

**"A REVIEW ON APARAJITA (CLITORIA TERNATEA) WITH SPECIAL REFERENCE TO VISHA CHIKITSA"****Savita B. Chougule**

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Email id - dr.savita15@gmail.com**ABSTRACT:**

Agadtantra is the sixth branch of ayurveda which mainly deals with *agada* i.e. the medicine with antipoisonous effects. These antipoisonous drugs are prepared by combination of several drugs. Various medicinal plants are described in ayurveda which are used in the treatment of poisoning (*Visha*), one of them is *aparajita*. In *bhavprakash nighantu* and *kaiyadev nighantu* it is mentioned as '*vishapaha*' which alleviates toxins. In *sushruta samhita* it is included in *arkadi gana* which is also *vishapaha* i.e. which eliminates poison. Pharmacological activities of *aparajita* like nephroprotective, diuretic, hepatoprotective, anti inflammatory, antihistaminic are proved. The roots, flowers, seeds and leaves are used for medicinal purpose both internally as well as externally. This review is small attempt to explore its antipoisonous formulations and antipoisonous activity.

KEY WORDS: *Aparajita*, *vishapaha*, Antipoisonous formulation (*agada*).

INTRODUCTION:

Agadtantra is the sixth branch of ayurveda which mainly deals with *agada* i.e. the

medicine with antipoisonous effects. These antipoisonous drugs are prepared by combination of several drugs. Various medicinal plants are described in ayurveda which are used in the treatment of poisoning (*visha*), one of them is *aparajita*. In *bhavprakash nighantu* and *kaiyadev nighantu* it is mentioned as '*vishapaha*' which alleviates toxins.^{1,2} In *sushruta samhita* it is included in *arkaadi gana* which is also *vishapaha* i.e. which eliminates poison.³

Aparajita grows through out india. It is a beautiful looking plant, hence cultivated in gardens. The flowers resemble in shape to cows ear, hence the synonym *gokarnika*.⁴ Two varieties, blue and white flowered are mentioned in ayurvedic texts. The roots, flowers, seeds and leaves are used for medicinal purpose both internally as well as externally.¹ This review is small attempt to explore its antipoisonous formulations and antipoisonous activity.

MATERIALS AND METHODS :

All relevant information were collected from ayurveda authentic texts, electronic database search and scientific journals.

Morphology –

Sanskrit	<i>Aparajita, Gokarnika, Aasphota, Girikarnika, Ashwakhura, Aardrakarni, Katabhi, Dadhipushpika, Gardabhi, Shitapushpi, Shwetaspanda, Shwetabhadra, Supushpi, Vishahantri, Naagparyaykarni, Shwetapushpi, Shweta, Gajkarnika, Shwetanama, Shjwetawanna, Abheda, Sheeta, Mohanashini, Vishnukranta, Vaajikhura.</i>
Hindi	<i>Aparajita</i>
Bengali	<i>Aparajita</i>
Gujrati	<i>Kaaligarani, Kaalikoyal</i>
Tamil	<i>Kaakkanam</i>
Telugu	<i>Dinten</i>
Kannad	<i>Shankhapushpa</i>
Marathi	<i>Gokarna</i>
Malayalam	<i>Shankapushpm</i>

It is a perennial twining herb having 7 leaflets, which are elliptic and obtuse. Leaves are pinnate 5-9 foliolate. Flowers are showy, blue or white, petals are unequal, style bearded below the stigma. Fruit pods are linera and compressed. The pods are 5-7 cm long, flat with 6 to 10 seed in each pod. Seeds are 6-10 and black in colour. Plant flowers in rainy season and fruits in winter.⁵

Chemical Constituents⁶ -

Root - It contain taraxerol and taraxerone.

Seed - It contain cinnamic acid and an anthoxanthin glucoside.

Seed oil - It contain palmitic, stearic, oleic, linoic and linolenic acids.

Leaves - It contain glycosides of kaempferol and stigmast-4-ene-3, 6-dione.

Flowers - It contain delphinidin – 3, 5 – diglucoside.

