



## Review Article

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## A CONCEPTUAL REVIEW ON SHIRISHARISHTA

Grashma C S<sup>1\*</sup>, Chaitra H.<sup>2</sup>, Sagar K Kora<sup>1</sup><sup>1</sup> PG Scholar, Department of Agada Tantra, Sri Dharmasthala Manjunatheswara College of Ayurveda and Hospital, Hassan, Karnataka, India<sup>2</sup> Associate Professor, Department of Agada Tantra, Sri Dharmasthala Manjunatheswara College of Ayurveda and Hospital, Hassan, Karnataka, India

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## \*Corresponding author

E-mail: greshanu28@gmail.com

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## ABSTRACT

Arishtas are the fermented preparations containing self-generated alcohol, by using guda, ikshukanda, sita or madhu, which are dissolved in kashaya of raw drugs and allowed for fermentation. This form of medication is widely used in present clinical practice because of its long shelf life and no need of any preservatives, fast acting and can cross Blood Brain Barrier. Shirisharishta is one such formulation mentioned under Vishachikitsa, which is in use as a mode of shaman chikitsa. The reference of this yoga is seen in Bhaishajya Ratnavalli and in Sahasrayoga and the same trade name is used in practice. This formulation is the outcome of the search for an effective compound formulation of the drug Shirisha along with plant drugs used for the treatment of Visha, Shwasa, Kasa etc.,. This paper is an attempt to make a review on the formulation "Shirisharishta" from various literatures of Ayurveda.

**Keywords:** Shirisharishta, Vishachikitsa, Shamanachikitsa, Respiratory System

## INTRODUCTION

We are living in an era in which Ayurveda, the eternal and the most ancient health science, the basis of Indian medicine is flourishing to the highest. This growth is credited to the Ayurvedic practitioners who are handling the science sincerely and scientifically. Practically while handling the Ayurvedic treatment, more dependence is laid on Shamanaushadas. It is easy for administration, simple and risk free comparatively. Moreover we have a wide range of selection for medicines.

Ayurvedic treatment is an art in which the physicians use numerous formulations and preparations mentioned by different Acharya's in different texts. When drugs having different properties are combined in oushadayogas, their action differs. More over wide range of selection of shaman oushadis are mentioned in each disease in our science. One such formulation is Arishata Kalpana. These are the fermented preparations containing self-generated alcohol. In arishta suitable sugar base like guda, ikshu khanda, sita or madhu are dissolved in kashaya of a raw drug of a particular yoga and fermented for specific

period in air tight earth pots/vessels. The fermentation is augmented by dhatakipushpa or kinwa (yeast). The prakshepa dravya choornas are added as mentioned to the finished products. The fermented product is filtered and packed in hygienic conditions.

Shirisha is a main ingredient in many of the formulations and one such formulation is Shirisharishta<sup>1</sup>. In this formulation Shirisha along with plants used are said to be useful in the treatment of all types of Visha, Shwasa, Kasa, etc. Although the formulation Shirisharishta is mentioned in the context of Visha Chikitsa of Bhaishajya Ratnavali and arishtakalpana of Sahasrayoga, various recent studies proved the effectiveness of this formulation in the ailments of respiratory system especially of allergic origin.

Shirisharishta is a well-known Ayurvedic fermented formulation, renowned for its utility in the treatment of different disorders. This formulation contains a combination of 12 ingredients with shirisha as a core ingredient. The shirisha is indicated in inflammatory conditions like toothache, diseases of gums etc.

Table 1: List of the ingredients of Shirisharishta

Name	Common name	Botanical name	Part used	Parts taken
Shirisha	Bagemara	<i>Albizia lebeck</i> Benth	Bark/ heart wood	½ tula (2335 g)
Pippali	Hippali	<i>Piper longum</i> Linn	Fruit	1 pala (46 g)
Priyangu	Priyangu	<i>Callicarpa macrophylla</i>	Flower	1 pala (46 g)
Kushta		<i>Saussurea lappa</i>	Root	1 pala (46 g)
Ela	Elakki	<i>Elettaria cardamomum</i>	Seed	1 pala (46 g)
Nilini	Indigo, Neelam	<i>Indigoferatinctoria</i>	Root	1 pala (46 g)
Haridra	Arishina	<i>Curcuma longa</i>	Rhizome	1 pala (46 g)
Daruharidra		<i>Berberis aristata</i>	Stem	1 pala (46 g)
Shunti	Shunti	<i>Zingiber officinale</i>	Rhizome	1 pala (46 g)
Nagakeshara	Kanchana, Kesara	<i>Mesua ferrea</i>	Stamen	1 pala (46 g)
Guda	Bella	Jaggery		2 tula (9340 g)
Jala		Water		2 drona (26 lts) <sup>2</sup>

**Method**

Classical reference of this formulation is mentioned in Bhaishajya Ratnavalli and Sahasrayoga and there is no difference in the ingredients.

