

Ushiram Pachana - A critical review article on the Pachana (Digestive) properties of Ushira (Vetiveria Zizanioides Linn.) from Nighantus

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ABSTRACT

Dravyaguna Vigyana is a branch of Ayurveda deals with the study of fundamental principles about usage of herbal drugs. There are many known and unknown drugs mentioned Ayurvedic classical texts to fulfill the aim of Ayurveda to cure & prevent living beings from unwanted disease conditions. Ushira (Vetiveriazizanioides Linn.) is a drug with properties like Grahi, Mutrajann, Trishnaprashmana, etc., and well elaborated by ancient Acharyas. The present study is about compiling the Pachana (Digestive) Properties of Ushira (Vetiveriazizanioides Linn.) from different Nighantus.

Keywords – Pachana, Dravya, Ushira, Ayurveda, Nighantu etc

INTRODUCTION

Ayurveda aims to cure a healthy individual's health and treat any diseased person's diseased condition. The Dravyaguna Vigyana, the branch of Ayurveda deals with the fundamental principles of herbal drugs and also helps to understand the usage of drugs based on fundamental principles of the body. The drug and the body of an individual are made up of Panchmahabhuta¹ and this Panchmahabhuta is also responsible for the creation of Tridosha². The Tridosha are known as the three humors of life because, in a balanced state they nourish the body and their imbalance creates disease in the body, to maintain the balance of these Tridosha one should follow the do's and don'ts mentioned in Ayurvedic classical texts. Ayurvedic classical texts very well elaborated the concept of health and disease. Health is the balance of energy of Panchmahabhuta and Tridosha in the body. To maintain the equilibrium of the body with the help of Aahara, Vihara, and Aushadhi, etc.; humans should take Aahara and Vihara according to the Mahabhuta, i.e. if a person becomes obese because there is an imbalance of Prithi Mahabhuta and Kapha Dosha. The person should add things opposite in nature of these two; like Ushna (Hot) and Tikshna Guna Padarth Dravya in his/her lifestyle. This is the theory of Samanya Vishesh Siddhant³ of Ayurveda. In Ayurveda it is frequently said that Agni imbalance is the root cause of many diseases and to maintain that Agni, proper Pachana Karma (digestion) is very important in the human body. In modern science digestion is defined as the process of breaking down food particles into small and absorbable forms, which is used by the tissues and cells of an organism⁴, and in Ayurveda, Pachana is understood as, the pharmacological action that can enhance the conversion of (Ama) undigested or un-metabolized matter in the body parts⁵. Besides this, there is one more herb named Ushira (Vetiveriazizanioides Linn.) used for Pachana and it is also used in many other treatments such as it cures fatigue, burning sensation and acts as an impart aroma to the water as mentioned in Raj nighantu⁶, Ushira (Vetiveriazizanioides Linn.) is also known for its aroma; due to this, its oil is used in many perfumes which is extracted from its roots. According to Kaidev Nighantu, Ushira (Vetiveriazizanioides Linn.) is also used for Stambhan Karma⁷. In Charak Samhita⁸ there are various formulations of Ushira (Vetiveriazizanioides Linn.) are suggested to treat diseases like -worm diseases, leprosy, diabetes, heart disease, indigestion, etc. The present study is about compiling the Pachana (Digestive) Properties of Ushira (Vetiveriazizanioides Linn.) from different Nighantus.

Aims and Objectives

- A literary review on Ushira (Vetiveriazizanioides Linn.)
- A literary review of efficacy of Ushira (Vetiveriazizanioides Linn.) in Pachana Karma.
- A literary review on Pachana Karma.

MATERIAL AND METHODS

- Importance of Ushira (*Vetiveriazizanioides* Linn.) acting as Pachana Dravya from different Ayurvedic classical texts.
- A literary review of the other medical properties of Ushira (*Vetiveriazizanioides* Linn.) in other diseased conditions.