Table No. 1 Taxonomical Classification of *Aparajita* (*Clitoria ternatea*)⁷

Kingdom	Plantae
Order	Fabales
Family	Fabaceae
Genus	Clitoria
Species	C. ternatea
Botanical Name	Clitoria ternatea Linn.

Table No. 2 Vernacular names of *Aparajita* (*Clitoria ternatea*)⁸

Table No. 3 Pharmacological Properties of *Aparajita* according to Ayurveda⁹

Rasa	Tikta, Katu, Kashaya
Virya	Shita
Vipaka	Katu
Guna	Tikshna, Laghu
Doshakarma	Tridoshghna

Pharmacological activity according to ayurveda –

It is useful in the treatment of *udar*, *kaphavikar*, *jwar*, *mutravikar*, *galgand*, *gandmala*, *shotha*, *netrarog*, *unmad*, *aamavat*, *kushtha*, and *visha vikar*.¹

Pharmacological Activity –

1) Nephroprotective activity –

It is shown that the administration of ethanol extract of *Clitoria ternatea* has nephroprotective potential against APAP-

induced nephrotoxicity. This nephroprotective activity of *Clitoria ternatea* might be due to the synergetic effect of chemical compounds present in them making them good sources for the production of a nephroprotective herbal medicine.¹⁰

2)Diuretic Activity –

The powdered form of dried whole root and ethanol extract were evaluated for diuretic activity and only single I.V. dose of extract produce moderate increase in urinary excretion of Na, K and decrease in Cl but no change in urine volume. Also so appreciable effect seen on oral dosing.¹¹

3)Anti carcinogenic activity –

Clitoria ternatea extracts is well correlated with other reports from different plant extracts on cancer suppressing activity or anti carcinogenic activity.¹²

4)Antioxidant activity –

The plant is a rich source of phytochemicals, with high levels of phenolic compounds and antioxidant activities.¹³

5)Anti- epileptic activity – Methanol extract from the parts of *Clitoria ternatea* was screened by using pentylenetetrazol (PTZ) and maximum electroshock (MES) – induced seizures in mice at the dose of 100 mg/kg p.o. CT significantly delayed the onset of convulsions and also delayed the duration of tonic hind limb extension in MES induced convulsions.¹¹

6)Anti-microbial Activities –

The leaf was found to possess powerful antibacterial activity against *E. coli* and *V. cholera* known for causing dysentery and

S. aureus, causative agent of fever. Both extracts were shown to be bactericidal in their mode of action. The leaf extract showed stronger antibacterial activity than root extract.¹¹

7)Immunomodulatory effects –

The studies were conducted on oral administration of aqueous extract of *Clitoria ternatea* to alloxan induced diabetic rats for a duration of 60 days which significantly decreased the serum glucose and cholesterol levels. The total white blood cells, red blood cells, T-lymphocytes and B lymphocytes were significantly increased in treated animals, while monocytes and eosinophils showed an opposite trend. These results further indicate that these plant extracts have immunomodulatory effects that strengthen the immune system.¹¹

8)Anxiolytic activity –

Alcoholic extract of *Clitoria ternatea* orally at a dose of 460 mg/kg significantly prolonged the time taken to traverse the maze as produced by chlorpromazine in rat demonstrate significant effect on anxiety.¹⁴

9)Anti inflammatory, analgesic activity –

The anti-inflammatory analgesic from the flowers of *Clitoria ternatea* Linn. Showed that it exhibited significant anti inflammatory activity at dose level 200 and 400 mg/kg body weight. While the analgesic activity was exhibited at the dose level of 400 mg/kg bodyweight.¹⁵

10)Hepatoprotective activity –

The methanol, chloroform and petroleum ether extracts of roots of blue and white flowered varieties of *Clitoria ternatea* were



found to have hepatoprotective property. This was assessed by evaluating their hepatoprotective potential against carbon tetrachloride induced hepatotoxicity in rats.¹⁶

