

## REVIEW OF EFFECT OF STRYCHNOS NUXVOMICA ON VARIOUS DISEASES OCCURRING IN PERSON BORN WITH ASHWINI NAKSHATRA

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### ABSTRACT :

**Introduction:** Ayurved and astrology are proven to be an Indian heritage. They both are established with scientific base. Now a day they have got worldwide acceptance. Aim of both the sciences is mainly concerned with human health i.e. physical and mental status. It is seen that there is a massive impact of planets, status of planets at the time of birth in the horoscope as well as constellations in our day to day life. Indian astrology has stated 27 *Nakshatras* (Constellations). Constellation means a group of specific stars in the sky. Each *Nakshatra* is indicated with one particular plant species known as *Aaradhy vriksha* (worshipped plant). In the same way *Strychnos Nuxvomica* is the plant stated for *Ashwini Nakshatra*.

**Aims and objectives:-** To know the significance behind the indication of *Strychnos Nuxvomica* in *Ashwini Nakshatra* is the aim of this study. Person belonging to *Ashwini Nakshatra* has probability of getting specific diseases according to status of planets and *Ashwini Nakshatra*. Mode of action of *Strychnos Nuxvomica* in those particular diseases will be discussed in detail so as to get correlation between indication of *Strychnos Nuxvomica* and diseases occurring in *Ashwini Nakshatra*.

**Key words:** *Strychnos Nuxvomica*, *Ashwini Nakshatra*, constellation, *aaradhy vriksha*,

**INTRODUCTION:** As we know that Ayurved and astrology both are ancient sciences. They both are correlated with each other. Both the sciences deal with physical and mental wellbeing of human. To achieve this wellbeing Indian Astrology has indicated a specific *aaradhy vriksha* (worshipped plant) for specific *Nakshatra* (Constellation). According to *Nakshatra*, human being is always dominated by presence of Sun, Moon and other planetary structures. Various gems and pearls are indicated to subside or to enhance the effect of planetary structures. But to purchase gems or pearls is too costly for poor or common man. So use of part of specific *aaradhy vriksha* (worshipped

plant) is suggested as a substitute for that particular gem. It is believed that the dominance of weak and obstacle causing factor can be minimized by wearing and wrapping part of *aaradhy vriksha* (worshipped plant) around the body. If the person recite Hymn (*mantra*) of his particular *Nakshatra* sitting under the tree, his all problems get solved and get good results. The idea behind this is to use that plant in some form or other in treating various diseases as that worshipped plant also has natural medicinal properties. Hence in present topic the effect of *Strychnos Nuxvomica* is studied as it is indicated as *aaradhy vriksha* (worshipped plant) for person born with *Ashwini Nakshatra*.

**Ashwini Nakshatra :** Constellation is a group of specific stars which form a pattern in the night sky. In Indian astrology 27 Nakshatras (Constellations) are stated. *Ashwini Nakshatra* (Constellation) is one of the constellations stated in Indian Astrology. *Ashwini Nakshatra* is situated at  $0^0$  to  $13^0 26'$  in the Aries zodiac sign. It is shaped like a mouth or face of horse and there are three stars situated in it. This constellation has windy nature (*Vata prakriti*). It directs towards the human body above the legs. It has blood red colour. It is divine constellation. The general information about *Ashwini Nakshatra* is as follows-

*Nadi - Aaddyaa nadi*

*Devata (God) -Ashwini Kumar*

*Yoni - Ashwa*

*Tatva -Vayu*

*Gana -Dev*

*Guna - Satva guna*

*Aaradhyavriksha-Kuchala*

*Nakshatra adhipati – Ketu*

*Ketu* is the Lord of *Ashwini Nakshatra*. Unlike any *Nakshatra*, *Ashwini Nakshatra* has four *Charan* (Phase). All the four *Charan* form *Mesha Rashi* (Aries zodiac sign). *Mangal* (Mars) is the Lord of *Mesha Rashi*. It also has huge influence on *Ashwini Nakshatra*.<sup>[6]</sup> The Nirayana Surya stays in this *Nakshatra* from 14<sup>th</sup> April to 27<sup>th</sup> April. Out of the four *Charana* (phase) in first phase it stays from 14<sup>th</sup> April to 17<sup>th</sup> April, in second phase from 17<sup>th</sup> April to 20<sup>th</sup> April, in third phase on 20<sup>th</sup> April and in fourth phase on 21<sup>st</sup> April. [1]

***Strychnos nuxvomica (Kupilu) :***

*Gana* - not mentioned.

Botanical name - *Strychnos nuxvomica* Linn.

Family - Loganiaceae.

Sankrit names-*Vishatinduka, Kakatinduka, Kakapiluka, Karaskara, Mushakavisha*. Regional names - *Kuchala* (Hindi), *Kunchila* (Bengali), *Kuchla* (Marathi), *Jherkuchla* (Gujrathi), *Yettikottai* (Tamil), *Mushini, Ginjalu* (Telugu), *Nux-vomica* (English).

**Introduction:** *Kupilu* is mentioned as a tree abundantly available near township. But its identity with *nux-vomica* is doubtful. Similarly, *Vishamustica* is mentioned by Sushruta in the *Surasadi gana*. However it is not possible to identify the same with *Strychnos Nuxvomica*. *Dalhana* in this context described it as *Raja Nimba*. Review of literature indicates that *Brihat Trayi* texts and *Dhanvantari Nighantu* did not mention *Vishatinduka* or *Kupilu*. *Shodhala* denoted it as *Vishatinduka* while *Bhavamishra* described it as *Kakatinduka* or *Kupilu*. *Kaiyadeva* quoted a drug *Vishamushti* which may be *Nux-vomica* according to the author. *Rajanighantu* described five kinds of *Vishamushti* viz. *Vishamushti, Keshamushti, Sumushti, Anumushtica* and *Ksupadodi*.

