



## Review of Shunthi (*Zingiber officinale* Rosc.) in Ayurvedic Literature

Authors

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### ABSTRACT

*Shunthi (Zingiber officinale Rosc.) belongs to Zingiberaceae family. It is a perennial erect herb with a creeping tuberous rhizome. Root stock horizontal, tuberous, aromatic, stout, rhizome with erect leafy stems 0.6-1.4 meter high. Stem elongated, leafy, 15-150 cm. tall. Leaves narrow, linear, sessile and sub sessile on the sheaths, with an alternative base, acuminate, glabrous, 10-50 cm. long lower part surrounding the stem, 5-10 inch long, smooth, ligule glabrous and sheaths glabrous. Flowers- shoot up to 12 cm long, clothed with sheaths; bracts 2-5 cm x 2 cm, light green; corolla tube light yellow, lip orbicular, dull purple with creamy blotches. Flowering and fruiting during July – September. It is cultivated almost throughout India. Shunthi, mahaushdh, vishw, nagar, vishwbheshaj, vishvaushadh, katugranthi, katubhadr, katushn, sauparn, shringver, kafari, aardrak, shoshan, nagar are its various synonyms found in ayurvedic texts. Rasa -Katu, Guna – snigdha, virya – ushna, vipaka – Madhura are properties of this drug. Drug is shothahara and Vata-kaphahara and used as deepana and bhedana. It is used in various disease like shula, amavata, aadhyamana, atisara, shlipada, kasa, shwasa, hridroga, shopha, hikka, vibandha, rakttapita, pandu, vrana, jvara, kustha, agnimandya etc.*

**Keywords:** *Shunthi, Zingiberaceae, Vata-Kafahara.*

### INTRODUCTION

Ayurvedic medicine is one of the world oldest medicine systems. It originated in India more than 5000 years ago remains one of the traditional health care system. The term Ayurveda combines the Sanskrit words Ayur (life), Veda (science or knowledge). The aim of Ayurveda is to prevent illness, heal the sick and preserve life. This can be summed up of follows,

To protect health and prolong life ‘Swasthya sswasthya rakshanam’.

To eliminate diseases and dysfunction of the body ‘Aturasya vicar prashamanamcha’<sup>1</sup>.

Dravyaguna is an essential part, of Ayurveda. Dravyaguna vigyana depends upon the following

basic principles i.e. Rasa (taste including chemical composition), guna (physical properties), virya (dynamic property), vipak (metabolic property), prabhava (specific properties), karma (action).

Name, synonyms, morphology, rasa, guna, virya, vipaka, prabhava, and karma of drugs are mentioned in drayaguna vigyana. shunthi is mentioned in various ayurvedic literature. A review regarding the literature of present study drug *Shunthi* is presented as references available from various Ayurvedic literature.

### VEDIC GRANTHAS

There are very few descriptions seen about *Shunthi* as Visvabhesaja, Mahausadh etc. In Guhayasutra the word *Shunthi* is being used as a

Trinaveshsha i.e., described as a representative drug for kusha. This word Shunthi is used for 'Alpakaya' or 'Hrasva'.

### SAMHITA GRANTHAS

In samhita granthas Shunthi has been mentioned at numerous places for various diseases i.e. Jvara, Kasa, Gulma, Amavata etc. in different formulations.

### CHARAKA SAMHITA: (1000B.C- 4<sup>th</sup> Cent.A.D)

In Charaka samhita name of Shunthi has appeared first time in sutrasthana 4<sup>th</sup>chapter; here this is

used in Mandagni as an ingredient of Deepaniya mahakasaya. Shunthi is placed in Deepaniya, Mahakasaya, Trptighna, Mahakasaya, Arsoghna, Mahakasaya, Sitaprasamana Mahakasaya and sula Prasama Mahakasaya. The name of Preparations, indications, and references of Shunthi are enlisted below.