11) Wound healing activity –

The effects on wound healing were investigated using excision, incision and dead space models in rats. Seed and root extracts significantly improved wound healing property when administered orally by gavages as well applied topically as ointment which are comparable to that of cotrimoxazole ointment. The finding of this study suggested that plant possesses effects on all three phases of wound healing, inflammatory, proliferative and remodeling phase.¹⁷

12) Antidiabetic activity –

The leaf and flower extracts of *Clitoria ternatea* have a hypoglycaemic effect. The extracts were effective in regulating the biochemical indices associated with diabetes mellitus.¹⁸

13) Antihistaminic activity –

Clitoria ternatea showed antihistaminic activity using clonidine and haloperidol induced catalepsy in mice.¹⁹

14) Antidepressant, tranquillizing and sedative activity –

In a study of gross behavioural effect following the administration of an alcoholic extract of *Clitoria ternatea* aerial part in a dose range of 1-2 gm/kg in mice. The results indicate that like chlorpromazine, it possesses prominent CNS effects characterized by tranquillizing properties such as dose dependent inhibition of alertness,

diminution of spontaneous motor activity and increased sedation.²⁰

Formulations of *aparajita* in *visha chikitsa* –

A) In *sthavara* and *jangam visha chikitsa* -

Aparajita is used to prepare *yavagu* which is used in the treatment of *sthavara* and *jangama visha*.²¹

B) In Snake bite -

1. Juice of *shweta aparajita* along with *valmika mrutika* is useful in snake bite.²²
2. *Shweta aparajita* is one of the ingredient of *agad* which is used in *darveekar sarpa* (hooded snake) bite treatment.²³
3. *Shweta aparajita* is one of the ingredient of *agad* which is used in *mandali sarpa* bite treatment.²⁴
4. Powder of *sinduvara* root, *vacha* and *aparajita* is given with water in the treatment of *darveekar* snake bite poisoning.²⁵
5. Root powder of *shweta aparajita* and *sinduvara* along with water is beneficial in *darveekar* snake bite.²⁶

C) In Rat bite -

1. *Ghrita* prepared with the paste and juice of *shweta aparajita* is beneficial in rat bite poisoning.²⁷
2. *Aparajita* along with *apamarga*, *danti*, *langali* etc is used in treatment of rat bite.²⁸



3. *Aparajita* along with paste of *shweta punarnava* and honey is useful in the treatment of *kapil mooshika* (Rat)bite.²⁹

D) In Spider bite –

1. *Aparajita* along with *sinduvara*, *haridra*, *sarpgandha*, *rasna* etc. are made into paste and applied in spider poisoning predominant of *kapha*.³⁰
2. Nasal drops prepared from juice of fruit of *aparajita* is beneficial in spider bite poisoning.³¹
3. *Agad* prepared from *shirish*, *bakuchi*, *surala*, *katabhi*, *jati*, *shweta aparajita* is beneficial in spider bite poisoning.³²

E) In insect bite –

1. *Aparajita* along with *pippali*, *marich*, *apamarga* etc is used for application at bite site in *bhramar visha*.³³
2. Fume of *shweta aparajita*, *guggula*, *bhallataka*, *arjuna*

etc. destroy serpents, rats, insects and insects of clothing.³⁴

F) In fish bite –

1. *Shweta aparajita*, *shunthi*, *marich*, *pippali* along with *ghrita* is used for application in fish bite poisoning.³⁵
2. Application of powder of *aparajita*, *bhinda*, *trikatu* along with honey is beneficial in fish bite.³⁶

G) In Visha Upadrav (Complication of poisoning) –

If there is excessive bleeding due to poisoning, *suvarna bhasma* with juice or paste of *aparajita* is used for treatment.³⁷

H) In injury caused by weapon with poison -

Application of *kshara* prepared with *aparajita*, *mushkaka*, *somtwaka*, *manjishta*, *shirish* and *grudhranakhi* is useful in the treatment of injury caused by weapon with poison.³⁸



