



## Research Article

## Clinical Indication of *Kalyan sarpi* – An Experiential and Ayurvedic View

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| Abstract  | Manuscript Information   |
|---|--|
| <p>The science of medicine came into existence with the existence of life because the science of medicine was the need of life and since then it has been developing. Gradually, many diseases have become more prevalent as science and time advance. Different pathies based on different doctrines with their vivid understandings of the different diseases tried to give specific theories. Ayurveda is a science that has specific doctrines based on which it flourishes. Its diagnostic approach is based on Nidana Panchaka. In Ayurveda, the special drug for many diseases is <i>Kalyan sarpi</i>. So, in this research paper, <i>Kalyan sarpi</i> is one of them. So, this paper aims to present the details of <i>Kalyan sarpi</i></p> | <ul style="list-style-type: none"> <li>▪ ISSN No: 2583-7397</li> <li>▪ Received: 28-11-2023</li> <li>▪ Accepted: 29-12-2023</li> <li>▪ Published: 28-02-2024</li> <li>▪ IJCRM:3(1); 2024:245-248</li> <li>▪ ©2024, All Rights Reserved</li> <li>▪ Plagiarism Checked: Yes</li> <li>▪ Peer Review Process: Yes</li> </ul> |
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**Keyword:** Sarpi, Visha, Doshaja, Panchaka, Smriti dourbalya, Jwara

### INTRODUCTION

The drug is said to be ideal which curing diseases without any side effects. Emphasizing this fact, Ayurveda gave a comprehensive approach to the complete knowledge of the drugs, right from the procurement, identification, processing, and application. Every physician might know the medicinal value of every drug. Along with this, it is a Physician's responsibility to know the medicinal properties of the drugs clinically *i.e.* by experience. Drugs that are specifically used for the treatment of many diseases are *Kalyan sarpi*. This drug cures the Pandu, Unmada, *Apasmara*, Kasa, Kandu, Visha, *Prameha*,

*Jwara*, *Dourbalya*, and Smriti *dourbalya*. Only a few *oushada yogas* are used in many diseases.

### MATERIAL AND METHODS

Ayurvedic view of *Kalyan sarpi*. So, details of *Kalyan sarpi* are as follows -

#### *Kalyanaka sarpi*

(su. k. 6/ 8-11)

विडङ्गत्रिफलादन्तीभद्रदारुहरेणवः |

तालीशपत्रमञ्जिष्ठाकेशरोत्पलपद्मकम् ॥८॥  
 दाडिमं मालतीपुष्पं रजन्यौ सारिवे स्थिरे ।  
 प्रियङ्गुस्तगरं कुष्ठं बृहत्यौ चैलवालुकम् ॥९॥  
 सचन्दनगवाक्षीभिरेतैः सिद्धं विषापहम् ।  
 सर्पिः कल्याणकं हेतद्वहापस्मारनाशनम् ॥१०॥  
 पाण्डुवामयगरश्वासमन्दाग्निज्वरकासनुत् ।  
 शोषिणामल्पशुक्राणां वन्ध्यानां च प्रशस्यते ॥११॥

### Contents

1. *vidang*,
2. *danti*,
3. *devadaru*,
4. *harenu*,
5. *talishpatra*,
6. *manjishtha*,
7. *triphala*,

8. *daruhaldi*,
9. *prishnaparni*,
10. *tagara*,
11. *kesar*,
12. *utpala*,
13. *padmaksha*,
14. *dadim*,
15. *chamelipushp*
16. *haldi*,
17. *sarivadvaya*,
18. *shalparni*,
19. *priyangu*,
20. *indrayana*
21. *chandana*,
22. *kushtha*,
23. *brihatidvaya*,
24. *elvaluka*

