

Probable Mode of Action of Sanjivani Vati - A Critical Review

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ABSTRACT

Mode of action of a poly herbal Ayurvedic formulation is a critical and essential issue to be considered in assuring the therapeutic efficacy and safety. *Sanjivani Vati* is one of the commonly used preparation containing very safe and easily available Herbal drugs. It is first mentioned in Sharangdhara Samhita and used in *Jwara* (Fever), *Visuchika* (Gastro-enteritis), *Gulma* (Painful abdominal lump), *Ajirna* (Indigestion) and *Sarpadamsa* (Snake bite). This Ayurvedic formulation is commonly practiced to treat various gastrointestinal disorders mainly arises from *Mandagni* and *Mandagni leads to Ama* (Undigested Food Residue) formation in the body. Drugs present in *Sanjivani Vati* mainly of *Katu*, *Tikta Rasa*, *Laghu*, *Tikshana*, *Ruksha Guna*, *Usna Virya*, *Madhura Vipaka*, *Deepana*, *Pachana*, *Anulomana*, *Rochana*, *Shoolhara*, *Krimighna*, *Jwaraghna*, *Triptighna*, *Vishaghna* properties and have *Kapha-Vata hara* action, which improves the *Jatharagni* by relieving *Ama*. So *Sanjivani Vati* shows *Amahara* action (expels metabolites and detoxifies the system) which can cure *diseases* which are derived due to *Mandagni* (Digestive impairment) like *Ajirna*, *Visuchika*, *Gulma*, *Jwara*. The present study is aimed to critically review the formulation ingredients and probable mode of action of *Sanjivani Vati* in different clinical conditions.

Key Words: *Sanjivani Vati*, *Ama*, *Ajirna*, *Visuchika*, *Gulma*, *Jwara*, *Sarpadamsa*

INTRODUCTION

Herbal products are of interest to many patients and health care practitioners because more than 70% of World's population is rely on herbal medicines for part of their primary health care system. In different regions and cultures, herbal products are used as single herb, combination of herbs, or combination of herb(s) and drug(s). Due to several side effects of allopathic medicine, in recent years there has been increase demand of herbal medicine by the majority of population throughout the World. Polyherbal formulations with various active principles and properties have been used from ancient days to treat a wide range of

human diseases. Polyherbal formulations are collection of therapeutic entities that are formulated and prepared on the basis of the healing properties of individual ingredients with respect to the condition of diseases. Such herbal constituents with diverse pharmacological activities principally work together in a dynamic way to produce maximum therapeutic benefits with minimum side effects. [1]

Currently, polyherbal formulations are employed for the treatment of various types of diseases in order to achieve enhanced therapeutic effects. In the present review we have included of polyherbal formulation *Sanjivani Vati*, firstly mentioned in Ayurvedic scripture

Sharangdhara Samhita, prescribed for the treatment of *Ajirna*, *Visuchika*, *Gulma*, *Sarpadamsa* and *Sannipataj Jwara*.^[2] It is a diaphoretic formulation that increases sweating. It is a detoxifying formula that reduces Ama. This "Ama" leads to blockage in channels and cause many diseases like high cholesterol, blocked coronary arteries, piles, auto-immune disorders like sarcoidosis, rheumatoid arthritis. The ingredients of *Sanjivani Vati* are universal digestive aid, antihelminthic, diuretic, carminative etc. This review explains the potential of *Sanjivani Vati* which helps the researcher to explore more about this Ayurvedic formulation. *Sanjivani Vati* combats all these as it ignites the digestive fire and helps the body to just get rid of all the mid-way metabolites from the system.^[3] It contains ten ingredients - *Vidanga*, *Sunthi*, *Pippali*, *Haritaki*, *Vibitaki*, *Amalaki*, *Vacha*, *Guduchi*, *Shudha Bhallataka* and *Shudha Vatsnabha* in equal quantity with *Gomutra* and then mixed well.^[4] The combination of simple drugs gives the life saving property. The contributing factor seems to be the synergistic effect of the constituting drugs as well as special effect of *Bhavana* process (by *Gomutra*) is '*Samyog Prabhav*'. *Aacharya Charak* has mentioned that *samyog* of different drugs can transform even a drug of low potential to a highly potential drug.^[5] In *Ayurvedic Scripture Sharangdhara Samhita*, it's recommended dose^[6] –

- In *Ajirna* and *Gulma*- 1 Ratti (125 mg)
- In *Visuchika*- 2 Ratti (250 mg)
- In *Sarpadamsa*- 3 Ratti (375mg)

