



## Review Article

REVIEW OF *SNUHI* (*EUPHORBIA NERIFOLIA* LINN.) W.S.R. TO ITS *RASAPANCHAKA* AND *KARMA*Dr. Tarun Gupta <sup>1\*</sup>, Prof. Dr. U.U. Zala <sup>2</sup>, Prof. Dr. P.U. Vaishnav <sup>3</sup>, Dr. B.D. Kalsariya <sup>4</sup><sup>1</sup> P.G. Scholar, Post Graduate Department of Rasashastra evam Bhaishajya Kalpana, J.S. Ayurved Mahavidyalaya, Nadiad, Gujarat, INDIA.<sup>2</sup> Professor, Post Graduate Department of Rasashastra evam Bhaishajya Kalpana, J.S. Ayurved Mahavidyalaya, Nadiad, Gujarat, INDIA.<sup>3</sup> Principal & Head, Post Graduate Department of Rasashastra evam Bhaishajya Kalpana, J.S. Ayurved Mahavidyalaya, Nadiad, Gujarat, INDIA.<sup>4</sup> Reader, Post Graduate Department of Rasashastra evam Bhaishajya Kalpana, J.S. Ayurved Mahavidyalaya, Nadiad, Gujarat, INDIA.

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## ABSTRACT

*Snuhi* (*Euphorbia nerifolia* Linn.) is a large branched, erect, glabrous, succulent, xerophytic shrub occurring wild on rocky ground throughout central India and extensively grown as a hedge plant. *Euphorbia nerifolia* Linn. belongs to family Euphorbiaceae, commonly known as *Sudha*, *Snuk* in Sanskrit; *Thuhar*, *Sehunda* in hindi and *Thor*, *Kantalo* in Gujarati. *Snuhi*, *Snuhi ksheera* and its compound formulations are widely used in Ayurvedic classics to treat vitiated conditions. It possesses *Katu-Tikta Rasa* (taste), *Guru-Tikshna Guna* (properties), *Ushna Virya* (potency) and *Katu Vipaka*. It's *Rasapanchaka* and therapeutic properties are explained in different *Samhita* and *Nighantu*. It has various proved pharmacological actions like Immunomodulatory, wound healing, Anti-Bacterial activity, Hepatoprotective activity, Anti-inflammatory, Analgesic, Antioxidant, Diuretic, Antipsychotic activity, Anti-diabetic and anti-hyperlipidemic activity. *Snuhi Kshara* is prepared by processing the ash of *Snuhi Panchanga* and it is used for various therapeutic purposes. In present study, an attempt to collect information regarding *Snuhi* and its Pharmacological activities from available classical literature and previous research articles in a systematic manner, which can be useful in conducting further clinical trials.

**KEYWORDS:** *Snuhi*, *Euphorbia Nerifolia*, Pharmacological action, *Rasapanchaka*.

## INTRODUCTION

In Ayurveda, substances of natural origin, including whole plant or their part, animal parts and minerals are used as medicine either alone or in combination. *Snuhi* and its compound formulations are widely used in Ayurvedic classics to treat vitiated conditions. *Snuhi* (*Euphorbia nerifolia* Linn.) is a large branched, erect, glabrous, succulent, xerophytic shrub occurring wild on rocky ground throughout central India and extensively grown as a hedge plant [i]. *Euphorbia nerifolia* Linn. belongs to family Euphorbiaceae, commonly known as *Sudha*, *Snuk* in Sanskrit; *Thuhar*, *Sehunda* in hindi and *Thor*, *Kantalo* in Gujarati [ii]. *Rasaratnasamucchaya* mentioned eleven types of *Upavisha* and *Snuhi* is one among them [iii]. *Upavisha* are the group of drugs which were less toxic in nature and not so lethal but produce certain toxic symptoms on consumption. According to *Acharya Charaka* even an acute poison becomes an excellent drug if it is administered properly and vice-versa [iv]. According to *Ayurveda* it is classified under *Sthavara Visha Varga*, and *Upavisha Varga*. According to modern, it is classified as Irritant organic vegetative poison. *Brihat trayi* highlighted its importance and categorized under *Virechana*, *Shat Shodhana Vriksa*, *Ksirtraya*; *Adhobhagahara*, *Shyamadi* and *Nikumbhadi* (*Virechana*) *Varga* respectively [v]. *Acharya Charaka* mentioned it in *Virechana Dravya* and give its twenty *Virechana* formulations in *Sudha Kalpa Adhyaya* of *Kalpasthan* [vi]. *Snuhi Kshara* which is prepared by processing the ash of *Snuhi Panchanga* [vii] is used in *Arsha*, *Kustha* and *Bhagandara*. It's