| Name        | Latin name                   | Family               | Properties (Ayurved)   | Properties (Modern)   |
|-------------|------------------------------|----------------------|--|---|
| Vidang      | <i>Embelia ribes</i>         | <i>Myrsinaceae</i>   | <b>Rasa:</b> katu, kashaya<br><b>Guna:</b> laghu, ruksha, teekshna, sara<br><b>Virya:</b> ushna<br><b>Vipaka:</b> katu<br><b>Doshakarma:</b> kapha- vata shamaka                     | Antioxidant, Anti-inflammatory, Cardioprotective, Hepatoprotective  |
| Haritaki    | <i>Terminalia chebula</i>    | <i>Combretaceae</i>  | <b>Rasa:</b> Madhura<br>Amla, Kaṭu<br>Tikta, Kashaya<br><b>Guna:</b> laghu, ruksha, sara<br><b>Virya:</b> ushna<br><b>Vipaka:</b> madhur<br><b>Doshakarma:</b> Tridoshaghna vataghna | Antioxidant, Anti-inflammatory, Cardioprotective, Hepatoprotective  |
| Bibhitaki   | <i>Terminalia bellerica</i>  | <i>Combretaceae</i>  | <b>Rasa:</b> Kashaya<br><b>Guna:</b> laghu, ruksha,<br><b>Virya:</b> ushna<br><b>Vipaka:</b> madhur<br><b>Doshakarma:</b> Tridoshaghna Kaphaghna                                     | Antioxidant, Anti-inflammatory, Cardioprotective, Hepatoprotective  |
| Amalki      | <i>Embellica officinalis</i> | <i>Euphorbiaceae</i> | <b>Rasa:</b> madhura, amla<br><b>Guna:</b> guru, ruksha<br><b>Virya:</b> ushna<br><b>Vipaka:</b> amla<br><b>Doshakarma:</b> Tridoshaghna Pittahamaka                                 | Antioxidant, Anti-inflammatory, Cardioprotective, Hepatoprotective  |
| Danti       | <i>Baliospermum montanum</i> | <i>Euphorbiaceae</i> | <b>Rasa :</b> guru, katu<br><b>Guna :</b> guru, tikshna<br><b>Virya :</b> ushna<br><b>Vipaka :</b> katu<br><b>Doshakarma:</b> kafa- pittahara  | Anti-inflammatory, purgative, laxative, anthelmintic, diuretic, diaphoretic, rubefacient, febrifuge and tonic |
| Devadaru    | <i>Cedrus deodara</i>        | <i>Pinaceae</i>      | <b>Rasa:</b> tikta, katu, kashaya<br><b>Guna:</b> ruksha, laghu<br><b>Virya:</b> ushna<br><b>Vipaka:</b> katu<br><b>Doshakarma:</b> Kapha- vatahara                                  | anti-allergic and anti-inflammatory, anticonvulsant, antiulcer, carminative, analgesic, antimicrobial         |
| Harenu      | <i>Vitex agnus-castus</i>    | <i>Verbenaceae</i>   | <b>Rasa:</b> Katu, Tiktha<br><b>Guna:</b> Laghu<br><b>Virya:</b> Anushna<br><b>Vipaka:</b> Katu<br><b>Dosha Karma:</b> Pittala   | Anti- angiogenic, antioxidant, anti-inflammatory  |
| Talishpatra | <i>Abies webbiana</i>        | <i>Pinaceae</i>      | <b>Rasa:</b> Madhur, tikta<br><b>Guna:</b> laghu, tikshna<br><b>Virya:</b> ushna<br><b>Vipaka:</b> katu<br><b>Doshakarma:</b> Vata- Kapha hara                                       | anti-inflammatory, antifertility, febrifuge, central nervous system depressant property, antibacterial        |

