



INTERNATIONAL JOURNAL OF CREATIVE RESEARCH THOUGHTS (IJCRT)

An International Open Access, Peer-reviewed, Refereed Journal

“A Review Of Upvisha With Special References To Plant Snuhi.”

¹ Dr Yatharth Abhay Dorle

M.D. (Ras Shashtra and Bhaishajya Kalpana)

Designation - Assistant professor/Lecturer- Agad tantra Department.

Dr Deepak Patil Ayurvedic Medical College, Borpadale, Kolhapur, Maharashtra.

²Dr Pratik Ganeshlal Baldota

M.D. (Sharir Kriya), - Assistant professor/ Lecturer

Shivajirao Pawar Ayurvedic Medical College and Research Centre,

At – Pachegaon Tal. Newasa. Dist. Ahmadnagar.

³ Dr Chaitanya Anandkumar Purwat

B.A.M.S. M.S. (Streerog & Prasuti Tantra) Designation: Consultant

Shivajirao Pawar Ayurvedic Medical College and Research Centre,

At – Pachegaon. Tal. Newasa Dist. Ahmadnagar.

Abstract:

Euphorbia neriifolia Linn (Indian Spurge tree, Hedge Euphorbia commonly known as Snuhi belong to the family Euphorbiaceae, is one of the different species of Euphorbia genus plants, with wide range of local medicinal uses throughout the areas in which it is grown.

The drug snuhi is employed as an important ingredient of various classical preparations. Euphorol and Nerifolene are the major active constituents in it. It should be used with great caution since the plant can be toxic to mammals. This article is focusing on the details of Snhui – Name, Properties, Types, Guna Karma, Uses etc.

Introduction: Snuhi, Euphorbia neriifolia Linn

In Ayurveda, Upavisa are the group of drugs which were less toxic in nature and not so lethal but produces certain toxic symptoms on consumptions or administration. Snuhi is one among the upavisa and a well-known plant in Indian system of medicine.¹

Acharya Charak explained the snuhi in details in chapter 10 in kalpasthan under the heading Sudhakalpaadhyaya. Charak Mentioned the two types of snuhi ie Alpa kantik & Bahu kantik. Charakacharya mentioned it in Virechana Dravya and its twenty virechana formulation in sudha kalpa adhyaya of kalpasthan. Bahukantika snuhi is considered as Sreshtha because of its drastic purgatives action latex is useful in preparation of Ksharsutra which one of the best medicine in Ayurveda for Bhagandara.²

Euphorbia neriifolia - Indian ethno-medicinal plant which was to be scientifically proved with different pharmacological activities such as laxative, carminative, bronchitis, tumors, leucoderma, piles, inflammation, enlargement of spleen, anemia, ulcers, fever and for wound healing along with some harmful effect to human being especially latex of plant.³

Material & Methods:

Methods: A literature survey.

Botanical name: Euphorbia neriifolia

Family: Euphorbiaceae

Sanskrit Name: Snuk, Guda, Nanda, Nistish patrak.

Ayurveda - Sthavara visha varga, Upavisha

Hindi name - Sehund, Danda thukar.

English name: Indian spurge tree

Ayurvedic properties:

Guna – Laghu, Tikshna, Snigdha,

Rasa – katu

Virya – Ushna,

Vipaka – Katu

Karma – Kapha-vatahara, Dipana, Tikshna virechana, Shodhana, Shophakar, Shoolahar, Vishahara, Vrana shodhana

Fatal Dose: Root Powder: 0.5-1g, Stem Juice: 5-10ml, Milky Latex: 125-50mg.