Classical categorization of Ushira (*V. zizanioides*Linn.)from Nighantus

S. N.	Classical texts	Guna&Varga
1.	Kaidevnighantu ⁹	Aushadhipvarga
2.	Bhavprakash Nighantu ¹⁰	Karpuradi varga
3.	Nighantu Adarsha ¹¹	Triannadivarga
4.	Madanpal Nighantu ¹²	Karpuradi varga
5.	Shodhal Nighantu ¹³	Chandanadivarga
6.	Raj nighantu ¹⁴	Chandanadivarga
7.	Dravya Hastamalak ¹⁵	Karpuradi varga

Vernacular Names of Ushira (*V.zizanioids*Linn.) from Classical texts

S. N.	Language	Names
1.	Sanskrit ¹⁶	Ushiram, Ammrinal, Sevyā, Veerbhadra
2.	Hindi ¹⁷	Khas
3.	Bangali ¹⁸	Vanarmool
4.	Gujrati ¹⁹	Valo
5.	Marathi ²⁰	Vala
6.	Telgu ²¹	Vettiveellu
7.	English ²²	Khas-Khas grass
8.	Kannad ²³	Vattiveeru

Synonyms of Ushira (*Vetiveriazizanioides*Linn.) fromNighantus

S. N.	Synonyms	B.P.N. ²⁴	M.P.N. ²⁵	S.N. ²⁶	K.N. ²⁷	N.A. ²⁸
1.	Veeran	+	+	-	+	-
2.	Sevyā	+	+	+	+	+
3.	Abhay	-	+	-	+	+
4.	Bahumul	-	-	-	+	-
5.	Veertaru	-	-	-	+	-
6.	Veer	-	+	+	+	-
7.	Veeranmulika	-	-	-	+	+
8.	Ranpriya	-	-	+	+	-
9.	Sheetmool	-	-	-	+	-
10.	Amrinal	+	+	-	+	+
11.	Mrinal	-	-	+	+	+
12.	Samrangikam	-	-	+	-	-
13.	Veertar	--	-	+	-	-
14.	Veermulam	-	-	+	-	-
15.	Sugandmulam	-	-	+	-	-
16.	Gandhadya	-	-	+	-	-
17.	Sheetalkamlam	-	-	+	-	-
18.	Nalad	+	+	-	-	+
19.	Ushir	+	+	+	+	+
20.	Samgandhik	+	+	-	+	-

Action and uses of Ushira(V.zizanioidesLinn.)from Nighantus

S. N.	Classical texts	Actions& uses
1.	Madanpal Nighantu ²⁹	Stambhana, Durshinighrahan, Madnivarak, Dahprashman, Trishnanighrahana, Vishaghna, Visarpa, Mutkrich, Vrana-Jwarnashak, etc.
2.	Nighantu Adarsh ³⁰	Raktapitta, Jwaraghna, Chardiniighrahan, Dahprashman, Sukrasodhan,
3.	Bhavprakash Nighantu ³¹	Pachak, Stambhak, Pittanashak, Mutrajanak, Vaman, Kushta, Prasuti Jwara
4.	Shodhal Nighantu ³²	Pittashamaka, Svedjanan, Raktdosha, Burning Sensation, Alleviates -Trishna andVisha
5.	Kaidev Nighantu ³³	Stambhan, Pachan, Mutkrich, Kusht, Vranropak, Jwaraghna,

Rasapanchaka of Ushira (VetiveriazizanioidesLinn.) fromNighantus

S. N.	Classical Texts	Rasa	Guna	Virya	Vipaka	Karma
1.	Madanpal Nighantu ³⁴	Tikta-Madhura	Laghu-Ruksh	Sheeta	---	Kapha-Pittashamaka
2.	Dravyaguna Hastamalaka ³⁵	Madhur-Tikta	Laghu	Sheeta	Katu	Pitta-Kaphanasaka
3.	Bhavprakash Nighantu ³⁶	Tikta	---	Sheeta	---	Pachaka-Pittanashaka
4.	Shodhal Nighantu ³⁷	Tikta-Madhura	---	Sheeta	----	---
5.	Kaidev Nighantu ³⁸	Madhura-Tikta	Ruksh	Sheeta	---	Pachana
6.	Raj Nighantu ³⁹	Tikta	---	Sheeta	---	Pittshamaka