|                |                               |                        |   |   |
|----------------|-------------------------------|------------------------|---|---|
| Manjishtha     | <i>Rubia cordifolia</i>       | <i>Rubiaceae</i>       | <b>Rasa:</b> tikta, kashya, Madhura<br><b>Guna:</b> guru, ruksha<br><b>Virya:</b> ushna<br><b>Vipaka:</b> katu<br><b>Doshakarma:</b> kafa pittahara                 | anti inflammatory, analgesic and antioxidant  |
| Kesar          | <i>Crocus sativus</i>         | <i>Iridaceae</i>       | <b>Rasa:</b> katu, tikta<br><b>Guna:</b> snigdha<br><b>Virya:</b> ushna<br><b>Vipaka:</b> katu<br><b>Doshakarma:</b> tridosahara                                    | antispasmodic, eupeptic, sedative, carminative, diaphoretic, expectorant, stomachic, stimulant, aphrodisiac, antioxidants, anti-depressant, anxiolytic, antineoplastic  |
| Utpala         | <i>Nymphaea nouchali</i>      | <i>Nymphaeaceae</i>    | <b>Rasa:</b> kashaya, Madhur, tikta<br><b>Guna:</b> laghu, snigdha, picchila<br><b>Virya:</b> shita<br><b>Vipaka:</b> madhur<br><b>Doshakarma:</b> Kapha- pittahara | diuretic, anti diabetic, and anti-inflammatory  |
| padmaksha,     | <i>Prunus cerasoides</i>      | <i>Rosaceae</i>        | <b>Rasa:</b> kashaya, tikta<br><b>Guna:</b> laghu, snigdha<br><b>Virya:</b> shita<br><b>Vipaka:</b> katu<br><b>Doshakarma:</b> Kapha- pittahara                     | Antibacterial, antimicrobial, anti-inflammatory   |
| dadim,         | <i>Punicaeae</i>              | <i>Punica granatum</i> | <b>Rasa:</b> madhur, amla, kashaya<br><b>Guna:</b> laghu, snigdha<br><b>Virya:</b> anushna<br><b>Vipaka:</b> madhur, amla<br><b>Doshakarma:</b> tridosahara         | Antioxidant, anti-inflammatory  |
| Chamelipushp   | <i>Jasminum grandiflorum</i>  | <i>Oleaceae</i>        | <b>Rasa:</b> tikta, kashaya<br><b>Guna:</b> laghu, snigdha<br><b>Virya:</b> ushna<br><b>Vipaka:</b> katu<br><b>Doshakarma:</b> Tridosahara                          | odontalgic, thermogenic, aphrodisiac, antiseptic, emollient, anthelmintic, deobstruant, suppurative, antimicrobial, insecticidal, antioxidant, antifertility and dermatological effects   |
| Haldi          | <i>Curcuma longa</i>          | <i>Zingiberaceae</i>   | <b>Rasa:</b> tikta, katu<br><b>Guna:</b> laghu, ruksha<br><b>Virya:</b> ushna<br><b>Vipaka:</b> katu<br><b>Doshakarma:</b> Kapha-pittahara                          | Anti-inflammatory, antibacterial, antidiabetic, anthelmintic, hepatoprotective, hypo-lipidemic, antihistaminic, antifungal  |
| daruhaldi,     | <i>Berberis aristata</i>      | <i>Berberidaceae</i>   | <b>Rasa:</b> tikta, kashaya<br><b>Guna:</b> laghu, ruksha,<br><b>Virya:</b> ushna<br><b>Vipaka:</b> katu<br><b>Doshakarma:</b> Kapha- pittahara                     | Antibacterial, antidiarrheal, antipyretic, antidiabetic, anticancer, hepatoprotective, anti-inflammatory, antioxidant, antiplatelet, cardiogenic, antifungal  |
| Krishna sariva | <i>Cryptolepis buehanani</i>  | <i>Asclepiadaceae</i>  | <b>Rasa:</b> madhur, tikta<br><b>Guna:</b> guru, snigdha<br><b>Virya:</b> shita<br><b>Vipaka:</b> madhur<br><b>Doshakarma:</b> tridosahara                          | Alterative, Tonic, Demulcent, Diaphoretic, Diuretic, Antiallergic, antimicrobial, anticancer, antipyretic, rejuvenative   |
| Shveta sariva  | <i>Hemidesmus indicus</i>     | <i>Asclepiadaceae</i>  | <b>Rasa:</b> madhur, tikta<br><b>Guna:</b> guru, snigdha<br><b>Virya:</b> shita<br><b>Vipaka:</b> madhur<br><b>Doshakarma:</b> tridosahara                          | Alterative, Tonic, Demulcent, Diaphoretic, Diuretic, Antiallergic, antipyretic, antimicrobial, anticancer, rejuvenative   |
| shalparni,     | <i>Desmodium gangetium</i>    | <i>Fabaceae</i>        | <b>Rasa:</b> madhura, tikta<br><b>Guna:</b> guru, snigdha<br><b>Virya:</b> ushna<br><b>Vipaka:</b> madhur<br><b>Doshakarma:</b> tridoshasama                        | febrifuge, aphrodisiac, analgesic, diuretic, anti-inflammatory, and haemorrhagic<br>Anti-inflammatory, Carminative, Rejuvenative, Aphrodisiac, Febrifuge, Expectorant, Diuretic, Anti-dysenteric, Anti-diarrhoeal, Galactagogue |
| prishnaparni,  | <i>Uraria picta</i>           | <i>Fabaceae</i>        | <b>Rasa:</b> Madhur, tikta<br><b>Guna:</b> laghu, snigdha<br><b>Virya:</b> ushna<br><b>Vipaka:</b> madhura<br><b>Doshakarma:</b> tridosahara                        | anti-inflammatory, expectorant, and diuretic  |
| priyangu,      | <i>Callicarpa macrophylla</i> | <i>Verbenaceae</i>     | <b>Rasa:</b> Tikta, Kashaya, Madhur<br><b>Guna:</b> laghu, ruksha<br><b>Virya:</b> shita<br><b>Vipaka:</b> katu<br><b>Doshakarma:</b> tridoshashamaka               | Anti-inflammatory, antibacterial, analgesic, anti-arthritic, antifungal, antidiabetic, Cytotoxic, acute toxicity and phytotoxic activity, Hepatoprotective  |