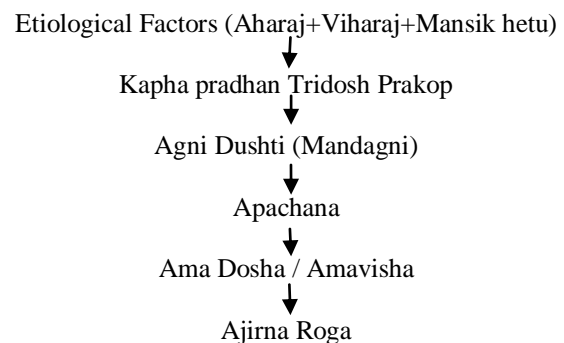
- In *Sannipataj Jwara*- 4 Ratti (500mg) 125-500 mg, two to three times a day with *Adrak swarasa* and honey according to condition of diseases.

DISCUSSION

The main objective of this review article is to discuss the therapeutic uses of *Sanjivani Vati* and to discuss the different pharmacological properties and therapeutic uses of isolated constituent drugs of *Sanjivani Vati*. This review is mainly focused to find out the important properties of the individual drugs and their possible effects in *Samprapti Vighatan* of diseases.

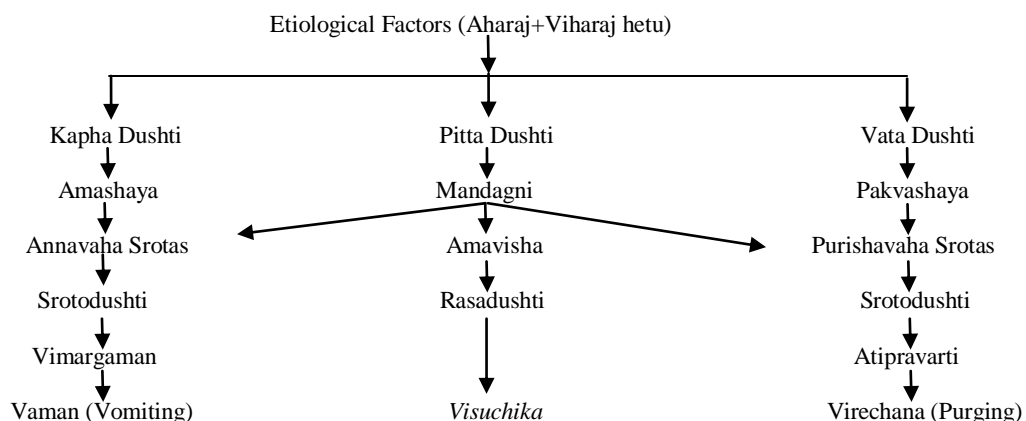
- **Samprapti of Ajirna Roga, Visuchika, Gulma, Jwara -**

Probable Pathophysiology of Ajirna Roga (Indigestion)^[7]

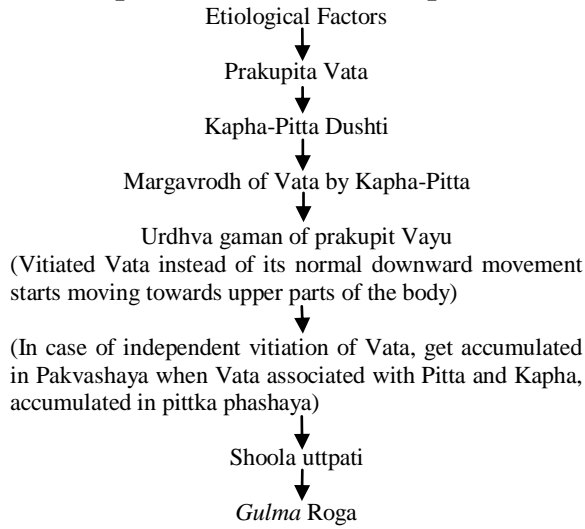


Probable Pathophysiology of Visuchika (Gastroenteritis)^[8]

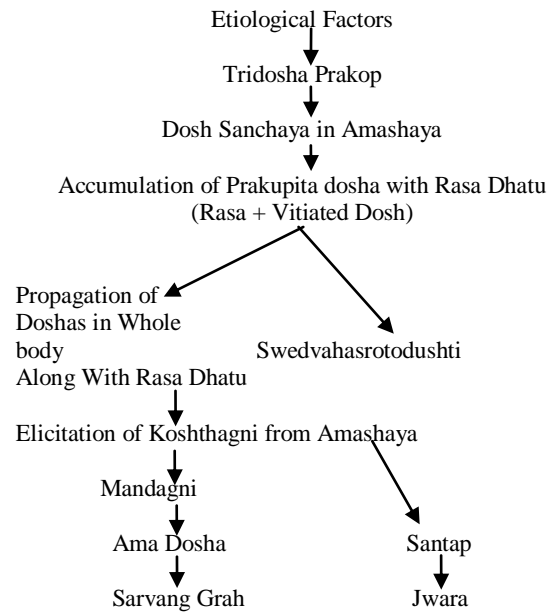
According to Ayurvedic Scriptures, *Ajirna* is main cause of *Visuchika*. This name is given because of needling pain throughout the body in this disease by vitiated *Vayu*.