**Table no.1**

S.N.	Preparation\group	Indiations\ Actions	References
1	Deepaniya Mahakasaya	Deepana, Mandagni	Su. 4/6
2	Trptighana Mahakasaya	Aruchi	Su.4/11
3	Arsoghana Mahakasaya	Arsa	Su 4/12
4	Sitaprasamana Mahakasaya	Jvara	Su 2/42
5	Sulaprasamana Mahakasaya	Shula	Su 4/45
6	Siddha taila	Snehana	Su13/86
7	Kwatha	Krmiapakarsana	Vi7/17
8	Yavagu	Krmiapakarsana	Vi7/19
9	Katuskanda	Kaphaja Roga	Vi8/142
10	Sirovirecana Dravyakalpsamgraha	Sirovirecana	Vi8/151
11	Agurvadya taila	Jvara	Chi3/267
12	Pippalyadyaghrita	Vatikgulma	Chi5/74
13	Yavagu	Atisara	Chi.8/125
14	Pathyadi Churna	Yakshma	Chi8/126
15	Saindhavadi Churna	Kshata Kshina Chikitsa	Chi11/85
16	Sadava	Yakshma Roga	Chi11/88
17	Shunthi Kalpa	Kshata Kshina Chikitsa	Chi11/92
18	Kwatha	Svayathu Chikitsa	Chi12/24
19	Kwatha	Kaphaja Shotha	Chi12/70
20	Vidangadi Kshara	Udararoga Chikitsa	Chi13/80
21	Shunthi Churna	Kaphodara	Chi13/104
22	Nagaradi Churna	Udararoga	Chi13/115
23	Shunthi kshira	Udararoga	Chi13/153
24	Kshara vatika	Udararoga	Chi13/163
25	Peya	Shushkarsa	Chi14/89
26	Pippalyadi Ghrita	Arsa	Chi14/104
27	Pippalimuladi Ghrita	Arsa	Chi14/105
28	Dadimadi Ghrita	Panduroga	Chi16/44
29	Duralabhadileha	Kasa Chikitsa	Chi18/50
30	Saindhavadi Yoga	Kasa Chikitsa	Chi18/63
31	Kwatha	Kasa Chikitsa	Chi18/112
32	Pathyadi kalka	Kasa Chikitsa	Chi18/114
33	Nagaradi Kalka	Kasa Chikitsa	Chi18/115
34	Pacaka Jala	Atisara	Chi19/22
35	Dravyadi Ghrita	Atisara	Chi19/80
36	Drakshadi Sitakasaya	Visarpa Chikitsa	Chi21/58
37	Churna	Bicchhu Chikitsa	Chi23/208
38	Bijapurakadi Madya	Madayata Chikitsa	Chi24/121
39	Hingwadi Churna	Pliha,Udararoga, Ajirna,Visucika	Chi26/22
40	Kaserukadi Ghrita	Pittajahrdayaroga	Chi26/94

41	Katphaladi Kashaya	Kaphajahrdayaroga	Chi26/97
42	Krsnadi Churna	Kaphajahrdayaroga	Chi26/97
43	Kshira paka	Pittajapinasa	Chi26/144
44	Hingvadi taila	Trimarmiya Chikitsa	Chi26/222
45	Devadarvadi Taila	Trimarmiya Chikitsa	Chi26/223
46	Gandha Taila	Trimarmiya Chikitsa	Chi26/224
47	Kshara Taila	Trimarmiya Chikitsa	Chi26/226
48	Saindhavadi Taila	Urustambha Chikitsa	Chi27/45
49	Svadanstra Taila	Vatavyadhi Chikitsa	Chi28/147
50	Mulaka Taila	Vatavyadhi Chikitsa	Chi28/168
51	Sukumaraka Taila	Vatavyadhi Chikitsa	Chi29/99
52	Pusyanuga Churna	Yonivyapat Chikitsa	Chi30/92
53	Pancakoladilepa	Yonivyapat Chikitsa	Chi30/264

### SUSURATA SAMHITA (1000B.C-5<sup>th</sup> cent. A.D)

First of all Shusurta has mentioned Shunthi in Shutrasthana Chapter 38<sup>th</sup> in Pratisaraniya Kshara.

**Table no.2**

He placed Shunthi in Pippalyadi Gana and trikatu.<sup>2</sup>

S.N.	Preparations/group of drugs	Indications/Actions	References
1	Pippalayadi Gana	Pratisaya, Aruchi	Su38/22
2	Trikatu	Prameha, Kustha, Tvakaroga	Su38/58
3	Virechana dravya	Slesma Vikara	Su44/20
4	Churna	Virechana	Su44/65
5	Besavara	Vata Vikara	Su46/369
6	Churna	Ajrna	Su.46/519
7	Siddha Kshira	Vata Vyadhi	Sa.10/18
8	Siddha Kshira	Vata vyadhi	Sa.10/68
9	Kwatha	Vataja vatarakta	Chi5/7
10	Kalka	Kaphaja Vatarakta	Chi5/10
11	Swarasa	Vatavyadhi, karnashula	Chi5/24
12	Takra	Arsa Chikitsa	Chi6/13
13	Siddha Kshira	Kaphaja Arsa	Chi6/16
14	Dhanavanatra Ghrita	Prameha Pidika	Chi12/5
15	Churna	Virechana	Chi14/10
16	Satpala Ghrita	Udararoga	Chi14/14
17	Churna	Mudhagarbha	Chi15/20
18	Churna	Galagandaroga	Chi18/51
19	Churna	Vidradhi Chikitsa	Chi16/33
20	Kalka	Kaphajaslipada Chikitsa	Chi19/57
21	Churna	Shopha Chikitsa	Chi23/12
22	Churna	Chhuchhndra visa	Ka.7/17
23	Kalka	Svedanartha	Ka.8/45
24	Anjana	Shushkakshipaka	U.9/20
25	Lepa	Slesmabhisya	U.11/6
26	Anjana	Netrakandu Shopha	U.11/17
27	Anjana	Netrapaka	U.12/44
28	Lepa	Netravedna, Lalima	U.17/90
29	Swarasa	Karnashula	U.21/18
30	Swarasa	Karnashula	U.21/25
31	Churna	Atisara	U.40/36
32	Churna	Amatisara	U.40/42
33	Churna	Amatisara	U.40/49

