



Therapeutic uses of Sarpagandha (Rauvolfia serpentina) an experiential and scientific view

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Abstract

Ayurveda medicines are popularly used in India and Indian subcontinent. Drugs of herbal, mineral and animal origin are used in preparing medicines. Sarpagandha (Rauvolfia serpentina) is a drug having Tikta rasa, Rooksha Guna, Katu Vipaka and Ushna Virya and Nidra janana in Prabhava. It is having actions like Kapha Vata Shamaka, Nadi Samsthana Shamaka, Nidra janana, Masthishka Shamaka, Rakta Bhara Shamaka, Hridayavasadaka, Pitta Vardhaka, Sramsana, Artava janana, Ama Pachana and Vishaghna. It is given in diseases like Unmada, Apasmara, Atatvabhinivesha, Gadodvega, Hypertension, Alpartava and Visha roga. It is having CNS depressing action by depleting dopamine from presynaptic end of neurons in the Brain, limbic system, hypothalamus, Amygdalus and reticular activating system.

In the present paper, Therapeutic uses of Sarpagandha (Rauvolfia serpentina) in a scientific and experiential view is discussed elaborately.

Key words- Sarpagandha, Dopamine, CNS depressant, Unmada, Apasmara.

Aim and Objectives - To study about the therapeutic uses of Sarpagandha (Rauvolfiaserpentina) in an experiential and Scientific view.

Methods - Relevantsubject material is collected from various research and review papers from international, indexed, peer reviewed and high impact journals, Sangraha Granthas, Samhita Granthas, research monographs and from personal clinical experiences.

Introduction

Sarpagandha (Rauvolfia serpentina) is a drug which is commonly given in the management of mental disorders, psychosomatic diseases and systemic hypertension. It contains an alkaloid - Reserpine which has an action on central nervous system. It depletes the stores of dopamine in the Brain - Hypothalamus, limbic system and reticular activating system. It has the actions like CNS depressant, hypnotic, sedative, psychotropic and hypotensive action. It induces sleep in insomnia patients. Sarpagandha vati, Sarpagandha ghana vati are the formulations frequently used in medicine.^{1,2}

Rasa - Tikta

Guna - Rooksha

Vipaka - Katu

Virya - Ushna

Prabhava - Nidrajanana.

Doshaghnata- Kapha Vata Shamaka.

Karma- 3,4,5.Nadi Samsthana Shamaka, Nidrajanana, Rakta bhara Shamaka, Pitta Vardhaka, Sramsana, Krimighna, Hridayavasada, Kamavasada, Garbhashaya Sankochaka, Artava janana, Ama pachana, Jwaraghna and Vishahara.

Rogaghna - Unmada, Apasmara, Atatvabhinivesha, Yoshapasmara, Gadodvega, Anxiety, Raktachapa, Krimi, Vibandha, Ajirna, Psychosomatic disorders, Alpartava, Sootika roga, Visha roga, Jwara, Kamadhikyata and Mania.

Chemical constituents - Root contains more than 50 alkaloids. Major alkaloids are Reserpine, Ajmaline, Ajmalicine, Serpentine, Rescinnanine, Yohimbine, Sarpentinine, Reserpilline, Sarpagine, Indobine and Ajmalimine. Other phytochemicals are Sterols, Triterpenoids, minute amounts of Flavonoids, glycosides, resins and saponins.

Pharmacological actions

Antihypertensive, sedative and tranquilising, Hypnotic, Antipsychotic and Antiarrhythmic.

Formulations - Sarpagandha choorna, Sarpagandha vati, Sarpagandha yoga, Sarpagandha satva, Sarpagandhadi vati.

Clinical indications^{6,7,8}.

1. Mania
2. Maniac depressive psychosis
3. Epilepsy
4. Anxiety
5. Hypertension
6. ADHD
7. Amenorrhoea
8. Irritable bowel syndrome
9. Eczema
10. Jara roga
11. Thyrotoxicosis
12. Alcoholic liver disease
13. Korsakoff's psychosis
14. Schizophrenia
15. Hysteria
16. Ischemic heart disease
17. Palpitation
18. Phobia
19. Tobacco addiction
20. Chronic psychological stress situations
21. Non specific head ache
22. Drug abuse

Amayika Prayoga^{9,10}.

