A.Ni.	Ashtang Nighantu
Ab. R.	Abhidhana Ratanmala
Bh.Ni.	Bhavaprakash Nighantu
C.S.	Charak samhita
Chi.	Chikitsa sthana
Dh.Ni.	Dhanwantri Nighantu
Hd.Ni.	Hridayadeepak Nighantu
K.Ni.	Kaiyedeve Nighantu
M.D.	Madhava dravyaguna
Mh.Ni.	Mahaushadha Nighantu
M.P.Ni.	Madanpala Nighantu
Ni.	Nidhana sthana
P.Ni.	Priya Nighantu
Ra.Ni.	Raja Nighantu
Rv.Ni.	Rajvallabha Nighantu
Sa.Ni.	Saraswati Nighantu
Sd.Ni.	Sodhala Nighantu
S.G.Ni.	Shaligrama Nighantu
Sha.	Sharir sthana
So.Ni.	Soshruta Nighantu
Su.S.	Sushruta samhita
Su.	Sutra sthan
Vi.	Vimana sthana

REFERENCES

- Kapoor L.D. Handbook of Ayurvedic Medicinal Plants. Washington : CRC Press; 2001. p. 1
- Singh V.K. and Govil J.N. Recent Progress in Medicinal Plants : Ethnomedicine and Pharmacognosy. Vol. 1. USA : Sci Tech Publishing LLC; 2002.
- Daniel M. Medicinal plants : Chemistry and Properties. New Delhi : Oxford & IBH Publishing Co. Pvt. Ltd.; 2008. p. 15.
- Anonymous. The Ayurvedic Pharmacopoeia of India. Part-I, Vol-I, 1st ed. New Delhi : Ministry of Health and Family Welfare, Government of India, Controller of Publication Civil Lines; 2001. p.28.
- Bhutya R.K. Ayurvedic Medicinal Plants of India. Vol. 1. Jodhpur : Scientific Publishers; 2011, p. 15.
- Sancheti I.C., Basu S.K., Mitra Anupama, Pal D.C., Datta Jayashree, editors. Encyclopedia of Himalayan Medicinal Flora. Vol. 1, 1st ed. Kolkata : Horticulture Development Foundation; August, 2007. p. 22
- Gopesh G.P. Sudhanidhi Vanaushadhi Ratnakara Anka. Part 1, 3rd ed. Aligarh : Sudhanidhi office Vijaygarh; 2007. p. 99.
- Sharma R.K., Dash Bhagwan, editors. Charaka samhita of Agnivesha. Vol. I, Sutrasthana (4/8:3). Varanasi : Chaukhamba Sanskrit Series Office; 2015. p. 77.
- Sharma R.K., Dash Bhagwan, editors. Charaka samhita of Agnivesha. Vol. I, Sutrasthana (4/8:12). Varanasi : Chaukhamba Sanskrit Series Office; 2015. p. 79.
- Sharma R.K., Dash Bhagwan, editors. Charaka samhita of Agnivesha. Vol. II. Vimanasthana (8/143). Varanasi : Chaukhamba Sanskrit Series Office; 2015. p. 300.
- Srikanthamurthi K.R. Illustrated Susruta Samhita of Acharya Sushruta. Vol. I, 2nd ed. Sutrasthana (38/22). Varanasi : Chaukhamba Orientalia; 2005. p. 268.
- Srikanthamurthi K.R. Illustrated Susruta Samhita of Acharya Sushruta. Vol. I, 2nd ed. Sutrasthana (38/26). Varanasi : Chaukhamba Orientalia; 2005. p. 269.
- Srikanthamurthi K.R. Illustrated Susruta Samhita of Acharya Sushruta. Vol. I, 2nd ed. Sutrasthana (38/54). Varanasi : Chaukhamba Orientalia; 2005. p. 272.
- Srikanthamurthi K.R. Illustrated Susruta Samhita of Acharya Sushruta. Vol. I, 2nd ed. Sutrasthana (39/6). Varanasi : Chaukhamba Orientalia; 2005. p. 278.
- Srikanthamurthi K.R. Ashtanga Hridayam of Acharya Vagbhata. Vol. I, 7th ed. Sutrasthana (15/33). Varanasi : Chaukhamba Krishnadas Academy; 2014. p. 205.
