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A critical review of *Pandughni Vati*

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Abstract

Pandughni Vati (Anubhuta) contains eight Ayurvedic drugs i.e. *Amalaki (Emblica officinalis)*, *Bibhitaki (Terminalia bellerica)*, *Shunthi (Zingiber officinale Roscoe.)*, *Maricha (Piper nigrum Linn.)*, *Pippali (Piper longum Linn.)*, *Katuki (Picrorhiza kurroa)*, *Punarnava (Boerhavia diffusa Linn.)* and *Vidanga (Embelia ribes Burm.f.)* as well as *Bhavana Dravya* like *Kumari (Aloe vera Miller.)*, *Punarnava (Boerhavia diffusa Linn.)*, *Amalaki (Emblica officinalis)* and *Gaumutra (Cow's Urine)* as this formulation developed by AYUSH Department, Ministry of Health and Family welfare, Govt. of India. *Pandughni Vati (Anubhuta)* has properties of *Katu-Tikta Rasa*, *Laghu*, *Ruksha Guna*, *Ushna Virya* and *Katu Vipaka* (pungent). The drug has several properties as anti-viral, anti-bacterial, immunomodulatory, hepato-protective due to its various components. These properties make it an effective drug for various general and liver diseases.

Keywords: *Amalaki*, Jaundice, *Katuki*, *Pandughni*, *Bibhitaka*

Introduction

In *Ayurveda*, several drugs and their formulations have been mentioned for *Pandu roga chikitsa*. *Pandughni Vati (Anubhuta)* is one of the important formulations. This formulation developed by AYUSH Department, Ministry of Health and Family welfare, Govt. of India. *Pandughni Vati* has *Vata-Kapha Shamaka* property. *Katu-Tikta Rasa* and *Katu Vipaka* exert *Amapachana*, *Lekhana* (scrapping) and *Srotosodhaka* (cleaning of channels), *Rakta Sodhaka* (blood purifier) actions and enhance the faster detoxification of the vitiated *Rakta* and *Mamsa dhatus* by the aggravated *Sama Pitta* and promote its elimination. The *Ushna Virya* of the drugs alleviates the *Daha* or inflammatory *guna* of *Pitta*. By virtue of *Bhedhana*, *Rechana* (purgative) and *Anulomona* (carminative) properties, *Pandughni Vati* enhances and increases the stool volume by secreting water and decreasing the transit time for reabsorption of bile salts, increases the intestinal contractions and bile is excreted through stools. The drug has anti-viral, anti-bacterial, immunomodulatory hepato-protective, anti-oxidant properties, due to its various components. These properties make it an effective drug for various liver diseases. This article focuses on brief knowledge on *Pandughni Vati* with elaborate discussion on its various components.

Aim of Study

1. To explore the different components of *Pandughni Vati*.
2. To discuss mode of action of *Pandughni Vati*.
3. To elaborate different clinical uses of *Pandughni Vati*.

Materials and Methods

Different *Ayurvedic Samhitas*, researches and websites have been extensively referred to in preparation of this manuscript.

Discussion

Pandughni Vati contains eight Ayurvedic drugs i.e. *Amalaki (Emblica officinalis)*, *Bibhitaki (Terminalia bellerica)*, *Shunthi (Zingiber officinale Roscoe.)*, *Maricha (Piper nigrum Linn.)*

Pippali (*Piper longum* Linn), *Katuki* (*Picrorhiza kurroa*), *Punarnava* (*Boerhavia diffusa* Linn.) and *Vidanga* (*Embelia ribes* Burm.f.) as well as *Bhavana Dravya* like *Kumari* (*Aloe vera* Miller.), *Punarnava* (*Boerhavia diffusa* Linn.), *Amalaki* (*Emblia officinalis*) and *Gaumutra* (Cow's Urine) as this Formulation Developed by AYUSH Department, Ministry of Health and Family welfare, Govt. of India. Each of these is being described so as to elucidate their role in this formulation.

1. Amalaki ^[1]

Botanical name: *Emblia officinalis* Gaertn.

Family: Euphorbiaceae

Sanskrit names: *Dhatri*

Classification according to classics

Charaka – *Vayasthapana*, *Virechanopaga*

Sushruta – *Triphala*, *Parushakadi Gana*

Ayurvedic Properties

1. **Rasa** - *Pancharasa* (*Lavanarashtra*), *Amlapradhana*
2. **Guna** – *Guru*, *Ruksha*, *Sheeta*
3. **Virya** - *Sheeta*
4. **Vipaka** - *Madhura*
5. **Doshaghnata** - *Tridoshashamaka*
6. **Karma** – *Dahaprashamana*, *Chaksushya*, *Keshya*, *Medhya*, *Balya*, *Rochana*, *Dipana*, *Jwaraghna*, *Hridya*, *Shonitasthapana*, *Rasayana*.