34	Churna	Pittatisara	U.40/65
35	Churna	Pakvatisara	U.40/71
36	Churna	Atisara	U.40/132
37	Churna	Pravahika	U.40/154
38	Churna	Kaphajasula	U.42/110
39	Churna	Vatajahridaroga	U.43/12
40	Churna	Kamala Chikitsa	U.44/33
41	Churna	Panajirna	U47/38
42	Churna	Trisnasamaka	U.47/80
43	Kshirapaka	Hikkahara	U50/23
44	Srngayadi Ghrita	Swasa, Kasa,	U.51/21
45	Leha	Swasa, Kasa	U.51/34
46	Phalatrikadi Churna	Kasahara	U.52/15
47	Pathyadi Churna	Kasahara	U.52/16
48	Devadarvadi Kwatha	Udavarta	U.55/45
49	Sirsadi Varti	Grabhada	U.60/43

**ASTANGA HRDAYA (700A.D)****Table no.3**

S.N.	Preparations/group of drug	Indications/Actions	References
1	Swarasa	Pratishyaya	Su.3/23
2	Katu rasa	Vrishya	Su.10/35
3	Siddha Jala	Pacana, Jvarahara	chi.1/15
4	Peya	Hitakara in Jvara	Chi1/26
5	Peya	Atisara	Chi 1/27
6	Sita Kashaya	Jvara, Pinasa, Kasa	Chi.1/45
7	Kwatha	Kapha jvara	Chi1/54
8	Kwatha	Pitta kapha jvara	Chi1/61
9	Kwatha	Pitta kapha jvara	Chi1/62
10	Mansarasa	Jvara	Chi1/77
11	Siddha dugdha	Trisna, Daha, Jvara	Chi1/109
12	Siddha dugdha	Jvara, Kasa	Chi.1/114
13	Peya	Raktapitta	Chi. 2/16
14	Siddha Kshira	Gudmargagami Raktapitta	Chi.2/40
15	Churna	Vataj Kasa	Chi.3/13
16	Churna	Kasa	Chi.3/15
17	Leha	Kaphaja Kasa	Chi.3/46
18	Amritaprasa Ghrita	Kasa	Chi.3/94
19	Kusmanda rasayana	Kasa Chikitsa	Chi.3/115
20	Sadava Churna	Kasa	Chi.3/145
21	Churna	Kasa	Chi3/174
22	Churna	Swasa, Hikka Cikitsa	Chi4/32
23	Churna	Rajayakshma	Chi.5/45
24	Kalka	Vataja Chhardi	Chi.6/9
25	Kwatha	Parsvashula, Hridroga, Swasroga	Chi.6/28
26	Dadimadi churna	Apatantraka, Hirdoga, Swasaghna	Chi6/30
27	Siddha Jala	Trinsa	Chi6/36
28	Siddha Ghrita	Paittika Hridoga	Chi6/48
29	Churna	Hridroga	Chi6/52
30	Kwatha	Vataja Madatya	Chi7/17
31	Kwatha	Madatya	Chi7/26
32	Sita kashaya	Kaphaja Madatya	Chi7/33
33	Mansarasa	Kaphaja Madatya	Ci7/38
34	Kasisadi Taila	Arsa	Chi8/15
35	Peya	Arsa	Chi8/86
36	Kwatha	Raktarsa	Chi8/102
37	Yavanyadi Churna	Raktarsa	Chi8/115