**Description:** It is an evergreen glabrous tree. Leaves- Ovate, 5- nerved, glabrous, shining, obtuse. Flowers- Greenish-white, born on terminal pubescent pedunculate, corymbose cymes. Fruits- Large, about 4cm in diameter, globose berries, yellow when ripe. Seeds- Many, about 1.25 cm in diameter and discoid.

**Flowering and fruiting time:** Flowers during March-April and Fruits ripen during winter.

**Parts used:** Seeds, root bark.

**Kinds and varieties:** In ethnomedicine other species of the same genus are in vogue in Telangana area of Andhra Pradesh. It is noticed that these species are



being used in the name of different kinds of 'Mushini'. *Strychnos cinnamomifolia* is the other species in vogue whose root bark extract showed muscle-relaxant activity.

**Distribution:** It is found throughout tropical India, Uttar Pradesh, Bihar, Odisha and West Bengal ascending up to an altitude of 1350 mt.

#### Pharmacodynamics:

**Rasa :** *Katu, Tikta.*

**Guna :** *Laghu, Ruksha, Tikshna.*

**Virya :** *Ushna.*

**Doshakarma :** *Kapha-Vataghna.*

#### Action and properties:

**Karma:** *Vatashamaka, Vedanasthapana, Shothahara, Kushthaghna, Kandughna, Jvaraghna.*

Nervous system: *Vatashamak, Vedanasthapana and Tiksna* hence stimulant to the nerves,

It gives strength to the nerves.

Digestive system: *Deepana, Paehana, Grahi, Vatashamak.*

Circulatory system: Heart stimulant, Increases blood pressure.

Respiratory system: *Kaphaghna, Kasahar.*

Reproductive system: *Vajikar* (Aphrodisiac).

Urinary system: Gives strength to the nerves and muscles of the urinary bladder.

Skin: *Kushthagnha, Kandughna, Swedapanayana.*

#### Rogaghnata:

- *Ardita, Pakshaghata, Urustambha, Grudhrasi.*
- *Agnimandya, Aamashaya shotha, Aamdosha, Grahani, Arsha, Aamashaya shaithilya and stabdhata, Abdominal pain.*
- *Hridaya shaithilya, Hridroga janya Shotha, Pericarditis, disorders related to valves of the heart.*
- *Vataj Kasa, Tamaka Shvasa.*

- Dystonic urinary bladder, Bed wetting, Urinary incontinence in old age.
- *Early ejaculation in males.*
- *Kushtha, Kandu (Pruritis).*
- *Vata-Kapha- Pradhana Vishamjvara.*

**[4] Discussion :** Ashwini Nakshatra has *Aadya nadi* and *Pruthvi tatva* hence the person born with this Nakshatra has *Vata prakruti*. So the person belonging to this Nakshatra has higher chances of getting diseases due to vitiated *Vata*. Because of its *Usha guna*, *Strychnos nuxvomica* performs *Vataghna* action. If it is given in excessive dose or in impure form, it leads to *Ojakshaya* and vitiation of *Vata* which further leads to convulsions. Hence we can say that *Strychnos nuxvomica* has action on nerves and also on nervous system. Ashwini Nakshatra has four *Charan* (Phases). All these four *Charan* form *Mesh Rashi* (Aries zodiac sign). *Mesh Rashi* (Aries) has influence on head of the body. Brain is situated in the head. Hence Ashwini Nakshatra works on Nervous system of the body. Mars also has influence on *Majja Dhatu*. *Strychnos nuxvomica* is *Vatashamak, Vedanasthapak* and having *Tikshna guna*, hence it gives strength and stimulation to the nerves. Hence it is used in *Vatavikara* like *Ardita, Pakshaghata, Urustambha* and *Grudhrasi*. It gives strength to the nerves and muscles related to the urinary bladder. Hence it is also useful in dystonic urinary bladder, bed wetting in children and urinary incontinence in old age. All the four *Charan* of Ashwini Nakshatra form *Mesh Rashi* (Aries). The Lord of *Mesh Rashi* is Mars. Mars is known to cause all type of *Jvara*. *Strychnos nuxvomica* mainly works on *Vata-Kapha- pradhana Vishamjvara*. It performs *Dhatugata Dosha Shodhana* and



*Shamana Karma.* In such conditions purified *Kuchala* (*Strychnos nuxvomica*) with equal quantity of *Maricha* powder is rubbed with decoction of *Indrayana* fruits and converted in to pills. It relieves constipation and fever caused by *Vata*. The Lord of *Ashwini Nakshatra* is planet *Ketu*. *Ketu* is the planet known to cause *Vrana* and *Kushtha vikara* (Skin diseases). *Strychnos nuxvomica* alleviates *dushta Kapha*, hence it works as *Kushthaghna* and *Kandughna* (anti pruritic). Because of its *Ruksha guna*, *Strychnos nuxvomica* leads to *swedapnayana karma* (decrease sweating) hence it is useful in excessive sweating and *Kushtha* (skin disease).

**CONCLUSION:** After discussing *rasadi* properties of *Strychnos nuxvomica* and diseases occurring in person born with *Ashwini Nakshatra* people it can be stated that mentioned *Aaradhyा vriksha* has *rasadi* properties in accordance with the diseases occurring in *Ashwini Nakshatra* people. Hence *Strychnos nuxvomica* is *Aaradhyा vriksha* for *Ashwini Nakshatra* people.

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