



“Study of Vishaghna action *Meshshrugi* (*Gymnema sylvestries*) with special references to *Agadtantra* –A Literature Review.”

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Abstract:

Today, gymnema is used for diabetes, metabolic syndrome, weight loss, and cough diabetes, metabolic syndrome, weight loss, and cough. It is also used for malaria and as a snake bite antidote, digestive stimulant, laxative, appetite suppressant, and diuretic. Meshashringi in India is the name of a plant defined with *Gymnema sylvestre* in various botanical sources.

In kaidev Nighantu meshshrugi is mentioned as Vishahanti.

Potassium gymnemate extracted from *Meshashringi* (*Gymnema sylvestre* R. Br) is used in neutralizing agent for snakebites.

Meshshrugyadi agad is mentioned in Manduk poison in sushrut Samhita kalpasthan chapter 8.

So, this article is focusing on the action of gymnema on poison or toxin mentioned agadtantra of Ayurveda.

Key words: Meshshrugi, Agadtantra.

Introduction:

Gymnema sylvestre is a perennial woody vine native to Asia (including the Arabian Peninsula), Africa and Australia. It has been used in Ayurvedic medicine. Common names include gymnema. *Gymnema sylvestre* has a long history of use in herbal medicine and a broad range of therapeutic properties.¹

In kaidev Nighantu meshshrugi is mentioned as Vishahanti.²

Potassium gymnemate extracted from *Meshashringi* (*Gymnema sylvestre* R. Br) is used in neutralizing agent for snakebites.³

Meshshrugyadi agad is mentioned in Manduk poison in sushrut Samhita kalpasthan chapter 8.⁴

Gymnema sylvestre is a plant included in Apocynaceae family and is located in many regions of Asia, Africa and Australia. This plant is widely used as a traditional therapy for different purposes. Even now it is being used as a dietary supplement due to its numerous therapeutic uses. It is known to have blood glucose lowering potential and, thus, is widely used in traditional and Ayurvedic systems of medicine. It renders glucose lowering activity due to the presence of phytochemicals, such as gurmarin, gymnemic acid as well as gymnemasaponins. *Gymnema sylvestre* is also known to have anti-oxidant, antibiotic, anti-inflammatory, antiviral, gastro and hepatoprotective, anticancer and lipid-lowering activities.⁵

Objectives:

To Study of Vishaghna action *Meshshrugi* (*Gymnema sylvestries*) with special references to *Agadtantra*.

Methods:

Literature Survey Methods:

BOTANICAL NAME: *Gymnema sylvestre*

FAMILY: Asclepiadaceae

CLASSICAL CLASSIFICATION:

Bhavaprakash: *Guduchyadi varga*

ENGLISH NAME: Cow plant

COMMON NAME: Hindi: *Gudmaar*

मेषशृङ्गी विषाणी स्यान्मेषवल्ल्यजशृङ्गिका |

मेषशृङ्गी रसे तिक्ता वातला श्वासकासहत् |

रूक्षा पाके कटुस्तिक्ता व्रणश्लेष्माक्षिशूलनुत् ||२१६||

मेषशृङ्गीफलं तिक्तं कुष्ठमेहकफप्रणुत् ।

दीपनं संसनं कासकृमित्रणविषापहम् ॥२१७॥

Meṣaśṛṅgī (मेषशृङ्गी) is the name of an ingredient used in the treatment of Maṇḍalī-snake-bites, according to the Kāśyapa Saṃhitā: an ancient Sanskrit text from the Pāñcarātra tradition dealing with both Tantra and Viśacikitsā—an important topic from Āyurveda which deals with the study of Toxicology (Viśavidyā or Sarpavidyā).—A number of different permutation and combination of herbs are prescribed as Lepa and Pāna for removing the poison of Maṇḍalī snakes.—According to the Kāśyapasaṃhitā verse 9.73b-74a: “One khārī or measure of the paste prepared from the powdered roots of Meṣaśṛṅgī and Turmeric mixed with the juice of the bark of Nīlikā applied on the bite-wound destroys Maṇḍalīviṣa.⁶

Discussion:

THERAPEUTIC USES:

- **Snake poisoning-** The fresh juice of the root of the plant is given in a dose of 25-30 ml.⁷

The Hindi name, gurmar, means "destroyer of sugar." Today, gymnema is used for diabetes, metabolic syndrome, weight loss, and cough. It is also used for malaria and as a snake bite antidote, digestive stimulant, laxative, appetite suppressant, and diuretic.⁸

. The roots of this plant have been used for detoxification purposes and for the treatment of edema and fever.

Conclusions:

1. A number of different permutation and combination of herbs are prescribed as Lepa and Pāna for removing the **poison** of Maṇḍalī snakes.
2. In kaidev Nighantu meshshruji is mentioned as Vishahanti.
3. Potassium gymnemate extracted from *Meshashringi* (*Gymnema sylvestre* R. Br) is used in neutralizing agent for snakebites.

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