Table No. 4 Antipoison formulations containing *aparajita*

Sr. No.	Anti poisonous formulation	Ingredients	Indication
1.	<i>Mahasugandhi agada</i>	<i>Shweta aparajita</i> , <i>shirish pushpa</i> , <i>sinduvar</i> , <i>chandana</i> , <i>tagar</i> , <i>haridra</i> , <i>daruharidra</i> , <i>kushtha</i> etc.	It destroys poison of king of snake even of <i>vasuki</i> (Celestial serpent). ³⁹
2.	<i>Amruta ghrita</i> (<i>Sushruta samhita</i>)	Seeds of <i>apamarga</i> and <i>shirish</i> , <i>shweta</i> and <i>neela aparajita</i> , <i>kakmachi</i> , cow urine.	It is best to mitigate poison and it restores even a dead man to life. ⁴⁰
3.	<i>Meghnaad agad</i>	<i>Tanduliyaka</i> , <i>kashmarya</i> , <i>kinihi</i> , <i>aparajita</i> , <i>matulunga</i> , <i>sharkara</i> , <i>sinduvara</i> .	It is beneficial in the treatment of <i>darveekara</i> and <i>rajimana</i> snake bite. ⁴¹
4.	<i>Yapana agad</i>	<i>Shweta aparajita</i> , <i>chandan</i> ,	It restores the life of the

		<i>valaka, musta, dhymaka, katuka, dadima, kumkuma, shunthi etc.</i>	person who is unconscious by the effect of poison. ⁴²
5.	<i>Suryodaya agad</i>	<i>Shweta aparajita, shriveshtaka, haridra, daruharidra, kanchanar, manshila, pippali, patala, manjishta etc.</i>	It destroys effect of poison just as the sunrise dispels darkness. ⁴³
6.	<i>Lodhradi agad</i>	<i>Lodhra, shweta aparajita, shirishpushpa, harenuka, marich, vacha etc.</i>	It destroys the poison of snakes, rats, wasp, jackal, dog etc. ⁴⁴
7.	<i>Rushabhakaadi agad</i>	<i>Rushabhaka, jeevaka, bharangi, madhuka, shweta aparajita etc.</i>	It is useful in treatment of complications of poisoning. e.g. Dyspnoea, fever etc. ⁴⁵
8.	<i>Param agad</i>	<i>Vacha, vanshatwaka, patha, nata, shirish, aparajita etc.</i>	It is useful in the treatment of insect bite. e.g. vishwambhara bite ⁴⁶
9.	<i>Amrita ghruta (Charaka samhita)</i>	<i>Shweta aparajita, shirish twak, trikatu, chandan, sariva, patala etc.</i>	It is useful in all types of poisoning. It revives the persons almost dead due to poisoning and hanging. ⁴⁷

DISCUSSION –

In *bhavprakash nighantu*, *kaiyadev nighantu* and *sushruta samhita* it is mentioned that *aparajita* is ‘*vishapaha*’ i.e. which eliminates poison. After getting entered into the body poison, vitiates all the *tridosha*.⁴⁸ According to ayurvedic text, action of *aparajita* is *tridoshghna*. Hence it is effective in the treatment of poisoning.

Pharmacological activities of *aparajita* like nephroprotective, diuretic, hepatoprotective, anti inflammatory, antihistaminic are proved. *Aparajita* can be used in the treatment of nephrotoxic poisons (lead, mercury etc.) and hepatotoxic poisons (paracetamol, carbon tetrachloride etc.). Due to its diuretic activity it helps in the elimination of poison from the body.

In ayurvedic texts many formulations of *aparajita* are described which are

beneficial in the treatment of snake bite, spider bite, rat bite, insect bite, fish bite etc. *Aparajita* is the ingredient of various antipoison formulations (*agada*) like *mahasugandhi agad*, *amruta ghruta*, *meghnaad agad*, *yapana agad*, *suryoday agad*, *lodhradi agad*, *rushabhakaadi agad*, *param agad*, *amruta ghruta*.

CONCLUSION –

In ayurvedic texts nine antipoisonous formulation (*agada*) containing *aparajita* are described. It can be concluded that *aparajita* is beneficial in the treatment of snake bite, spider bite, rat bite, insect bite, fish bite.

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