38	Kwatha	Atisara	Chi9/6
39	Siddha Ghrita	Pakwatisara	Chi9/18
40	Kwatha	Pittatisara	Chi9/58
41	Pathadi Kwatha/churna	Slesmatisara	Chi9/105
42	Talisadi Vati	Grahani	Chi10/16
43	Shunthyadi yoga	Gulma	Chi14/41
44	Chitrakadi kwatha	Shula, Anaha, vibandha	Chi14/48
45	Danti –Haritaki Paka	Gulma	Chi14/94
46	Hingavadi Kashara	Udararoga	Chi15/71
47	Ksharagutika	Ajirna, Shotha, Udarroga	Chi15/104
48	Takra	Jalodra	Chi15/128
49	Drakshadi Awaleha	Pandu and kamla	Chi16/30
50	Churna	Svayathu	Chi17/2
51	Lepa	Ekanga Shopha	Chi1729
52	Churna	Vata-Kaphaja Hridaya –Shula	Chi21/37
53	Churna	Pravahika	Ka.3/15
54	Kwatha	Kshiralasaka	U.2/25
55	Kalka	Talukantaka	U.2/66
56	Churna	Pothaki	U.9/21
57	Nasaya	Kaphaja Timara	U.13/68
58	Ghrita Paka	Putaka	U.20/18
59	Churna	Upkusha	U.22/31
60	Siddha kshira	Vataja Slipada	U.30/10
61	Pusyanuga Churna	Yoni roga	U.30/47
62	Shuthyadi Rasayana	Rasayana	U.39/104

**BHELA SAMHITA: (1000B.C)****Table no.4**

S.N.	Preparations/group of drugs	Indications/Actions	References
1	Nagaradi Ghrita	Vishama Jvara	Chi2/20
2	Tryusanadi Ghrita	Grahani Arsa	Chi.2/23
3	Dasanga Ghrita	Kasa, Swasa	Chi.5/17
4	Dadhika Ghrita	Rakta Gulma	Chi.5/25
5	Satpala Ghrita	Grahni	Chi5/32
6	Churna	Prameha	Chi7/11
7	Dasamulad Taila	Slipada	Chi.14/16
8	Changeri Ghrita	Raktarsa	Chi16/44
9	Dantyadyayasa	Svayathu	Chi 17/21
10	Churna	Atisara, Kasa	Chi17/35

**KASYAPA SAMHITA;(600 A.D)****Table no.5**

S.N.	Preparation/group of drugs	Indication/action	References
1	Ghrita	Lehan	Lehadhyaya
2	Churna	Dugdha- Shodhana	Ksirotpatthdhyaya/19
3	Swarasa	Dugdha- Shodhana	Ksirotpatthdhyaya/19
4	Churna	Dipana	Garbhini Chikitsa
5	Ghrita	Sita Putana	Balagraha Chikitsa
6	Narachaka	Gulma,Arsa	Udavartta Chikitsa
7	Dasanga Ghrita	Vata gulma	Gulma Chikitsa/23
8	Shatpala Ghrita	Sarwa gulma	Gulma Chikitsa/25
9	Siddha Kshira	Raktaja mutrakrichhra	Mutrakrichhra chikitsa

**CHIKITSA GRANTHAS****VRINDA MADHAV****Table no.6**

S.N.	Preparations/groups of drugs	Indications/Actions	References
1	Rasnadi Kashaya	Amapachana	Chi.25/2
2	Rasnad pancaka Kwatha	Sarvangavata, Amavata	Chi.25/10
3	Rasnadisaptaka Kwatha With Nagarachurna	Janghorutrikpristha- Parsvashula Amavata	Chi25/11
4	Shunthi- Gokshura Kwatha	Samavata, katishula Pachana	Chi25/18
5	Vaisvanara Churna	Amavata, Gulma, Hridroga	Chi25/26
6	Yogaraja	Amavata, Adhyavata, Krimi	Chi25/36
7	Ajmodadi Vataka	Visvachi, Pratituni, Tuni	Chi25/63
8	S unthi Ghrita	Vataslesma Prasamana, Agnisandipan	Chi25/69