Probable pathophysiology of GULMA (painful abdominal lump) [9]



Probable Pathophysiology of Jwara (Fever) [10]



DRUG REVIEW

Table1. Rasa panchaka of Sanjivani Vati-

S.no	Dravya	Rasa	Guna	Vipaka	Virya
1.	Haritaki [11] (Terminalia chebula)	Panchrasa (Lavan absent)	Laghu, Ruksha, Sara	Madhura	Ushna
2.	Bibhitaki [12] (Terminalia bellirica)	Kasaya	Ruksha, Laghu	Madhura	Ushna
3.	Amalaki [13] (Emblca officianalis)	Panchrasa (Lavan absent)	Lagu, Ruksha, Sheet	Madhura	Sheet
4.	Shunthi [14] (Zingiber officianale)	Katu	Laghu, Snigdha, Tikshna, Grahi	Madhura	Ushna
5.	Pippali [15] (Piper longum)	Katu, Tikta, Madhura	Laghu, Snigdha, Tikshna, Sara	Madhura	Anusna
6.	Vidanga [16] (Emblca ribes)	Katu, Tikta	Laghu, Ruksha, Tikshna	Katu	Ushna
7.	Vacha [17] (Acorus calamus)	Katu, Tikta	Laghu, Tikshna	Katu	Ushna
8.	Guduchi [18] (Tinspora cardifolia)	Tikta, Kasaya	Laghu, Snigdha, Grahi	Madhura	Ushna
9.	Shudha Vatsanabha [19] (Aconitum ferox)	Madhura	Ruksha, Tikshna, Laghu, Vyavayi, Vikasi	Madhura	Ushna
10.	Shudha Bhallataka [20] (Semicarpus anacardium)	Madhura, Kasaya, Katu, Tikta	Laghu, Snigdha, Tikshna, Grahi	Madhura	Ushna
11.	Gomutra [21,22]	Katu, Lavana, Tikta, Kasaya, Kshara	Tikshna, Laghu	-----	Ushna

Table2. Karma of Sanjivani Vati ingredients-

S.no.	Dravavya	Karma
1.	Haritaki [11] (Terminalia chebula)	Tridosahara, esp. Vathar, Deepan, Pachana, Vatanuloman, Mutral, Dahaprashman, Krimighna, Jwaraghna, Medhya, Rasayan
2.	Bibhitaki [12] (Terminalia bellirica)	Tridosahara, esp. Kaphahar, Deepan, Anuloman, Krimighna, Kasa-swasahar, Dahaprashman, Jwaraghna
3.	Amalaki [13] (Emblca officianalis)	Tridosahara, esp. Pittashamak, Deepan, Rochana, Anuloman, Triptighna, Mutral, Krimighna, Dahaprashman, Jwaraghna, Bhedana, Rasayan
4.	Shunthi [14] (Zingiber officianale)	Kapha-vata hara, Deepan, Pachana, Rochana, Shoolhara, Triptighna, Vatanuloman, Shwashar, Grahi
5.	Pippali [15] (Piper longum)	Kapha-vata hara, Deepan, Pachana, Rochana, Vatanuloman, Krimighna, Mradurechaka, Triptighna, Shool-Anaha-hara, Kashar, Shwasahar, Jwaraghna, Rasayana
6.	Vidanga [16] (Emblca ribes)	Kapha-vata hara, Deepan, Pachana, Anuloman, Mutrajanan, Triptighna, Krimighna, Shool-Anaha-hara, Rasayan