**Preparation**

The ingredients mentioned in Table 1.1 are taken in the mentioned dose. Coarse powder of shirisha and 8 parts of water are added, boiled, reduced to 1/4<sup>th</sup> for kashaya preparation and filtered out. To this guda is added along with fine powder of Pippali, Priyangu, Kushta, Ela, Nilini, Haridra, Daruharidra, Shunti, Nagakeshara and mixed well. This preparation is then shifted to a pitcher which is already treated with dhooma and coated with Gritha and sealed. This is kept in Dhanyarashi and stored for fermentation process for a month or till the arishtasiddhi lakshanas are seen. Then filtered and stored in an air tight container.

**Siddhi lakshanas**

- The confirmatory tests for completions of fermentation are mentioned in classics are Jatarasam, Vyaktha Amla Katu Jatam, Gandha Varna Rasa utpathi.
- Burning match stick will continue to burn even when brought near the fermenting media.
- No change can be found in lime water test when fermentation is complete.

**Dose**

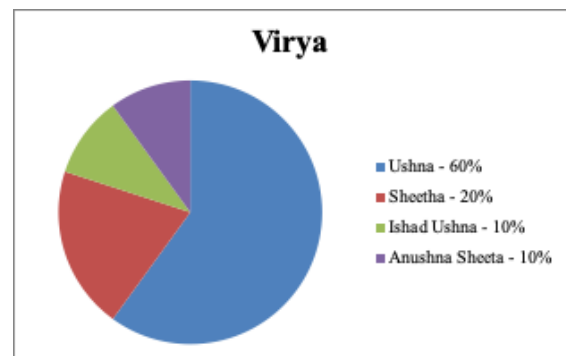
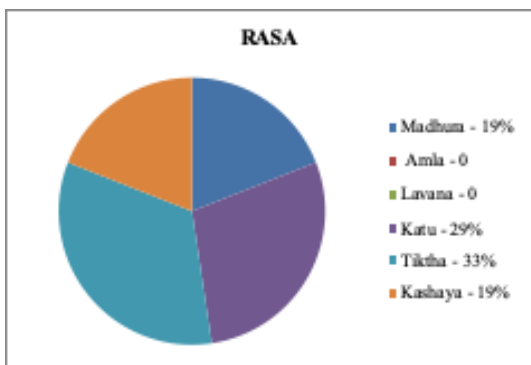
The dose mentioned is Yathamatraie, as common arishta dosage. In practice 12-25 ml is advised 2-3 times / day.

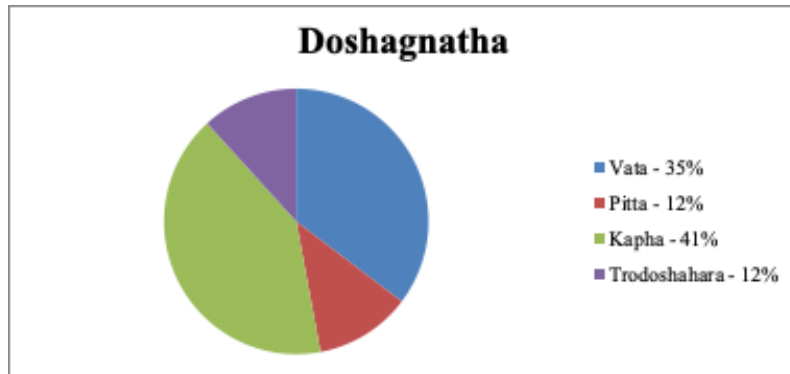
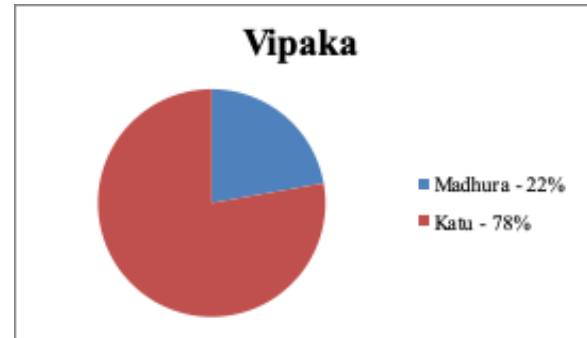
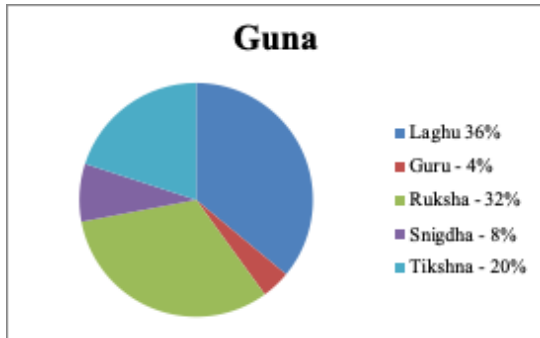
**Anupana**

As the specific anupana is not mentioned, Jala can be used as anupana. Various other anupanas can be used depending upon type of poison and palatability.