**CHAKRADATTA: (11<sup>th</sup> Century A.D)****Table no.7**

S.N	Preparations/groups of drugs	Indications/Actions	References
1	Sadangapaniya	Jvara	JvaraChikitsa-2/19
2	Visvadi Kashaya	Pitta jvara	Jvara Chikitsa-2/88
3	Sunthyadi Kwatha	Amadosa Grahani	Grahni-4/6
4	Kalyanaka leha	Jadya, Gadagada, Muktv	Vatavyadhi-22/20
5	Trayodasanga Guggulu	Katigraha, Gridhrasi, Kushtha	Vatavyadhi-22/69
6	Saindhavadya Taila	Sampurna Vataroga	Vatavyadhi-22/152
7	Amritadi Kwatha	Amayuktavatarakta	Vatarakta-23/3
8	Amritadya Ghrita	Muktrakrichhra, Udavarta, Visamajvara	Vataraktadhikara23/26
9	Amrita Guggulu	Vatarakta, Kushtha, Dustavrana	Vataraktadhikara23/53
10	Punarnava Guggulu	Vatarakta, Amavata	Vataraktadhikar-23/60
11	Satyadi kwatha	Amavata	Amavatadhikara-25/3
12	Punarnava Kwatha	Amavata	Amavatadhikara-25/3
13	Rasnadasamula kwatha	Amavata	Amavatadhikara-25/3
14	Rasanasaptaka Kwatha	Shula in Jaghanapristha, Parava Trika	Amavatadhikara-25/3
15	Vaisvanara Churna	Amavata	Amavatadhikara-25/3
16	Hingvadi Churna	Amavata	Amavatadhikara-25/3
17	Yogaraja Guggulu	Amavata	Amavatadhikara-25/3
18	Brihatsaindhavadya	Amavata	Amavatadhikara-25/3
19	Guduchi Ghrita	Amavata, Adhyavata	Amavatadhikara-25/3
21	Hingavadi Vati	Shula	Suladhikara 26/18
21	Shunthi kwatha	Hridaya shula, Parsashula	Suladhikara26/87
22	Kankayana Gutika	Gulma, Krimi, Hridroga	Gulmadhikara-27/52
23	Nagara kwatha	Vataja Hridroga	Hrdrogadhikara-31/4

**VANGASENA:****Table no.8**

S.N.	Preparations/groups of drugs	Indications/Actions	References
1	Kwatha	Jvarahara	JvaraChi-4/208
2	Kwatha	Vatikajvara	JvaraChi-4/224
3	Kwatha	Chhardi, PittaJvara	JvaraChi-4/247
4	Kwatha	Swasa, Kasa, Vidbheda	JvaraChi-4/254
5	Kwatha	Vatapitta Jvara	JvaraChi-4/291
6	Panchatikta Kwatha	All types of jvara	JvaraChi-4/318
7	Churna	Sannipataja Jvara	JvaraChi-4/431
8	Mustadi Ghana	Sannipataja Jvara	JvaraChi-4/476
9	Nagaradi Vatika	Krimi, Swayathu, Pandu	AtisaraChi-5/150
10	Shunthi Putapaka	Atisara	AtisaraChi-5/182

11	Mahabilva Taila	Atisara	AtisaraChi-5/182
12	Kwatha	JirnaAma , Grahani	Grahani Chi-6/25
13	Kwatha	Dipana, Pachana	Grahani Chi-6/28
14	Shunthi Ghrita	Grahani, Pandu, Pliha	Grahan chi-6/58
15	Nagaradha Churna	Pittaja Grahani	Grahani chi-6/70
16	Kalyana Guda	Grahani, Swasa, Kasa	Grahani Chi-6/200
17	Udakashatpala Ghrita	Arsa	Arsa Chi-7/78
18	Chandanadi Churna	Rakta pitta, Arsa, Jvara	Raktapitta Chi-11/94
20	Talisadya Churna	Rajayakshma	Rajyakshma Chi14/75
21	Churna	Amavata	AmavataChi-31/26
22	Kwatha	Amavata	Amavata Chi-31/27
23	Amritadi Churna	Amavata	Amavata Chi-31/48
24	Maharasanadi Kwatha	Amavata	Amavata Chi-31/48
25	Abhayadi Churna	All Vatik Disorders	Amavata Chi-31/48
26	Shunthi Ghrita	Amavata	Amavata Chi-31/48

**GADANIGRAHA: (12<sup>th</sup> Century)****Table no.9**

S.N	Group of drugs/Preparations	Indications/Action	References
1	Shunthyadi Pachana Kashaya	Amajvara	Jvaradhikar-1/191
2	Guduchyadi Pachana Kashaya	Jvarahara	Jvaradhikar-1/193
3	Shunthyadi Kwatha	Vatajvara	Jvaradhikar-1/219
4	Dhanyapanchaka	Amaatisara	Atisaradhikara-2/53
5	Panchamulyadi Yoga	Vataatisara	Atisaradhikara-2/56
6	Nagaradi Kashaya	Grahani	Grahanirogadhikara-3/49
7	Visvadya Churna	Grahani	Grahanirogadhikara-3/55
8	Pippalyadi Peya	Arsa	Arsodhikara-4/92
9	Bharngyadi Leha	Vataja Kasa	Kasadhikara-10/23
10	Satyadi Kwatha	Amavata	Amavatadhikara-22/16
11	Kwatha	Kukshi, Basti	Amavatadhikara-22/19
12	Panchakola Churna	Mandagni Shula	Amavatadhikara-27
13	Alambusadi Churna	Amavata	Amavatadhikara-22/29-33
14	Shunthi Ghirta	Vatarakta	Amavatadhikara-22/36-37
15	Chitrakadi Kwatha	Shula, Anaha, Gulma	Amavatadhikara-23/62
16	Haritakyadi Churna	Hridroga	Hrdrogadhikara-26/31