Taxonomical classification of Ushira (Vetiveriazizanioides Linn.)⁴⁰

S. N.	Taxonomical classification	
1.	Kingdom	Plantae
2.	Class	Liliopsida
3.	Order	Cyperales
4.	Family	Graminae
5.	Genus	Vetiveria
6.	Species	Zizanioides
7.	Botanical name	Vetiveriazizanioides(L.)Nash or

Botanical description of Ushira(VetiveriazizanioidesLinn.)

S. N.	Botanical Description	
1.	Habit ⁴¹	DensyTuffed, Perennial, 3-5 Feet High, Stout Erect Grass.
2.	Leaves ⁴²	1-2 Feet Long And Compressed
3.	Inflorescence ⁴³	Raceme, Upto 5cm Long, Very Slender Rough, Minutely And Unequally Cililate, Pedicels Similar. Yellowish Or Violet Brown Or Purplish In Color.
4.	Roots ⁴⁴	Small Fine Thread Like Structure
5.	Flowering &Fruiting time ⁴⁵	April &November
6.	Chemical constituents ⁴⁶	Allokhusiol, Benzoic Acid, Cyclocapacamphene, Epikhusinol, Epizizanal, 2-Epizizanonone, B-Edusmol, Eugenol, Iskhusinol, Isokhusinoloxide, Isovalencenol, Isovalencic, Khusimyl, Acetate, Khusinodiol, Khusinol, Khusitoniol,Vetiverol, Zizaene, Zizanoletc.



Therapeutic indications of Ushira (*V. zizanioides* Linn.) from Nighantus

S. N.	Classical Texts	Indication
1.	Nighantu Adarsh ⁴⁸	Raktapitta, Chardi, Jwaranashak,
2.	Ayurved Ka Prana: Vanaushadhiya Vigyan ⁴⁹	Diuretic, Refrigerant, Stimulant, Digestive, Styptics, Stomachic, Febrifuge, Antifatigue
3.	Sodhala Nighantu ⁵⁰	Pittashamak, Burning Sensation, Foulsmell
4.	Madanpal Nighantu ⁵¹	Mutrakricha, Vrananashak, Jwaranashaka, Raktaprasadan, Dahprashaman
5.	Kaidev Nighantu ⁵²	Dourgandhya, Mutrakricha, Kushtaghana, Vraanropan
6.	Charak Samhita ⁵³	Krimiroga, Agirna, Deepana, Jeernajwara, Agnisandukshna

The useful part of Ushira (*Vetiveria zizanioides* Linn.)

Root⁵⁴: -The fibrous, wiry roots have a diameter of up to 2 mm, are longitudinally grooved, and range in color from cream to grey, light yellow, to brown. It smells strongly of aromatics. It has a faintly bitter taste.

Dosage⁵⁵: -

- Powder 3-6 gm;
- Decoction 50-100 ml;
- Infusion (Hima/Phanta)- 25-50 ml.

DISCUSSION

Ayurveda is a natural medicine system that uses herbs to treat various diseases. One such herb is Ushira or *Vetiveria zizanioides* Linn. It has been used by Indians for many years to cure many diseases. In summer, it is commonly used as a summer drink due to its cooling properties. Its pharmacodynamic properties indicate that it has a cooling effect on the body, which can help treat hyperacidity of the stomach. The Tikta Rasa present in this herb can also help in the cleansing of the digestive tract, which aids in the digestion of food. In Bhavaprakash Nighnatu and Kaidev Nighantu, the Pachaka property is mentioned, otherwise, every Nighantu said it is Pittashamaka. We can only say that Sheeta Virya and Tikta Rasa of Ushiramay act on Pachakagni and stimulate it slowly without affecting the whole digestive process. Also, in the case of Prakupita Pachakagni, it may be used.

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