7.	Vacha ^[17] (<i>Acorus calamus</i>)	Kapha-vata hara, Deepan, Pachana, Anuloman, Triptighna, Krimighna, Swedjanan, Mutrajanan, Shool-Anaha-hara, Medhya, Sheetprashman, Kasa-swasahar, jwaraghna
8.	Guduchi ^[18] (<i>Tinospora cardifolia</i>)	Tridosahara, Deepan, Pachana, Anuloman, Krimighna, Triptighna, Jwaraghna, Dahaprashman, Rasayana
9.	Shudha Vatsanabha ^[19] (<i>Aconitum ferox</i>)	Kapha-vata hara, Swedjanan, Mutrajanan, Sannipata Jwaraghna, Jangam Vishaghna
10.	Shudha Bhallataka ^[20] (<i>Semicarpus anacardium</i>)	Kapha-vata hara, Deepan, Pachana, Krimighna, Grahi, Yakreetuttejak Sheetprashman, Vishaghna, Swedajanana, Chedana, Bhedana, Medhya, Rasayana
11.	Gomutra ^[21,22]	Kapha-vata hara, Deepan, Pachana, Vatanuloman, Krimighna, Shool-Anaha-hara Medhya, Purgative, Vishagna, Bhedana

• Probable Pharmacodynamics of Sanjivani Vati

Table 3. Study of Rasa in Combination-

Rasa	No. of Drugs	Percentage
Madhura	5/11	45.45 %
Amla	2/11	18.18 %
Lavana	1/11	9.09 %
Katu	8/11	72.72 %
Tikta	8/11	72.72 %
Kasaya	6/11	54.54 %

Table 4. Study of Guna in Combination-

Guna	No. of Drugs	Percentage
Laghu	11 /11	100%
Guru	0/11	0%
Ruksha	5/11	45.45 %
Snigdha	4/11	36.36 %
Tikshna	7/11	63.63%
Grahi	3/11	27.27%
Vyavyi	1/11	9.09 %
Sara	2/11	18.18 %
Vikasi	1/11	9.09 %

Table 5. Study of Virya in Combination-

Virya	No. of Drugs	Percentage
Usna	9/11	81.81%
Sita	1/11	9.09 %
Anusna	1/11	9.09 %

Table6. Study of Vipaka in Combination-

Vipaka	No. of Drugs	Percentage
Madhura	8/11	72.72 %
Amla	0/11	0%
Katu	2/11	18.18 %

Table7. Study of Karma in Combination-

Karma	No. of Drugs	Percentage
Deepan	10/11	90.90%
Pachana	8/11	72.72%
Anulomana	9/11	81.81%
Rochana	3/11	27.27%
Shoolhara	5/11	45.45%
Grahi	3/11	27.27%
Krimighna	9/11	81.81%
Swedjanan	3/11	27.27%
Dahaprashman	4/11	36.36%
Jwaraghna	7/11	63.63%
Mutrajanan	5/11	45.45%
Triptighna	6/11	54.54%
Vishagna	3/11	27.27%

Table 8. Study of Doshagnata in Combination-

Doshagnata	No. of Drugs	Percentage
Kapha-vata hara	7/11	63.63%
Tridosahara	4/11	36.36%

• Probable Mode of The Action of Sanjivani Vati at Different Levels:-

Acharya Charaka states that, certain drugs act through *Rasa*; some through *Virya*; some through their *Gunas*; some through their *Vipaka* and some through their *Prabhava*. ^[23] On the basis of physiochemical properties of *Sanjivani Vati*, probable mode of action can be understood as follows,

1. At the level of Dosha:-

- In Ajirna, Visuchika, *Gulma*, Sannipataj Jwara, *Samana Vayu*, *Pachaka Pitta* and *Kledaka Kapha* these three are the main culprits. Because of its *Laghu* (100%), *Tikshna* (63.63%), *Ruksha* (45.45%) *Gunas* and *Katu* (72.72%), *Tikta* (72.72%) *Rasa* (dominant with *Agni*, *Vayu* and *Akasha Mahabhuta*) it subsides the aggravated *Kapha*.
- While, by *Usna Virya* (81.81%) and *Tikshna* (63.63%), *Snigdha* (36.36%) *Guna* it counteracts *Vata*.
- Due to *Madhura rasa* (45.45%), *Snigdha guna* (36.36%), *Anushna virya*, *Madura vipaka* (81.81%). it balance the *Pitta*.

2. At the level of Dushya:-

- From the *Samprapti* of all above *Roga*, it is clear that the main *Dushya* involved is *Rasa Dhatu*. The combination shows, about 72.72% of total drugs have a *Katu Rasa*, 72.72% of *Tikta Rasa* and 54.54% have got *Kasaya Rasa*. *Tikta* and *Katu*

Rasa improves the Digestion and made first *Dhatu* in proper form, so the combinations will action on the *Rasa Dhatu*.