**SHARANGDHAR SAMHITA: (13thCent.)****Table no.10**

S.N	Group of drugs/Preparations	Indications/Action	References
1.	Shunthi Putapaka	Amatisarajanya Udarapida	Madhyamakhanda-1/39
2.	Nagaradi Kwatha	Amajvara	Madhyamakhanda-2/9
3.	Hriveradi Kwatha	Amatisara	Madhyamakhanda-2/68
4.	Triyusana Churna	Aruchi, Amadosa	Madhyamakhanda-6/12
5.	Shunthyadi Churna	Amatisara	Madhyamakhanda-6/46
6.	Vyosadi Vati	Pinasa, Swasa, Kasa, Pratisyaya	Madhyamakhanda-7/22
7.	Mahayogaraja Guggulu	Udararoga, Amavata	Madhyamakhanda-7/56
8.	Changeri Ghrita	Grahani, Arsa	Madhyamakhanda-9/20

**BHAVAPRAKASA: (16<sup>th</sup> Century A.D)****Table no.11**

S.N.	Group of drugs/Preparations	Indications/Action	References
1.	Pachana Kashaya	Jvara	Chi.1/109
2.	Satyadi Kwatha	Jvara	Chi.1/139
3.	Vridhagangadhara Churna	Atisara	Chi.2/32
4.	Hingvadi Churna	Kaphatisara	Chi.2/78
5.	Chitrakadi Vati	Amapachana, Agnidipana, Grahani	Chi.4/52
6.	Samasarkara Churna	Arsa	Chi.5/63
7.	Pippalyadi Kwatha	Kaphaja Kasa	Chi.12/25
8.	Masa taila	Avabahuka	Chi.24/84
9.	Mahayogaraja Guggulu	Amavata	Chi.24/326
10.	Hingavadya Churna	Amavata	Chi.26/31
11.	Rasnasaptaka Kwatha	Amavata	Chi.6/43
12.	Shunthi Ghrita	Amavata	Chi.26/80

**YOGARATNAKARA: (17<sup>th</sup> Century A.D.)****Table no.12**

S.No.	Group of drugs/Preparations	Indications/Action	References
1	Guduchyadi Pachana	Vatajvara	Jvara Chikitsa
2	Marichadi Churna	Vatajvara	Jvara Chikitsa
3	Kwatha	Kaphajvara	Jvara Chikitsa
4	Kwatha	Jvarapitta	Jvara Chikitsa
5	Lavangadi Churna	Kasa, Jvara, Gulma	Jvara Chikitsa
6	Satpalaghrita	Plihanasana, Visamajvara	Jvara Chikitsa
7	Kwatha	Manthara Jvara	Jvara Chikitsa
8	Churna	Jvara	Jvara Chikitsa
9	Sritakashaya	Ajirna	Atisara Chikitsa
10	Srita	Amatisara	Atisara Chikitsa
11	Laghugangadhara Churna	Pakvatisara	Atisara Chikitsa
12	Dadimavaleha	Jvaratisara	Atisara Chikitsa
13	Shunthighrita	Vataja Grahani	Grahani Chikitsa
14	Rasanandi Churna	Pittaja Grahani	Grahani Chikitsa
15	Shunthyadi Kwatha	Sarva Grahani	Grahani Chikitsa
16	Nagaradya Churna	Pittaja Grahani, Arsa	Grahani Chikitsa
17	Samasarkara Churna	Gulma, Udara Roga	Arsa Chikitsa
18	Shunthi Ghrita	Vasti, Kukshi Roga	Arsa Chikitsa
19	Kankayana Gutika	Sarva Arsa	Arsa Chikitsa
20	Bhaskaralavana Churna	Vatagulma, Shula	Ajirna Chikitsa
21	Sanjivani Gutika	Amajirna	Ajirna Chikitsa
22	Satyadi Kwatha	Pittaja Kasa	Kasa Chikitsa

**BHAISAJYA RATNAVALI: (18<sup>th</sup> Century A.D)****Table no.13**

S.No.	Preparations	Indications	References
1	Sadanagapaniya	Vatika Jvara	Chi.5/26
2	Peya	Jvara	Chi.5/29
3	Mustaparpata kwatha	Jvara	Chi.5/68
4	Nagaradi Kwatha	Vatika Jvara	Chi.5/70
5	Kiratatiktadi Kwatha	Jvara	Chi.5/72
6	Kshudradi Kwatha	Vatika Jvara	Chi.5/73
7	Pippalimuladi Kwatha	Vatika Jvara	Chi.5/74
8	Bhunimbadi Kwatha	Vatika Jvara	Chi.5/85
9	Dasamuladi Kwatha	Vatika Jvara	Chi.5/94
10	Visvadi Kwatha	Jvara	Chi.5/116
11	Nagaradi Kwatha	Paikka Jvara	Chi.5/124