Fatal Period: 12 hrs

Distribution: *Euphorbia neriifolia* grows widely around the dry, rocky and hilly areas of north, central and South India mostly in Deccan Peninsula and Orissa. It is indigenous plant of South Asia, but now locally cultivated and naturalizing in Sri Lanka, India, Burma (Myanmar), Bangladesh, Thailand and throughout the Malaysian region except for Borneo; also occasionally cultivated in other topical regions. It is also found in E. Asia - S. China, Vietnam, and New Guinea. *Euphorbia* is an herb and deciduous. The parts of the plant that grow above the ground are used to make medicine.⁴

Morphological Description:

Euphorbia neriifolia is cultivated in gardens, and is apparently spontaneous. Small erect fleshy glabrous shrub, erect, branches $\frac{3}{4}$ in diameter jointed cylindric or obscurely 5-angled with sharp stipular thorns arising from thick subconfluent tubercles in 5 irregular rows like cactus.⁵

Botanical Distribution: *Euphorbia neriifolia*, is a bitter, xerophytic, prickly, succulent shrubby, fleshy, large, erect much branched shrub.

Chemical Constituents:

Phytochemical investigations on *Euphorbia neriifolia* yielded in the isolation of several classes of secondary metabolites, many of which expressed biological activities such as Euphol (8,24- euphadien-3 β -ol), monohydroxy triterpenes, nerifoliol, taraxerol, flavonoids, steroidal saponins, sugar, tannins, alkaloids, β -amyryon, glut-5. Etc.

Medicinal use:

Plants are bitter, laxative, carminative, acrid, pungent, improves appetite, abortifacient, digestive, expectorant, depurative, febrifuge, stomachic, vermifuge, useful in abdominal troubles, bronchitis, tumors, loss of consciousness, asthma, leucoderma, piles, inflammation, enlargement of spleen, anemia, ulcers, cutaneous diseases, dropsy, dyspepsia, pain, flatulence intermittent fever, fever and in chronic respiratory troubles.

Neriifolia is used as laxative, purgative, rubefacient, carminative and expectorant as well as in treatment of whooping cough, gonorrhoea, leprosy, asthma, dyspepsia, jaundice, enlargement of the spleen, tumours, stone in the bladder, abdominal troubles and leukoderma.⁶

Leaves are brittle, heating, carminative, and good for improving the appetite and treatment of tumours, pains, inflammations, abdominal swellings and bronchial infections. Roots are used as symptomatic treatment of snake bite, scorpion sting and antispasmodic.⁷

E. neriifolia latex is one of the constituents of "Kshaarasootra", which is used in Indian medicine to heal analfistula.

Toxic effect:

Ocular toxicity caused by various species of Euphorbia ranges from mild conjunctivitis to severe kerato-uveitis and even permanent blindness in some cases. Euphorbia species also have been reported to cause corneal scarring, photo dermatitis, and corneal ulceration.⁸

The latex portion of the plant is actually regarded as the toxic part in the plant [10]. a. The plant is poisonous and skin contact with the sap can cause blistering: The milky latex or sap of Euphorbia species is found to be toxic and may cause intense inflammation of the skin and the eye. Ocular toxic reaction ranges from mild conjunctivitis to severe kerato-uveitis.⁹

Research work:

Various plant parts or whole *E. nerifolia* extract and its isolates have been reported scientifically using various in-vivo and in-vitro experimental methods for anaesthetic, analgesic, anti-anxiety, anti-convulsant, anti-psychotic, anti-arthritis, anti-carcinogenic, antidiabetic, anti-diarrhoeal, anti-inflammatory, anti-thrombotic, antimicrobial, antioxidant, antiulcer, cytotoxic, death-receptor expression enhancing, dermal irritation, diuretic, haemolytic, immunomodulatory, radioprotective, scorpion venom and wound healing properties.

Conclusion:

1. *Euphorbia nerifolia* can be used as medicinal purpose with very caution because of toxic effects.
2. Poisonous plants which are included in visha and upavisha category can give quick relief in various diseases with purification.

References:

1. Dr. Ravindra Anirudha Mirgane* Snuhi, WJPR.
2. Charak Samhita, kalpa 10.
3. <https://biomedres.us/fulltexts/BJSTR.MS.ID.000523>
4. IBID
5. IBID
6. www.Sciencedirect.com.
7. <https://pubmed.ncbi.nlm.nih.gov/28647179/>
8. www.Sciencedirect.com.
9. <https://biomedres.us/pdfs/BJSTR.MS.ID.000523.pdf>