3. Probable action on Srotas:-

- The disease exhibits three type of *Sroto Dusti* (*Sanga*, *Vimarga-gamana*, *Atipravritti*).
- The combination by the virtue of *Deepana* (100%), *Pachanaa* (72.72%), *Anuloman* (81.81%) property, *Laghu* (100%), *Snigdha* (36.36%), *Tikshna* (63.63%) *guna*, *Katu* (72.72%), *Tikta* (72.72%), *Kasaya* (54.54%) *Rasa* and *Usna* (81.81%) *virya* relieves *Sanga* type of *Dusti*.
- *Anulomana* (81.81%) property relieve from *Vimarga-gamana* type of *dusti* in *Gulma Roga*.
- *Deepana* (90.9%), *Pachana* (81.81%) and *Grahi* (27.27%) property and also by the virtue of *Ruksha Guna* (about 45.45% of total drugs) decreases *Srotogata Ama* and *Pichhilata* and relieves *Ati Pravritti*.

4. Probable action on Agni level:-

- By virtue of its *Deepana* (90.9%), *Pachana* (81.81%), *Rochana* (27.27%)

property, *Katu* (72.72%), *Lavana* (9.09%), *Tikta* (72.72%), *Amla* (18.18%) *Rasa*, *Laghu* (100%), *Tikshna* (63.63%), *Ruksha* (45.45%) *guna*, *Usna virya* (81.81%). it stimulates *Jatharagni* which turn by turn stimulates all other *Agnis*.

5. Probable action on Ama level:-

- An *Ama* means unripe and undigested *Annarasa*. It needs proper *Paka*. By virtue of its *Deepana* (90.9%), *Pachanaa* (72.72%), *Rochana* (27.27%) property, *Katu* (72.72%), *Lavana*, *Tikta* (72.72%), *Amla Rasa*, *Laghu* (100%), *Tikshna* (63.63%), *Ruksha* (45.45%) *guna*, *Usna virya* (81.81%), will stop the further *Ama* production and help into break the basic pathology.
- This *Ama Pachanaa* causes *Srotomukha Vishodhana*. Drugs like *Pippali*, *Shunthi*, *Vidanga*, *Vacha*, *Guduchi* etc. are proved as a best *Ama Pachaka*. So this formulation will act as *Ama Pachana* and *Agni Deepana*.

Table9. Probable action on *Ajirna Roga* Symptoms: -

<i>Ajirna Roga</i> Symptoms [24]	Mode of action of <i>Sanjivani Vati</i>
<i>Mala Vibaddham va- Ati Pravritti</i> (Constipation/Diarrhoea)	It is due to <i>Ama</i> . <i>Deepana</i> , <i>Pachana</i> , <i>Rochana</i> property, <i>Katu</i> , <i>Lavana</i> , <i>Tikta</i> , <i>Amla Rasa</i> , <i>Laghu</i> , <i>Tikshna</i> , <i>Ruksha guna</i> , <i>Usna virya</i> , cure the <i>Ama</i> . <i>vatanulomana</i> (81.81%) can relieve this symptom.
<i>Vistambha</i> (Stasis of Food)	Due to <i>vatanulomana</i> action <i>prakupita vayu</i> is improved.
<i>Trishna</i> (Polydypsia)	Elevation of <i>Vata</i> & <i>Pitta</i> level and decrease of <i>Kapha</i> level in the body leads to <i>Mukha Shosha</i> (Mouth dryness) and arise <i>Trishna</i> (Thirst). This yoga improves the <i>Kapha</i> level and has <i>Vatanulomana</i> properties. <i>Jathragni</i> is improved so ultimately balance the all five types of <i>pitta</i> . <i>Lavana</i> and <i>amla rasa</i> , <i>Rochana property</i> stimulates saliva secretion which subside the dryness of mouth.
<i>Jwara</i> (Fever)	In <i>Jawra</i> , <i>jatharagni</i> become low and <i>dhatwagni</i> become <i>Tikshna</i> . Due to <i>mandagni</i> of <i>Jathragni</i> , <i>rasa dhatu</i> get vitiated and <i>rasa dhatwagni</i> become more active which is in skin and lead to more warmth in the body. <i>Deepana</i> , <i>pachana</i> leads to proper digestion and cure the function of <i>Jathragni</i> . Due to <i>Vatanulomna Gati</i> <i>Jathragni</i> will be in its place and will make <i>dhatwagni</i> in normal condition.
<i>Chardana</i> (Vomiting)	Due to <i>Mandagni</i> proper <i>paka</i> of food does not takes place and that food become <i>Sukta</i> (undigested food) and due to <i>Pritiloma Gati</i> of <i>Vayu</i> undigested food comes out and named as <i>Chardi</i> . This yoga acts as <i>deepana</i> , <i>pachana</i> and <i>vatanulomana</i> can relieve this symptoms.
<i>Angamarda</i> (Bodyache)	Due to <i>ama</i> formation in body it leads to obstruction in <i>Srotasa</i> (channels) and impairment in the path of <i>Vata</i> takes place which ultimately create pain. This formulation acts by its <i>Laghu</i> (100%), <i>Tikshana guna</i> (63.63%) and <i>Ama hara</i> (90.90%) properties. <i>Snigdha guna</i> (36.36%) cures <i>vata dusti</i> .
<i>Arochak</i> (Anorexia)	<i>Aruchi</i> is <i>Kapha</i> promidant <i>tridoshaja vikara</i> which ultimately change the taste. So this formulation having mainly <i>Kaphavata hara</i> (63.63%) action.