12	Pachana Kwatha	Kaphaja Jvara	Chi.5/132
13	Nimbadi Kwatha	Kaphaja Jvara	Chi.5/136
14	Navanga Kwatha	Kaphaja Jvara	Chi.5/157
15	Ardrakadi Swaras	Sannipata Jvara	Chi.5/228
16	Katphaladi Kwatha	Vatolbana Jvara	Chi.5/258
17	Yograja Kwatha	Sannipata Jvara	Chi.5/272
18	Karvyadi Kwatha	Abhinyasa Jvara	Chi.5/289
19	Mahausadhadi Kwatha	Vishama Jvara	Chi.5/344
20	swalpa Bharangyadi Kwatha	Jvara	chi.5/350
21	Saubhagya Vati	Tridosaja, Jvara, Shula	chi.5/603
22	Jvara Murari Rasa	Taruna Jvara	chi.5/887
23	Peya	Jvaratisara	Chi.6/5
24	Pathadi Kwatha	Amatisara, Jvaratisara	Chi.6/8
25	Churna	Jvaratisara	Chi.6/12
26	Shunthyadi Kwatha	Jvara, Vamana, Aruchi	Chi.6/29
27	Siddha Jala	Pipasa-Atisara	Chi.7/10
28	Nagaradi Kwatha	Shulayukta Atisara	Chi.7/16
29	Chavyadi Kwatha	Slesmatisara	Chi.7/46
30	Narayana Churna	Shotha, Jvara	Chi.7/103
31	Shunthyadi Kwatha	Mandagni, Amakostha	Chi8/6
32	Nagaradi Kwatha	Amapachana	Chi8/11
33	Nagaradya Churna	Arsagrahani, Pravahika	Chi8/29-31
34	Chandanadi Kwatha	Raktarsa	Chi9/32
35	Pathwadi Kwatha	Arsa	Chi9/33
36	Samasarkara Churna	Arsa	Chi9/37
37	Nagara Churna	Amavata	Chi29/16
38	Satyadi Kwatha	Amavata	Chi29/22
39	Rasonadi Kwatha	Amavata	Chi29/23
40	Rasna Saptaka Kwatha	Janghoruparswatrika Prisithashul	Chi29/25
41	Shunthyadi Kwatha	Amavata, Katishul	Chi29/36

### SHUNTHI DESCRIBED UNDER DIFFRENT GANA/VARGA IN DIFFRENT NIGHANTUS:

NAME OF NIGHANTU	VARGA
Dhanvantri Nighantu	Shatapushpadi Varga
Madhava Dravyaguna	Kanda Varga
Madanpala Nighantu	Shunthyadi Varga
Kaiyadeva Nighantu	Oshadhi Varga
Bhavaprakash Nighantu	Haritakyadi Varga
Raja Nighantu	Pippalyadi Varga
Priya Nighantu	Pippalyadi Varga
Nighantu Adarsha	Adrakadi Varga

### NIRUKTI (DERIVATION OF NAME)

**Avakchatra** – Leaves shaped like umbrella.

**Ahicchatraka** – Flower in radical spikes on long peduncleslike serpent's hood.

**Katugranthi, Katubhadra, Srngavera** – Rhizome is nodular, Tuberos and Pungent.

**Utkata** - Its smell is irritant.

**Usana** – It causes burning sensation.

**Mahausadha, Visvabhesaja** – It is universally reputed drug applicable in numerous disorders.

**Visva** – Assimilated quickly.

### SYNONYMS OF SHUNTHI IN VARIOUS TEXTS

**Amarakosa** - Shunthi, Mahausadha, Visva, Nagara, Visvabhesaja.(2/9/38)

**Medini Kosa** – Visva, Shunthi

**Sausruta Ni.** – Srngavera, Kola, Nagara, Visvabhesaja, Shunthi, Katu, Usana (Pippalyadi150)

**Astanga Ni** -Shunthi, Mahausadha, Visva, Nagara, Visvabhesaja.

**Paryaya Ratnamala** – Visva, Mahausadha, Shunthi, Nagara, Visvabhesaja.

**Madanadi Ni.** – Shunthi, Mahausadha, Visvam, Nagara, Visvabhesaja, Visvausadh, Srngavera, Mahicchatra, Usana (Vellad4/5)

**Dhanvantari Ni.** - Shunthi, Mahausadha, Visva, Nagara, Visvabhesaja, Visvausadha, Srngavera, Katubhadra, Ardraka. (Satapuspadi Varga-2/82).