*Rasapanchaka* and therapeutic properties are explained in different *Samhita* and *Nighantu*. Hence, in this article an attempt has been made to collect information regarding *Snuhi* and its Pharmacological activities from available classical literature and previous research articles in a systematic manner, which can be useful in conducting further clinical trials.

**Aim of Study:**

To review the Pharmacological action (*Rasapanchaka*) and *Karma* of *Snuhi* (*Euphorbia nerifolia* Linn.)

## MATERIALS AND METHODS

In this article, information of *Rasapanchaka* (Pharmacological action) are compiled and analyzed from *Rajanighantu*, *Bhavaparkasha nighantu*, *Madanpal nighantu*, *Dhanvantari nighantu*, *Priya nighantu*, *Nighantu Ratnakara*, *Nighantu Adarsha* and Ayurvedic Pharmacopeia of India.

**Guna** : *Guru, Tikshana* [viii].**Vipaka** : *Katu* [ix].**Virya** : *Ushna* [x].**Karma Acc to A.P.I:** [xi].*Tikshnavirechana*, *Bhedana* and *Aama-kapha-vata hara***Chemical Constituents:**

Resin, gum and triterpenes [xii].

**Major** : Cycloartenol, euphol**Others** : n-Hexacosanol, euphorbol hexacosanoate, pelargonin 3, 5-diglycoside, tulipan 3,5 diglycoside. 12 -deoxy-4B-hydroxyphorbol-13-dodecanoate-20-acetate, friedelan-3 alpha-ol, friedelan-3beta-ol, glut5(10)-en-1-one, 24-methylenecycloartenol, neriifolione, nerifoliol, nerifoliene, taraxerol [xiii].**\*Corresponding author:****Dr. Tarun Gupta**Post Graduate Department of Rasashastra evam Bhaishajya Kalpana,  
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**Pharmacological Activities:**

- Analgesic activity [xv]
- Anti-inflammatory activity [xv]
- Antioxidant activity [xvi]
- Anti-Bacterial activity [xvii]
- Antipsychotic activity [xviii]
- Anti-diabetic and anti-hyperlipidemic activity [xix]
- Anti-carcinogenic activity in renal carcinogenesis [xx]
- Diuretic activity [xxi]
- Hepatoprotective activity [xxii]
- Immunomodulatory activity [xxiii]
- Wound healing activity [xxiv]

**Table No. 1: Showing Rasa of *Suhi* in different classical texts**

RASA	R.N	M.N	K.N	D.N	P.N	N.R	B.N	N.A	A.P.I
<b>KATU</b>	-	+	+	-	-	+	+	+	+
<b>TIKTA</b>	-		+	+	-	-	-	+	+

R.N –Rajanighantu, M.N- Madanpal nighantu, K.N- kaidev Nighantu, D.N-Dhanvantari nighantu, P.N- Priyanighantu, N.R- Nighantu Ratnakar, B.N- Bhavaparkash nighantu, N.A- Nighantu Adarsha, A.P.I- Ayurvedic Pharmacopeia of India.