Mania - Sarpagandha tablets are given with Saraswatarishta and Shirodhara.

Maniac depressive psychosis - Shirodhara, Tailabhyanga are given with Sarpagandha vati, Medhya vati and Bramhi ghrita.

Epilepsy - Maha Vata Vidhwansana rasa is given with Saraswatarishta and Sarpagandha vati.

Anxiety - Sarpagandha vati is given with Shankhapushpi syrup and Medhya vati.

Hypertension - Sarpagandha tablet is given with Punarnavadi mandoora and Punarnavasava.

ADHD - Abhyanga, Shirodhara are given with Bramhi vati and Sarpagandha vati.

Amenorrhoea - Pishacha Karpasa (Ulat kambal) is given with Sarpagandha vati and Rajapravartini vati.

Irritable bowel syndrome - Sarpagandha tablets is given with Kutajarishta and Bilvavaleha and Lavana bhaskara choorna.

Eczema - Maha manjishtadi kashaya, Arogyavardhini vati are given with Sarpagandha tablets

Jara roga - Saraswatarishta is given with Yogaraja guggulu and Sarpagandha vati.

Insomnia - Sarpagandha vati is given with Jatamamsi choorna.

Thyrotoxicosis - Sarpagandha vati is given with Ajamamsa rasayana and Arjunarishta.

Alcoholic liver disease - Sarpagandha vati is given with Arogyavardhini vati and Phalatrikadi Kashaya.

Korsakoff's psychosis - Sarpagandha vati is given with Saraswatarishta and Arogyavardhinivati.

Schizophrenia - Saraswatarishta, Manasa mitra vataka are given with Sarpagandha vati.

Hysteria - Tagara tablet is given with Medhya vati and Sarpagandha vati.

Ischaemic heart disease - Arjunarishta and Prabhakara vati are given with Sarpagandha vati.

Palpitation - Ashwagandharishta and Bramhi vati are given with Sarpagandha tablets. Phobia - Counsellingis done with administration of Sarpagandha vati and Saraswatarishta.

Tobacco addiction - Sarpagandha vati is given with Bramhi ghrita.

Chronic psychological stress situations - Shankhapushpi syrup is given with Medhya vati and Sarpagandha vati.

Head ache - Pathyadi Kadha is given with Laghu Sootha Shekhara vati and Sarpagandha tablets.

Drug abuse - Sarpagandha vati is given with Medhya vati, Bramhi ghrita and Arogyavardhini tablets

Discussion

Sarpagandha (Rauvolfia serpentina) is a drug which is mainly acting on central nervous system and Brain. It acts as tranquiliser, CNS depressant and hypnotic at different doses. It is having Tikta rasa, Rooksha guna, Katu Vipaka, Ushna Virya and Nidrajanana in Prabhava. It is mainly given in various mental disorders psychosomatic diseases and diseases associated with insomnia. It is having potent hypotensive action also. The main constituent is reserpine - an alkaloid which causes depletion in dopamine in regions of brain and causes reduction in blood pressure and induces sleep. Since it is having antistress, Medhya, Rasayana actions, it is used mainly in as add on therapy in different types of psychosomatic disorders. In epilepsy, mania, anxiety neurosis and disorders associated with insomnia, it is effective. As an adjuvant, it is given in various disorders like Eczema, Thyrotoxicosis and irritable bowel syndrome. In some patients, it induces nasal congestion and mental depression. In tobacco addiction and drug abuse its actions are sedative and CNS depressant. It reduces excessive sexual drive also.

Conclusion

1. Sarpagandha (Rauvolfia serpentina) is mainly effective in mental disorders and various psychosomatic diseases.
2. In some patients, it causes mental depression and nasal congestion.
3. In the management of Psychosomatic disorders, it is given as an adjuvant or an add on therapy.

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