Part Used: Fruit.

Dose - Fruit juice: 10-20 ml, Fruit Powder: 3-6 gms.

Important formulations – *Chyavanaprasha*, *Dhatri Lauha*, *Dhatri Rasayana*.

2. Bibhitaki ^[2]

Botanical name: *Terminalia bellirica* Roxb.

Family: Combretaceae

Sanskrit names: *Karshaphala*, *Aksha*, *Kalidruma*.

Classification according to classics

Charaka – *Jwarahara*, *Virechanopag*

Sushruta – *Triphala*, *Mustadi Gana*

Ayurvedic Properties

1. **Rasa** - *Kashaya*
2. **Guna** – *Ruksha*, *Laghu*
3. **Virya** - *Ushna*
4. **Vipaka** - *Madhura*
5. **Doshaghnata** - *Tridoshashamaka*
6. **Karma**-*Shothahara*, *Vedanasthapana*, *Raktastambhaka*, *Jwaraghna*.

Part Used: Fruit.

Dose - Powder: 3-6 gms.

Important formulations-*Bibhitaka Taila*, *Triphala Churna*, *Phalatrikadi Kwatha*, *Talishadi Churna*, *Lavangadi Churna*.

3. Shunthi ^[3]

Botanical name: *Zingiber officinale* Roscoe

Family: Zingiberaceae

Sanskrit names: *Nagara*, *Mahaushdha*, *Vishwabhesaja*

Classification according to classics

Charaka-*Truptighna*, *Arshoghna*, *Dipaniya*, *Shoolaprashamana*

Sushruta – *Trikatu*, *Pippalyadi Gana*

Ayurvedic Properties

1. **Rasa** - *Katu*
2. **Guna** – *Laghu*, *Snigdha*
3. **Virya** - *Ushna*
4. **Vipaka** - *Madhura*
5. **Doshaghnata** - *Kaphavatashamaka*
6. **Karma** – *Rochana*, *Dipana*, *Jwaraghna*, *Raktashodhaka*, *Truptighna*, *Shothahara*.

Part Used: Rhizome.

Dose - Powder: 1-2 gms.

Important formulations – *Shaubhagyashunthi*, *Shunthisura*.

4. Maricha ^[4]

Botanical name: *Piper nigrum* Linn

Family: Piperaceae

Sanskrit names: *Vellaja*, *Krishna*, *Ushana*.

Classification according to classics

Charaka-*Dipaniya*, *Shoolaprashamana*, *Krimighna*, *Shirovirechana*

Sushruta – *Trayushna*, *Pippalyadi Gana*

Ayurvedic Properties

1. **Rasa** - *Katu*
2. **Guna** – *Laghu*, *Tikshna*
3. **Virya** - *Ushna*
4. **Vipaka** - *Katu*
5. **Doshaghnata** - *Kaphavatashamaka*
6. **Karma** – *Rochana*, *Dipana*, *Jwaraghna*, *Shothahara*, *Artavajanan*, *Kushtaghna*.

Part Used: Fruit.

Dose - Powder: 0.5-1 gm.

Important formulations – *Marichadi Gutika*, *Marichadi Taila*, *Marichadi Churna*.

5. Pippali ^[5]

Botanical name: *Piper longum* Linn

Family: Piperaceae

Sanskrit names: *Magadhi*, *Vaidehi*, *Krishna*, *Kana*, *Chapala*

Classification according to classics

Charaka – *Dipaniya*, *Shoolaprashamana*, *Shirovirechana*

Sushruta – *Pippalyadi Gana*, *Shirovirechana*

Ayurvedic Properties

1. **Rasa** - *Katu*
2. **Guna** – *Laghu*, *Tikshna*, *Snigdha*
3. **Virya** - *Anushnashita*
4. **Vipaka** - *Madhura*
5. **Doshaghnata** - *Kaphavatashamaka*
6. **Karma** – *Medhya*, *Rochana*, *Dipana*, *Jwaraghna*, *Hridya*, *Kasahara*, *Kushtaghna*.

Part Used: Fruit, Root.

Dose - Powder: 0.5-1 gm.

Important formulations – *Gudapippali*, *Pippalikhandi*, *Pippalyasava*.

6. Punarnava ^[6]

Botanical name: *Boerhavia diffusa* Linn.