|               |                              |                      |  |  |
|---------------|------------------------------|----------------------|--|--|
| tagara,       | <i>Valeriana walichi</i>     | <i>Valerianaceae</i> | <b>Rasa:</b> Tikta, Katu,<br>Kashaya <b>Guna:</b> laghu, snigdha<br><b>Virya:</b> ushna<br><b>Vipaka:</b> katu<br><b>Doshakarma:</b> kapha-vata shamaka        | Antioxidant, Anti-inflammatory,<br>Cardioprotective, Hepatoprotective  |
| kushtha,      | <i>Saussurea lappa</i>       | <i>Asteraceae</i>    | <b>Rasa:</b> tikta, katu, madhura<br><b>Guna:</b> laghu, ruksha, tikshna<br><b>Virya:</b> ushna<br><b>Vipaka:</b> katu<br><b>Doshakarma:</b> kafa- vata shamak | Laxative, Diuretic, Stimulant, and<br>Alternative, Anti-convulsant, Anti-<br>hysterical, Digestant, Carminative,<br>Appetizer, Analgesic, Uterine<br>stimulant, Emmenagogue,<br>Lactagogue |
| brihatidvaya, | <i>Solanum indicum</i>       | <i>Solanaceae</i>    | <b>Rasa:</b> katu, tikta<br><b>Guna:</b> laghu, ruksha<br><b>Virya:</b> ushna<br><b>Vipaka:</b> katu<br><b>Doshakarma:</b> kafa- vata shamak                   | antioxidant, anticancer, anti-<br>inflammatory, diuretic,<br>immunomodulatory, diaphoretic,<br>expectorant and stimulant   |
| elvaluka,     | <i>Prunus cerasus</i>        | <i>Rosaceae</i>      | <b>Rasa:</b> kashaya<br><b>Guna:</b> laghu<br><b>Virya:</b> shita<br><b>Vipaka:</b> katu<br><b>Doshakarma:</b> Kafa- Vatashamaka                               |  |
| chandana,     | <i>Santalum album</i>        | <i>Santalaceae</i>   | <b>Rasa:</b> tikta, madhur<br><b>Guna:</b> laghu, ruksha<br><b>Virya:</b> shita<br><b>Vipaka:</b> katu<br><b>Doshakarma:</b> kapha- pitta shamaka              | Anti-bacterial, anti-viral, antifungal,<br>antioxidant, antipyretic, haemostatic,<br>cooling   |
| Indrayana     | <i>Citrullus colocynthis</i> | <i>Cucurbitaceae</i> | <b>Rasa:</b> Tikta<br><b>Guna:</b> laghu, ruksha, tikshna<br><b>Virya:</b> ushna<br><b>Vipaka:</b> katu<br><b>Doshakarma:</b> kafa- pittahara                  | antioxidant, anti-inflammatory, anti-<br>diabetic, and antibacterial   |

### Indications

- Visha
- Pandu
- Unmade
- Apasmara
- Kasa
- Kandu
- Prameha
- Jwara
- Dourbalya
- Smriti dourbalya

### CONCLUSION

- *Kalyan sarpi* is best for many diseases like Prameha etc.
- It is also instrumental in Mental disorders.

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