Table10. Probable action on Visuchika Roga Symptoms: -

Visuchika Roga Symptoms ^[25]	Mode of action of Sanjivani Vati
Atisara (Rice water diarrhoea)	27.27% <i>Grahi</i> property of total drugs
Chardana (Vomiting)	Deepana (90.9%), Pachana (72.72%) and Vatanulomana (81.81%) can relieve this symptoms
Trishna (Polydypsia)	This formulation improves the <i>Kapha</i> level and have <i>Vatanulomana</i> properties. <i>Jathragni</i> is improved so ultimately balance the all five types of <i>pitta</i> . <i>Lavana</i> and <i>Amla rasa</i> stimulates saliva secretion which subside the dryness of mouth.
Daha (Burning Sensation)	36.36% <i>Dahaprashman</i> property of total drugs, improve this symptom
Shool (Painful cramps / Tenesmus)	This formulation acts by its <i>Laghu</i> (100%), <i>Tikshana guna</i> (63.63%) and <i>Ama hara</i> properties. <i>Snigdha guna</i> (36.36%) cures <i>vata dusti</i> .
Mutraghata (Retention of Urine)	This yoga acts by its 45.45% of <i>Mutrajanana</i> properties of total drugs

Table11. Probable action on Gulma Roga Symptoms: -

Gulma Roga Symptoms ^[26]	Mode of action of Sanjivani Vati
Udgarabahulya (Excessive belching)	Due to <i>Mandagni</i> , food is in undigested form which lead to <i>Ama</i> formation and <i>gati</i> of <i>Vayu</i> becomes <i>Pratiloma gati</i> . Along this <i>vayu</i> the <i>gandha</i> (smell) of <i>Ama</i> comes out from mouth and results this symptom. <i>Deepana, Pachana, Rochana</i> property, <i>Katu, Lavana, Tikta, Amla Rasa, Laghu, Tikshna, Ruksha guna, Usna virya, Madhura Vipaka</i> (72.72%) of this yoga cure the <i>Mandagni</i> and regulate the <i>Anulomana gati</i> of <i>Vayu</i> .
Anaha (Flatulence)	<i>Deepana, Pachana, Rochana</i> property, <i>Katu, Lavana, Tikta, Amla Rasa, Laghu, Tikshna, Ruksha guna, Usna virya, Madhura Vipaka</i> (72.72%) of this yoga cure the <i>Mandagni</i> and regulate the <i>Anulomana gati</i> of <i>Vayu</i>
Tripti (Fullness of abdomen)	54.54% of <i>Triptighna</i> Properties of total drugs relieve
Aruchi (Anorexia)	This formulation having mainly <i>Kaphavata hara, Madhura Vipaka</i> (63.63%) action
Malamutavayua Vibaddham (Obstruction of urine, faeces & flatus)	<i>Deepana, Pachana, Rochana</i> property, <i>Katu, Lavana, Tikta, Amla Rasa, Laghu, Tikshna, Ruksha guna, Usna virya, Madhura Vipaka</i> (72.72%), cure the <i>Ama</i> . <i>Vatanulomana</i> (81.81%) can relieve these symptoms