- Srikanthamurthi K.R. Ashtanga Hridayam of Acharya Vagbhata. Vol. I, 7th ed. Sutrasthana (15/35). Varanasi : Chaukhamba Krishnadas Academy; 2014. p. 205
- Srikanthamurthi K.R. Ashtanga Hridayam of Acharya Vagbhata. Vol. I, 7th ed. Sutrasthana (15/40). Varanasi : Chaukhamba Krishnadas Academy; 2014. p. 206
- Srikanthamurthi K.R. Ashtanga Hridayam of Acharya Vagbhata. Vol. I, 7th ed. Sutrasthana (10/30). Varanasi : Chaukhamba Krishnadas Academy; 2014. p. 148
- Shastri J.L.N. Ayurvedokta oushadha niruktamala. Varanasi : Chaukhambha orientalia; 2001. p. 6.
- Sharma P.V. Namarupajnanam. Varanasi : Chaukhambha Visvabharati; 2011. p. 11.
- Kamat S.D. Studies on Medicinal plants and Drugs in Dhanvantri Nighantu. Vol.1, Delhi : Chaukhambha Sanskrit Pratishthan; 2011. p.4.
- Pandey Gyanendra, Dwivedi R.R., Baghel M.S, editors. Sodhala Nighantuh of Acharya Sodhala. 1st ed. Varanasi : Chowkhamba Krishnadas Academy; 2009. p. 22, 197.
- Sharma P.V. Madhav dravyaguna of Acharya Madhav. Varanasi : Chaukhambha Viddhya Bhawan; 1973. p.2.
- Dash Bhagwan. Madanapala's Nighantu, New Delhi : Health Harmony (B. Jain Publishers); 2008. p. 86.
- Sharma P.V., Sharma G.P. Kaiydev nighantu (patthyapatthya vibhodhaka) of Kaiydev. 2nd ed. Varanasi : Chaukhamba orientalia; 2006. p. 207.
- Chunekar K.C., Pandey G.S. Bhavaprakasha Nigantu of Acharya Bhavamisra. Varanasi : Choukhambha Bharati Academy; 2013. p.122.
- Tripathi Indradeva. Raj nighantu of Narahari Pandit. 3rd ed. Varanasi : Chaukhamba Krishnadas Academy; 2003. p. 162.
- Tripathi Indradeva, Singh A.K. Mahaushadha Nigantu. 1st ed. Varanasi : Chaukhamba Vidyabawan; 1971. p.58.
- Sharma P.V. Priya nighantu. Varanasi : Chaukhambha Subharati Prakashan; 2004. p.108.
- Sharma P.V. Charka Samhita of Acharya Agnivesha. Vol. I, Vimanasthana (8/151). Varanasi : Chaukhambha Sanskrit Series Office; 2015. p. 393
- Sharma R.K., Dash Bhagwan, editors. Charaka samhita of Agnivesha. Vol. I, Sutrasthana (25/39). Varanasi : Chaukhambha Sanskrit Series Office; 2015. p. 371.
- Srikanthamurthi K.R. Illustrated Susruta Samhita of Acharya Sushruta. Vol. I, 2nd ed. Sutrasthana (11/13). Varanasi : Chaukhambha Orientalia; 2005. p. 66.
- Daniel M. Medicinal plants : Chemistry and Properties. New York : Science Publishers, CRC Press; 2006. p. 1.
- Sameet Masand, Swati Madan, S.K. Balian. Modern concept of storage and packaging of raw herbs used in Ayurveda. Int. J. Res. Ayurveda Pharm. 2014; 5(2): 242-245 <http://dx.doi.org/10.7897/2277-4343.05249>.

Cite this article as:

Gagan deep kour, Suresh Chaubey, Dinesh Chandra Singh, Ramesh Chandra Tiwari. A literary review on Ativisha (*Aconitum heterophyllum* Wall Ex. Royle): An important Ayurvedic drug with special reference to brihadtrayee and nighantus. Int. J. Res. Ayurveda Pharm. Jul - Aug 2016;7(4):20-27 <http://dx.doi.org/10.7897/2277-4343.074126>