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Clinical Indications Of *Usheerasava* An Experiential And Scientific View

Prof Shripathi Acharya G¹, Rajeshwari S Acharya²

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1. Director Academic and WHO Collaborator Muniyal institute of Ayurveda Medical Sciences Manipal India
2. SDM College of Ayurveda Udupi India

Corresponding Author:- Prof Shripathi Acharya G, Director Academic and WHO Collaborator Muniyal institute of Ayurveda Medical Sciences Manipal India Email: shripathi_acharya@yahoo.co.in

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ABSTRACT: -

Asavarishtas are formulations of Ayurveda which contain natural self-generated alcohol and can be preserved for longer time. *Vasakarishtha*, *Ashokarishtha*, *Balarishtha*, *Arjunarishtha*, *Ashwagandharishtha*, *Vidangarishtha*, and *Khadirarishtha* are few *Asavarishtha* preparations which are commonly used in general clinical practice. *Usheerasava* is one such preparation which is given in *Paittika* disorders. It is usually given in *Raktapitta*, Constipation, Menorrhagia, Metrorrhagia, Poly-menorrhea, *Guda Gata Raktapitta*, Hemorrhoids, *Nasagata Raktapitta*, *Pleeha Vriddhi*, and skin disorders. It contains *Sheeta Virya* (cold) drugs like *Usheera*, *Chandana*, *Kumuda* and *Kamala* which pacifies vitiated pitta in the body and relieves *Pittaja* disorders. The present paper highlights about the clinical indications of *Usheerasava* in an experiential and scientific view.

Key words: *Usheerasava*, *Ayurveda*, *Asavarishtas*



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INTRODUCTION

Usheerasava is commonly used in *Pittaja* and skin diseases. It is a *Sandhaniya* formulation which is having ingredients with actions like *Sheetaguna*, *Pittahara*, *Dahahara*, *Pakahara*, Anti-inflammatory, Anti-infective, And Urinary Antiseptic Actions. *Asavarishtas* contain 9.5 % self-generated alcohol, hence having *Dipana*(appetizer), *Pachana*(digestive) and sedative actions. It also can be preserved for prolonged period as it is having alcohol content. It should be given to the patient along with equal quantity of water usually after the food.^{[1],[2]}

Ingredients of *Usheerasava*

- *Kamal / Lotus (Flower) – Nelumbo Nucifera*
- *Ushira / Vetiver (Root) – Vetiveria Zizanioides*
- *Priyangu (Flower) – Callicarpa Macrophylla*
- *Lodhra Stem (Bark) – Symplocos Racemosa*
- *Padmaka / Padmakh (Stem) – Prunus Cerasoides*
- *Gambhari (Root / Stem Bark) – Gmelina Arborea*
- *Neelotpala / Neel Kamal / Blue Water Lily (Flower) – Nymphaea Stellata*
- *Safed Kamal / White Lotus (Flower)*
- *Patha (Root / Whole Plant) – Cissampelos Pareira*
- *Hribera (Root) – Coleus Vettiveroides*
- *Dhanvayasa (Whole Plant) – Fogonia Cretica*
- *Manjishta (Root) – Rubia Cordifolia*
- *Kiratatikta (Whole Plant)- Swertia Chirata*
- *Shati (Rhizome) – Hedychium Spicatum*
- *Pundarika Kamala (Flower) – Nelumbo Nucifera*
- *Kanchanara (Stem Bark) – Bauhinia Variegata*
- *Patola (Leaf) – Trichosanthes Dioica*
- *Udumbara / Gular (Root / Stem Bark) – Ficus Racemosa*
- *Nyagrodha (Root / Stem Bark) – Ficus Bengalensis*
- *Shalmali (Exudate) – Salmalia Malabarica*

- *Parpataka (Whole Plant) – Fumaria Parviflora*
- *Jambu / Jamun / Java Plum (Stem Bark) – Syzygium Cumini*
- *Dhataki (Flower) – Woodfordia Fruticosa*
- *Draksha (Raisins)*
- *Warm Water*
- *Shahad – Honey*
- *Munakka*
- *Shakara – Sugar*
- *Jatamansi – Nardostachys Jatamansi*
- *Kali Mirch / Black Pepper (Fine Powder) – Piper Nigrum*

Preparation

Fermentation vessel is fumigated with some *Jatamansi* Roots and *Maricha* (*Piper nigrum*). After anointing the interior with ghee, water is poured and *Draksha*, *Dhataki*, *Shakara* and *Madhu* are crushed and added and stirred to dissolve. Then coarse powder of 1 to 21 are added and stored for one month. Afterwards it is filtered.