Table 12. Probable action on Jwara Symptoms: -

Jwara Symptoms ^[27]	Mode of action of Sanjivani Vati
Santap (Raised body temperature)	To pacify <i>Jwara</i> , must remove <i>Ama</i> as well as obstruction of <i>swedvaha srotas</i> . <i>Deepan, Pachan, swedjanana</i> and <i>Dahaprashman</i> Properties along with <i>Samipathara</i> drug with special action on <i>Vata</i> and <i>Kapha Doshas</i> , make it very effective in <i>Jwara</i> .
Aruchi (Anorexia)	this yoga having mainly <i>Kaphavata hara</i> action, 27.27% <i>Rochana</i> property
Trishna (Polydypsia)	This yoga improves the <i>Kapha</i> level and has <i>Vatanulomana</i> properties. <i>Jathragni</i> is improved so ultimately balance the all five types of <i>pitta</i> . <i>Lavana, amla rasa and Madhura Vipaka</i> (72.72%) stimulates saliva secretion which subside the dryness of mouth.
Angamarda (Bodyache)	This yoga acts by its <i>Laghu</i> (100%), <i>Tikshana guna</i> (63.63%) and <i>Ama hara</i> properties. <i>Snigdha guna</i> (36.36%) cures <i>vata dusti</i> .
Swedavrodha (Suppression of perspiration)	Due to <i>Ama</i> , obstruction in <i>srotasa</i> takes place and <i>Doshas</i> starts accumulate in <i>Swedvahasrotas</i> . This formulation acts by its <i>Laghu, Tikshana guna</i> and <i>Amahara</i> properties, <i>Bhedana</i> properties and clears the obstruction and regulate the function of <i>Dosha</i> by <i>Anulomana</i> properties
Tamaka (Breathing problem / Darkness in front of eyes)	Due to <i>Mandagni</i> the flow of <i>vata</i> become <i>pratiloma gati</i> and creates the breathing problem. In <i>Tamaka swasa</i> mainly <i>Kapha</i> and <i>vata dosha</i> involvement. This yoga is <i>Kaphavata hara</i> and <i>vatanulomana</i> action which can relieve the symptoms as in case of <i>Tamaka Swasa</i> . Due to <i>Ama, dhatus</i> doesn't get well nutrition and body become weak. So this yoga improves digestion and ultimately <i>dhatus</i> will nourish.

Table13. Probable action on Sarpadamsha: -

- *Prativish Chikitsa* means the use of toxic substance as an antitoxic agent in the management of poisoning. When all treatment measures for poisoning become unsuccessful, at that time *Prativish Chikitsa* is very useful. *Sthavara Visha* (inanimate poisons) can be successfully treated with *Jangama*

Visha (animate poisons) and vice versa. ^[28]

- *Visha* (poison) possesses the properties like *Laghu* (lightness), *Sukshma* (fineness), *Aashu* (quick acting), *Vyavayi*, etc. hence it can spread all over the body and can reach into entire system and organs very quickly. ^[29]

- These properties of poisons are used while using poisonous substance as *Prativish*. So, *Visha Dravyas* (poisonous substances) having opposite action to that of poison consumed can cure the signs and symptoms produced by that poison and save the life of the patient. This is the basic consideration in *Prativish Chikitsa*.
- *Sanjivani Vati* is also useful in *Sarpdamsha* and other poisons because of *Vatsnabha* and *Bhallatak* used in it. These are plants having poison like properties (*ShthavarVisha*) which acts as antidote to animal poison (*JangamVisha*)
- Last but not the least, *Gomutra* used for *Bhavana* in this formulation has *Deepan*,

Swedal, *Vatkaphshamak*, *Krimighna* as well as *Vishaghna* properties. [30]

- Thus it also enhances the desirable properties of *Sanjeevani Vati* to many folds.

<i>Sarpadamsha</i> (Snake bite) Symptoms	Mode of action of <i>Sanjivani Vati</i> [31]
<i>Teevra</i> <i>Shthanika</i> <i>Vedana</i> (severe pain)	<i>Vedanasthapaka</i> (analgesic)
<i>Shthanika</i> <i>Shopha</i> (local oedema)	<i>Shothahara</i> (reduces oedema)
Causes cardiac arrhythmia	<i>Hridaya Balya</i> , brings heart rate to normal
Causes cardiac failure	<i>Hrudaya Uttejaka</i> (stimulator)
Causes respiratory depression	Stimulator to respiration

