

Clinical Indications of Laghu Sootha Shekhara Vati - An Experiential and Scientific View¹

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Date of Receiving: 09 July 2023, Date of Acceptance: 09 Aug 2023, Date of Publication: 16 Aug 2023

ABSTRACT

Gutika and Vati preparation are widely used in Ayurveda practice. Now standardisation of drugs is of utmost importance and the goal is to make Ayurveda formulation and drugs available as safe, cost effective and affordable also. Laghu sootha shekhara vati contains shuddha gairika, shunthi choorna and Tamboola swarasa. It is mainly given in head ache, respiratory disorders, mental diseases, skin diseases effectively. The ingredients are having the actions like dipana, pachana, hridya, madhura, Katu, and Kashaya rasayukta and rasayana actions.

The present paper highlights about the clinical indications of Laghu Southa Shekhara vati in an experiential and scientific view.

Keywords: *Laghu Southa shekhara vati; Ayurveda; Headache; mental disorders*

INTRODUCTION

Laghu Sootha shekhara vati is usually given in the treatment of headaches, respiratory disorders, mental disorders and skin diseases.

Ingredients –

1. Shuddha gairika
2. Shunthi choorna
3. Tambula swarasa

Shunti (*Zingiber officinalis*)

Guru, ushna, Tikshna guna, Katurasa gukta, Madhura vipaka, Ushna virya, Kaphavata nashaka, Triptighna, Rechana, Dipana, pachana, vatanulomana, shoola prashamana, kasa shwasahara, srotoshodhaka, Anurjata hara, sheetapittahara.2.

Tamboola (Piper betel)– Laghu, ruksha, Tikshnaguna, Katu tikta rasa, Katu vipaka, ushna virya, Jantughna, Putihara, uttejaka, shothahara, vedanasthapana, Mukhavaishadya Karaka, durgandha nashaka, Lala praseka janaka, Rechana, Dipana, Panchana, Anulomana, Hridya, Balya and Vajikarana. 3.

¹ How to cite the article: Acharya S., Ballal M., Acharya R.S., Jul-Sep 2023, Clinical Indications of Laghu Sootha Shekhara Vati - An Experiential and Scientific View, *International Journal of Pharmacy and Pharmaceutical Studies*, Vol 7, Issue 3, 24-26

Shuddha Gairika – Purified Red Ochre.

Madhura Kashaya rasayukta, snigdha guna, sheeta virya, Netrya, Rakta pittahara, Vamana nashaka, Vishahara, Kandughna, Sheetapittahara. 4.5.

Aim and objectives

To study the clinical indications of Laghu sootha shekhara vati in an experiential and scientific view.

Methods

The information related to the subject is taken from Samhitas, sangraha granthas, research monographs, journals, contemporary literature, internet and from personal experiences and the matter is compiled.

Preparation

At first gairika choorna is purified by giving bhavana with godugdha and trituration. Afterwards shunthi choorna is mixed and after adding sufficient Tambula swarasa it is trituated. Then chanaka Pramana pills are prepared and dried. Afterwards it is stored in Air proof bottles for use.

Actions 6.7.

1. Katu, Madhura and Kashaya rasayukta
2. Dipana
3. Pachana
4. Amapachana
5. Rasayana
6. Hridya
7. CNS stimulant
8. Antistress
9. Anxiolytic
10. Antiallergic
11. Kaphavatahara
12. Rochaka
13. Raktapittahara

Indications

1. Shirahshoda
2. Kasa
3. Tamaka shwasa
4. Pratishyaya
5. Pinasa
6. Deviated Nasal septum
7. Nasal polyps
8. Anxiety neurosis
9. Mental depression
10. Urticaria
11. Tinea infection on skin
12. Chronic bronchitis
13. Conditions associated with itching
14. Ardhavabhedaka
15. Viral fever
16. Rhinitis
17. Caryza

Amayika Prayoga

1. Shirahshoola – It is given with Pathyadi Kadha.
2. Kasa – It is given with sitopaladi choorna and vasakarishtha.8,9.
3. Tamaka shesasa – It is given with somasava, Mrityunjaya rasa and Talisadi choorna
4. Pratishyaya – It is given with Naradiya laxmivilasa rasa and poushkaradi Kashaya
5. Pinasa – It is given with Tribhuvan kriti rasa and pippalyasava
6. Deviated Nasal septum – It is given with pushkaramoolasava and vrinapahari rasa

Nasal Polyp – It is given with Roudra Rasa and Poushkaradi Kashaya.

Anxiety neurosis – It is given with saraswatarishta and shrirodhara.

Mental depression – Same

Urticaria – It is given with mixture of sarivadyasava and chandanasa

Kaphaja Unmada – It is given with Ajamoda nasya and Jatamansi choorna and shankha pushpi syrup. 10.

Ringworm infection of the skin – It is given with Mahatiktakam kashayam and chakramarda taila external application or application of salicylic acid ointment.

Chronic bronchitis – It is given with pushkaramoolasava vasakarishtha and taleesa patra vataka.

Itching - it is given with mixture of sarivadyasava and chandanasa

Ardhavadhedaka – It is given with Pathyadi Kashaya and mrityunjaya rasa or Shirahshooladi bajra rasa

Viral fever – with tribhuvana kriti rasa and Amritarishta

Rhinitis – It is given with Naradiya laxmi vilasa rasa and pippalyadyasava

Coryza – It is given with Maha laxmi vilasa and Poushkaradi Kashaya or Dashamoola Katutraya Kashaya.

DISCUSSION

Gutika and vati formulations are widely used by Ayurveda physicians. Vyoshadi vati, chandraprabha vati, khadiradi vati, vijayasara ghana vati, triphala vati, and Mukkadi vati are some vati preparations which are used in general practice. Laghu sootha shekhara vati is commonly used in respiratory disorders, headache, skin diseases associated with itching and mental disorders. Because of Gairika, it is pittahara, snigdha and rakta pittahara in action. Shunthi is kaphavatahara, CNS stimulant and anti-allergic also. Tambula swarasa is katutikta rasayukta, Hridya and Ruchi prada in action.

CONCLUSION

1. Laghu sootha shekhara vati is effectively given in the management of respiratory disorders, headaches, skin diseases associated with itching and mental disorders.
2. It has least adverse drug reaction, even after its prolonged use.
3. In some patients it has shown constipation.
4. When given with disease specific medicines as an adjuvant, it has shown desired results.

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