**Sodhala Ni.** – Shunthi, Mahausadha, Visva, Nagara, Visvabhesaja, Katubhanga, Vakcchatra, Srngavera, Ardraka (Satapuspadi Varga-340).

**Hrdaya Dipaka Ni.** – Shunthi, Nagara, Mahausadha, Visvabhesaja, Visvam. (Dvipada Varga-69).

**Siddhamantra** – Ardraka, Sringavera. (Kaphavataghna Varga-100).

**Madanapala Ni.** – Shunthi, Visvausadha, Katubhadra, Katutkata, Mahausadha, Sringavera, Nagara, Visvabhesaja. (Shunthyadirnama Varga-2).

**Kaiyadeva Ni.** – Shunthi, Mahausadha, Visvausadha, Visvabhesaja, Nagara, Katubhadra, Rahuchhatra, Katutkata (Ausadhi Varga-1150).

**Bhava Prakasa Ni.** – Shunthi, Visva, Visva, Nagara, Visvabhesaja, Usana, Katubhadram, Srngavera, Mahausadha (Haritakyadi Varga-44).

**Raja Ni.** – Shunthi, Mahausadha, Visva, Nagara, Visvabhesaja (Pippalyadi Varga- 24).

**Shaligrama Ni.** – Shunthi, Mahausadha, Visva, Suskadra, Visvabhesaja, Bhesaja, Srngavera, Visva, Nagara (Haritakyadi Varga- P.109).

#### INTERPRETATION OF SYNONYMS

**Shunthi** – Shunthatishoshayati kafamaamncheti shuthishoshne- having kafa and aa

**Avakchatra** – Leaves shaped like umbrella.

**Ahicchatraka** – Flower in radical spikes on long peduncleslike serpent's hood.

**Utkata** - Its smell is irritant.

**Usana** – It causes burning sensation

**Katugranthi, Katubhadra, Sringavera-** Rhizome is nodular, Tuberos and Pungen

**Mahausadha, Visvabhesaja** – It is universally reputed drug applicable in numerous disorders.

**Visva** – Assimilated quickly.

#### Synonyms signifying morphology

Avakchatra, Ahicchatraka, Katugranthi, Katubhadra, Sringavera.

#### REGIONAL NAME OF SHUNTHI

Hindi	:	Sontha, Ardraka, Adi
Beng.	:	Ada, Soonth
Mar.	:	Sunthi
Guj.	:	Sunth
Tel.	:	Sonthi, Ardrakamu
Tam.	:	Ksukku, Rukku
Urdu.	:	Adrak
Mar.	:	Ale
Bomb.	:	Adu
Pers.	:	Sangabir
Arab.	:	Zanjabil
English.	:	Dry ginger

#### RASA, GUNA, VIRYA, VIPAKA AND KARMUKTA OF SUNTHI IN NIGHANTU GRANTHAS:

Nighantu	Rasa	Guna	Virya	Vipaka	Varga	Prabhava/Karma
Sausruta. Ni.	-	-	-	-	-	-
Astanga Ni.	-	-	-	-	-	-
Paryaya Ratnamala	-	-	-	-	-	-
Madanadi Ni.	-	-	-	-	-	Grahi, Hridya, Dipana, Vrishya, Vibandhanut
Dhanvantari Ni.	katu	Snigdha	Usna	Katu	Satapuspadi varga	Vrishya, Sopha-Kapharuchihara, Vatodara, Swasa, Pandu, Slipada Nasini
Sodhala Ni.	-	-	-	-	-	-
Hrdyadipaka Ni.	-	-	-	-	-	-
Siddhamantra	-	-	-	-	-	-
Madanapala Ni.	Katu	Snigdha, Laghu	Usna	Katu	Sunthyadi varga	Kaphavata, Amavata, Vibandhanut
Kaiyadeva Ni.	Katu	Snigdha, Laghu	Usna	Madhura	Ausadhi Varga	Dipana, Vrsya, Sotha, Kaphavatajanya Roga
Bhavaprakasa Ni	Katu	Snigdha	Usna	Madhura	Haritakyadi Varga	Kaphavata, Vibandhanut, Vrsya, Swasa, Kasahara etc.
Raja Ni.	Katu	Snigdha	Usna	Katu	Pippalyadi Varga	Kaphasophanilapaha
Saligrama Ni.	Katu	Snigdha	Usna	Madhura	Haritakyadi Varga	Shula, Swasa, Shlipada
Priya Ni.					Pippayadi Varga	Vatanulomana Deepana, Pachana

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