Table14. Research studies about ingredients:-

Drvyas	Research Studies
Haritaki (<i>Terminalia chebula</i>)	Antimicrobial activity, [32] Hepatoprotective, Antispasmodic, Antisectatory, Antiinflammatory, [33] Gastroenteritis, Immunomodulatory, [34] Antioxidant, [35] Antibacterial activity against <i>salmonella typhi</i> , <i>helicobacter pylori</i> , [36] Antiamoebic, [37] Anti-viral activity
Bibhitaki (<i>Terminalia bellirica</i>)	Antioxidant, [38] Antispasmodic, Antimicrobial, [39] hepatoprotective, [40] antiulcer activity, [41] antibacterial activity, [42] antifungal, Antiviral, Antimalarial, [43] Immunomodulatory, [44] Astringent, Antiinflammatory, Eye disorder [45]
Amalaki (<i>Emblica officianalis</i>)	Antidiarrhoea haemorrhage, [46] Adaptogenic, [47] Hepatoprotective, [48] Hypocholestrolemic, [49] Antioxidant, [50] Antiulcerogenic, [51] Antipyretic, Analgesic, Antiviral, Antiinflammatory, Antifungal activity, [52] Hypolipidemic activity, [53] Immunomodulatory, Antistress, Antimicrobial, Anabolic activity [54]
Shunthi (<i>Zingiber officinale</i>)	Anti-emetic activity, [55] Anti-ulcer activity, [56] Anti-inflammatory activity, [57] Antipyretic and Analgesic activity, [58] Stimulate the appetite, [59] Antioxidative property, Hypolipidaemic activity, [60] Immunomodulatory, [61] Thermogenic activity, [62] Antiviral activity, [63] Carminative [64]
Pippali (<i>Piper longum</i>)	Bioavailability enhancer, Digestive, In treatment of bronchitis and also Hepatoprotective agents. [65] Antidepressant activity, [66] Analgesic activity, [67] Immunomodulatory, [68] Stomachic, Thermogenic, Hypocholesterolaemic and Carminative, [69,70] Intestinal disorder, [71] Antibacterial, [72] Antiallergic activity, [73] Antiinflammatory activity, [74] Antidysenteric, [75] Bioenhancer [76]
Vidanga (<i>Emblica ribes</i>)	Antihelmintic, [77] Antidyslipidemic, Antioxidant activity, [78] Analgesic property, [79] Anti-inflammatory drug to relieve rheumatism and fever, [80] Dyslipidemia, [81] antiulcer, [82] carminative, [83] purgative, [84] antimicrobial [85]
Vacha (<i>Acorus calamus</i>)	Antimicrobial, [86] immunomodulatory, anticonvulsant, antioxidant, anticellular, [87] antispasmodic, carminative, [88] antiulcer, [89] tranquilizer, [90] antianxiety, [91] antibacterial, antianalgesic, antiinflammatory, antipyretic [92]
Guduchi (<i>Tinospora cardifolia</i>)	antileprotic, antistress, anti-malarial activities, [93,94] antiinflammatory, [95] hypolipidaemic, [96] antioxidant, [97] antiulcer, [98] immunobiological activity, [99] hepatic disorder, [100] stomachic, diuretic, [101] antispasmodic, antipyretic, [102] antiallergics, [103] hepatoprotective [104]
Shudha Vatsanabha (<i>Aconitum ferox</i>)	stimulant activity, Sedative, antimicrobial, anti-inflammatory, [105] antiperiodic, analgesic, antitussive, antidiarrhoea, dyspepsia, anti-poisonous activity [106]
Shudha Bhallataka (<i>Semicarpus anacardium</i>)	antihelmintic, antifungal, cardiovascular activity, [107,108] antioxidant activity, [109] anti-inflammatory activity, antimicrobial, [110] immunomodulatory, [111] antimutagenic effect, [112] Antiasthmatic [113]
Gomutra	Antimicrobial and Germicidal properties, [114-116] Antioxidant Property and Immuno-modulating activity, [117] Used in Constipation, Thyroid and Skin diseases like eczema, ringworm, and itching, Acne, Blood Disorders, Respiratory Disorders, Gastrointestinal Disorders, Endocrine Disorders, Ophthalmic Disorders, Psychiatric Disorders, Urological Disorders, Asthma, Kidney Shrinkage, Hepatic Disorders and Cancer etc [118-120] Aurum hydroxide and copper present in urine act as antidotes for various poisons in the body as certain poisons can be refined and purified if soaked in go-mutra for 3 days, [114] Bio-enhancing Property, Anti free radicals [121, 122]

CONCLUSION

This review has presented a collective knowledge on therapeutic

potential, pharmacological and Probable mechanism of action of *Sanjivani Vati* and its constituent drugs. This formulation

contains mostly those drugs which have *Deepana, Pachana, Rochana, Vata-anulomana, Shoolhara, Krimighna, Jwaraghna, Vishagna* properties which are *Usna virya, Katu, Tikta, Kasaya, Madhura, Amla, Lavana Rasa, Laghu, Tikshna, Ruksha Guna* prominent with *Madhura vipaka*. This yoga shows actions at different levels. The research studies regarding ingredients of *Sanjivani Vati* also show results on diseases arise due to *Ama* and *Rasa dushti*. So, formulation is to be prescribed in case of *Ajirna, Visuchika, Gulma, Jwara, Sarpadamsa* by observing *Prakruti, Desha, Kala, Vaya, and Avastha* of the patient and *Roga Bala*.

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