Family: Nyctaginaceae

Sanskrit names: *Shothaghni*

Classification according to classics:

Charaka – *Vayasthapana, Swedopaga*

Sushruta – *Vidarigandhadi Gana*

Ayurvedic Properties

1. *Rasa* - *Madhura, Tikta, Kashaya*
2. *Guna* – *Laghu, Ruksha*
3. *Virya* - *Ushna*
4. *Vipaka* - *Madhura*
5. *Doshagnata* - *Tridoshashamaka*
6. *Karma* – *Rochana, Dipana, Jwaraghna, Hridya, Shothahara, Rasayana.*

Part Used: Root, Seed, Whole plant.

Dose - Juice: 5-10 ml, Seed Powder: 1-3 gms.

Important formulations – *Punarnavasava, Punarnavambu, Punarnavadimandura.*

7. Vidanga ^[7]

Botanical name: *Embelia ribes* Burm.f.

Family: Myrsinaceae

Sanskrit names: *Krimighna, Jantunashana, Tandula, Vella, Amogha, Chitratandula*

Classification according to classics

Charaka – *Krimighna, Kushtaghna*

Sushruta – *Surashadi Gana*

Bhavaprakasha - *Trimada*

Ayurvedic Properties

1. *Rasa* - *Katu, Kashaya*
2. *Guna* – *Laghu, Ruksha, Tikshna*
3. *Virya* - *Ushna*
4. *Vipaka* – *Katu*
5. *Prabhava* - *Krimighna*
6. *Doshagnata* - *Kaphavatashamaka*
7. *Karma* – *Pachana, Dipana, Krimighna, Kushtaghna, Shothahara.*

Part Used: Fruit.

Dose - 5-10 gm.

Important formulations – *Vidangadi Churna, Vidangalauha, Vidangataila.*

8. Katuki ^[8]

Botanical name: *Picrorhiza kurroa* Royal ex Benth

Family: Scrophulariaceae

Sanskrit names: *Tikta, Katurohini, Kandaruha, Matsyashakala, Chakrangi, Krishnabheda*

Classification according to classics

Charaka – *Bhedaniya, Lekhaniya, Stanyashodhana, Tiktakandha.*

Sushruta – *Patoladi Gana, Pippalyadi Gana, Mustadi Gana.*

Ayurvedic Properties

1. *Rasa* - *Tikta*
2. *Guna* – *Laghu, Ruksha*
3. *Virya* - *Sheeta*
4. *Vipaka* - *Katu*
5. *Doshagnata* - *Kaphapittashamaka*
6. *Karma* – *Dahaprashamana, Jwaraghna, Pramehahara,*

Kushtaghna.

Part Used: Root.

Dose - Powder: 3-6 gms(*Rechanarth*), Powder: 0.5 -1 gm(For *Katupaushtikarth*).

Important formulations – *Arogyavardhini, Katukadh Lauha, Tiktadi Kwatha.*

9. Kumari ^[9]

Botanical name: *Aloe vera* Miller.

Family: Liliaceae

Sanskrit names: *Gruhakanya, Dhurutakumarika*

Ayurvedic Properties

1. *Rasa* - *Tikta*
2. *Guna* – *Guru, Snigdha*
3. *Virya* - *Sheeta*
4. *Vipaka* - *Katu*
5. *Doshagnata* - *Kaphapittashamaka*
6. *Karma* – *Balya, Rochana, Dipana, Jwaraghna, Vedanasthapana, Shothahara.*

Part Used: Leaf.

Dose - Leaf juice: 10-20 ml.

Important formulations – *Kumarikavati, Kumaryasava, Rajapravartini Vati.*

10. Gaumutra ^[10, 11]

Ayurvedic Properties

1. *Rasa* - *Katu, Madhura*
2. *Guna* – *Ushna, Tikshna, Laghu and Ruksha*
3. *Virya* – *Ushna*
4. *Vipaka* - *Katu*
5. *Doshagnata* – *Kaphavatashamaka*
6. *Karma* – Promotes intellect and digestive power, beneficial in colic, digestive disorders, constipation, useful as purgative and for non-lubricant enema.

Conclusion

Pandughni Vati possesses chologogue, cholecretic & laxative, purgative and immunomodulatory properties. Choleric and chologogue action is more potent with *Katuki* (*Picrorhiza kurroa*). *Katuki* has also been reported of having anti-hepatitis-B antigen activity. *Guduchi* (*Tinospora cordifolia*) is well established as an immunomodulator, so it is useful in improving the immunity against various infections. *Kiratikta* is used mainly as hepato-protective and hepato-stimulative agent. *Guduchi* and *Katuki* which were also cited in old researches as hepato-cellular regenerative, capacity to suppress the Kupffer cells, membrane stabilizing and antioxidant effect. This antioxidant effect is may be due to action of *Amalaki, Bibhitaki*. So, *Pandughni Vati* is an excellent drug with various properties which can be used in several diseases, mainly in liver disorders.

Conflict of Interest: None declared

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