**Table 2: List of Rasapanchaka (factors determining the function of this formulations) of ingredients of Shirisharishta**

S. No.	Name	Rasa	Guna	Virya	Vipaka	Karma
1	Shirisha <sup>[3]</sup>	Kashaya TiktaKatu	Laghu, Ruksha, Tikshna	IshadUshna	Katu	Tridosha hara, Vishagna, Vedanasthapana, Shothahara, Rakthashodaka, Varnya, Kushtagna etc,
2	Pippali <sup>[4]</sup>	Katu, Madhura	Laghu, Snigdha, Tikshna	Anushnaseeta	Madhura	Kapha-Vatashamaka, Kushtagna, Jwaragna, Balya, rasayana
3	Priyangu <sup>[5]</sup>	Tikta, Kashaya, Madhura	Guru, Ruksha	Sita	Katu	Tridoshashamaka, Rakthashodana and sthambana, Vranaropana
4	Kushta <sup>[6]</sup>	Tikta, Katu, Madhura	Laghu, Ruksha, Tikshna	Ushna	Katu	Vata-Kapha hara, Lekhaniya
5	Ela <sup>[7]</sup>	Katu, Madhura	Laghu, Ruksha	Sita	Katu	Kapha-Vata hara, Dipana, Rochana
6	Nilini <sup>[8]</sup>	Tikta	Laghu, Ruksha	Ushna	Katu	Kapha-Vatahara, Vishagna, Krimighna
7	Haridra <sup>[9]</sup>	Tikta , Katu	Ruksha, Laghu	Ushna	Katu	Kapha-Vatashamaka, Vishagna, Kushtagna, Jwaragna
8	Daruharidra <sup>[10]</sup>	Tikta, Kashaya	Laghu, Ruksha	Ushna	Katu	Kapha-Pitta shamaka, Krimighna, Vishagna
9	Shunti <sup>[11]</sup>	Katu	Laghu, Snigdha	Ushna	Katu	Vata- kaphahara, Vishagna, Dipana, Shoolahara
10	Nagakeshara <sup>[12]</sup>	Kashaya, Tikta	Ruksha, Tikshna, Laghu	Ushna	Katu	Kapha-Pittahara, Vishahara, Sothahara, Kandughna, Kushtagna
11	Guda					





#### Properties of Shirisharishta

- Rasa – Katu, Tikta, madhura
- Guna – Laghu, Ruksha, tikshana
- Virya – Ushna
- Vipaka – Katu
- Karma – Tridosha hara<sup>13</sup>

Shirisharishta is Tridosha hara, Rakthaprasadana, Srotoshodana and has main action as Vishahara and Swasahara along with Shophahara, Shula hara, Varnya, Vedanasthapana, Vranaropana actions. It is indicated in Sarvavisha as it states Sarva Visha Vyadhi Nashana along with Vishaupadravas, Vishajanyavrana. In recent researches Shirisharishta has shown a wonderful results in Allergic Skin disorders, Respiratory Diseases, Asthma, Liver diseases, Dermatitis etc.

#### DISCUSSION

Arishta kalpana are widely in practice because of its long shelf life and fast in action. Shirisharishta is popular formulation that is been used as a shaman chikitsa in Visha, Vishaja Vyadhis, Shwasa, Kasa etc. This formulation is Tridosahara because of samavoga visheshata (the combination possessing special actions). Majority of the drugs are Katu, Tiktha, kashaya rasas with Laghu and rukshaguna and has Ushna Veerya and Katu Vipaka.

The drugs like Pippali, Haridra, Nilini, Nagakeshara, Shunti are commonly used drugs in Acute toxic pathological conditions. Because of its Ushna Virya and Katuvipaka it has quick action on Visha. Shirisha, Pippali, Nilini, Haridra are well known for its Vishahara property and has been mentioned in classics. The formulation also has other properties like dipana, pachana, with tikshna and vyavayiguna which helps in fast action of the drugs.

However the Shirisharishta has few disadvantages, such as complicated and time consuming preparation procedure, reduced availability of drug, poor palatability and acceptability at all the age group.

#### CONCLUSION

Shirisharishta is a yoga that comprises 12 herbal drugs, that is advised in Sarva Visha Vyadhi as a mode of shaman chikitsa. The reference is seen in Bhaishhya Ratnavali and Sahasra yoga, with Shirisha as a key ingredient. The other ingredients of this formulations is already been proven for its anti-toxic and anti-inflammatory properties. Because of its action and properties of drugs, this formulation is useful in poisoning conditions to give a symptomatic relief. Modification of this arishta in the form of avaleha as Shirishavaleha with same ingredients has been done which is in wide practice. Various recent studies proved the effectiveness of this formulation in the ailments of respiratory system, dermatology, especially of allergic origin.

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