Actions^{[3],[4],[5]}

1. *Dipana* (appetizer)
2. *Pachana* (digestive)
3. *Raktapitta hara*
4. *Pittahara*
5. *Dahahara*
6. *Pakahara*
7. *Urinary antiseptic*
8. *Mootradaha hara*
9. *Mootrakricchra hara*
10. *Mala vatanulomana*
11. *Haemostyptic*
12. *Kandooghna*(anti pruritic)
13. *Kushthaghna*
14. *Vatapittahara*
15. *Sheetagunayukta*
16. *Vrana ropana*(wound healer)

Clinical indications ^{[6],[7]}

1. *Raktapitta*
2. Hemorrhoids

3. Nasal bleeding
4. *Daha*(burning sensation)
5. *Kandu*(itching)
6. Furunculosis
7. Scabies
8. Skin abscess
9. Impetigo
10. *Sheetapitta*(urticaria)
11. *Udarda*
12. Urticaria
13. *Padadari*
14. *Kitibha*
15. *Ekakushtha*
16. Psoriasis
17. *Gudagata raktapitta*
18. Malena
19. Epistaxis
20. *Mootradaha* (burning micturition)
21. UTI
22. *Mootrakricchra* (dysuria)
23. *Pooyameha*
24. Paronychia

Amayika prayoga (Internal use) ^{[8][9]}

Raktapitta – It is given with *Chandrakala rasa*, *Pravala panchamrita rasa* and *bolabaddha rasa*.

Hemorrhoids – It is given with *Triphala* tablets and *Manibadra Guda*.

Nasal bleeding - It is given with *Pravala panchamrita rasa* and *Doorva Swarasa Nasya*.

Daha- It is given with *Chandanadi Taila* *Abhyanga* and *Mukta Panchamrita Rasa* internally.

Kandu – It is given with *Laghu Soota Shekhara Rasa* and *Arogyavardhini Vati*.

Furunculosis - It is given with *Mahatiktakam kashayam* and *Arogyavardhini Vati*.

Scabies – It is given with *Gandhaka rasayana* and *Gandhaka Malahara* externally .

Skin abscess – It is given with *Vrinapahari Rasa*, *Gandhaka Rasayana* and *Mahatiktakam Kashaya*

Impetigo – It is given with *Gandhaka Rasayana*

and *Arogyavardhini Vati*.

Sheetapitta – It is given with *Laghu Soota Shekhara Vati* and *Haridra Khanda*.

Udarda – do.

Urticaria - do.

Padadari – It is given with *Shuddha Gandhaka* and *Siktha Taila* externally.

Kitibha – It is given with *Stri Kutaja Taila* both internally and external application and *Mahatiktakam Kashayam* .

Ekakushtha – do.

Psoriasis - It is given with *Maha Manjishthadi Kashaya Arogyavardhini Vati*, and *Stri Kutaja Taila* application.

Guda gata raktapitta - It is given with *Triphala* tablets and *Abhayarishta* .

Malena – It is given with *Pravala Panchamrita Rasa* And *Triphala* tablets.

Epistaxis - *Doorva Swarasa Nasya* And *Raktapitta Kula Kandana Rasa*.

Mootradaha (burning sensation)- It is given with *Gandhaka Rasayana* , *Chandraprabha Vati*.

UTI – It is given with *Chandraprabha Vati* And *Chandanasaava*.

Mootrakricchra (Dysuria) - *Varunadi Kashaya* And *Chandraprabha Vati*.

Pooyameha – It is given with *Swarna raja vangeshwara rasa* and *chandraprabha vati*.

Paronychia - It is given with *Gandhaka Rasayana* and *Gandhaka Malahara* externally .

DISCUSSION

Usheerasava is a *sandhaniya* and fermented formulation which is given in *Pittaja*, inflammatory and some skin disorders. It is commonly given in *Raktapitta*, epistaxis, hemorrhoids, splenomegaly, chronic constipation, Malena, *Gudagata Raktapitta* , *Nasagata Raktapitta* , *Malabandha*, *Kitibha*, *Ekakushtha*, Psoriasis , Furunculosis , Scabies , Paronychia , *Udarda*, *Sheetapitta* , Urticaria

And UTI. It is having the ingredients having actions like *Dipana*(appetizer), *Pachana* (digestive), *Urinary Antiseptic*, *Pittahara*, *Dahahara*, *Kandughna*(anti-itching), *Rakta Shodhaka* (blood purifier), antistress, adaptogenic, anti-bacterial, bactericidal, anti-infective and *Rasayana* (rejuvenator) actions. It is given in some acute as well as chronic disorders .

CONCLUSION

1. *Usheerasava* is a *Asavarishta* formulation usually given in *Pittaja* and skin diseases.
2. Even in prolonged administration, it doesn't produce any serious adverse drug reactions.
3. With suitable adjuvant drugs it has shown good outcome in various disorders.

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