**Table No. 2: Showing Therapeutic uses of *Snuhi* in different classical texts.**

Sr. No.	Name of Classical text	Therapeutic Uses
1	<b>Charak Samhita</b> [xxv]	Pandu, Udarroga, Gulma, Kushtha, Dushivisha, Shavathu and Madhumeha.
2	<b>Sushruta Samhita</b> [xxvi]	Dushtavrana, Arsha, Bhagandara, Kushtha and Udarroga.
3	<b>Yogratnakara</b> [xxvii]	Rechana, shulaghana, Ashtilika, Adhaman, Gulma, Udararoga, Pliharoga, Kushtha, Unmada, ashmari and Panduroga.
4	<b>Raja nighantu</b> [xxviii]	Pitta disorder, Poisons, Kustha, Vata disorders, Prameha. <i>Snuhi</i> milk is indicated in Vataroga, poisons, adhmaan, Gulmaroga and Udararoga.
5	<b>Madanpal nighantu</b> [xxix]	Shoola, Aam, Asthlika, Adhaman, Gulma, Udararoga, Vataparkopa, Dushivisha, Plihavridhi, Kustha, Unmada, Ashmari and Pandu.
6	<b>Kaiyadeva Nighantu</b> [xxx]	Rechana, Vata, Shoola, Aamdosha, Kapha, Gulma, and Udara roga. <i>Snuhi</i> milk is indicated in Gulma, Kustha, Udara roga and best Virechaka drug.
7	<b>Dhanvantari nighantu</b> [xxxi]	Dushtavranahar, Ashmarihara, Vishahar, adhaman, Gulma and Udararoga..
8	<b>Priya nighantu</b> [xxxii]	Kapha and Vata disorders, Tikshnavirechaka, Udararoga, adhmana and Vivandh..
9	<b>Nighantu Ratnaka</b> [xxxiii]	Pitta disorder, Poisons, Kustha, Vata disorders, Prameha. Unmada, Kustha, Piles, Shotha, pliha vriddhi, visharoga.
10	<b>Bhavaparkash nighantu</b> [xxxiv]	Shoola, Ashtilika, Adhamana, Kapha, Gulma, Udararoga, Unmada, Meha, Kushtha, Arsha, Shoth, Medoroga, Pandu, Ashmari, Vranashothahar, jwara, Visha, Gulma and Dirgharoga.
11	<b>Shodala Nighantu</b> [xxxv]	Karnashoola, Udararoga, Moodagarbha, Krimidanta.
12	<b>Vaidyamanorama</b> [xxxvi]	Arsha, Vrana,
13	<b>Shastrya</b> [xxxvii]	Dushta Vrana
14	<b>Quality Standards of Indian Medicinal Plants Vol. 11</b> [xxxviii]	Wound healing and inflammatory disorders.
15	<b>A.P.I</b> [xxxix]	Gulma, Udararoga, Meha, Kustha, and Shotha.

**DISCUSSION**

*Snuhi* possesses *Katu-Tikta* Rasa (taste), *Guru-Tikshna Guna* (properties), *UshnaVirya* (potency) and *Katu Vipaka*. Acc. to Ayurvedic Pharmacopeia of India *Snuhi* is *Tikshnavirechana* and have *Bhedana* and *Aama-kapha-vatahara Karma*. Cycloartenol and euphol are the major active constituent of *Snuhi*. On reviewing Classical literature it is found that *Snuhi* is useful in treatment of *Shoola, Aam, Asthlika, Adhaman, Gulma, Udararoga, Vataparkopa, Dushivisha, Plihavridhi, Kustha, Unmada, Ashmari Dushtavrana, Arsha, Bhagandara and Pandu*. From ayurvedic literature and modern literature review it is found that the Pharmacological activities which are proved after following pharmacological studies; is already explained in our ayurvedic classics like *Vranahara karma* resembles Wound healing property, *Shoolahara* resembles Analgesics property

and so on. It is the need of time to understand our classics and enhance our knowledge so, the drugs explained in our classics can be used clinically for various therapeutic actions and wellbeing of the mankind.

**CONCLUSION**

According to Ayurvedic Literature and investigations of various researchers it is concluded that *Snuhi* (*Euphorbia nerifolia* Linn.) has active medicinal potential and various proved pharmacological actions. *Snuhi* is *Tikshnavirechana, Bhedana* and *Aama-kapha-vata hara*. This study helps in conducting further clinic trials, so that *Snuhi* can be used for more therapeutic purposes.

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