

Therapeutic Use of Eranda Sneha

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Abstract: *Eranda (Ricinus Communis) is an important medicinal plant where all parts of this drug are useful in various pathological conditions (vyadhies). Castor beans are purgative⁽¹⁾, leaves used as analgesic & anti-inflammatory. The roots are particularly indicated a vrushya and vatahara i.e., analgesic & aphrodisiac, Erand moola has Shown best spermatogenesis activity in experimental animals, proving our ancient quotation as vrishya, Vatika disorder is result of either dhatu-kshay or avarodhajanya samprapti. Pain, stiffness, roughness, dullness immobility Conduction defect, disturbed metabolism and many neurological disorders are due to vata vyadhi. Ricinus Communis has therapeutic efficacy and known to possess anti-inflammatory, analgesic, anti-oxidant, anti-tumor, purgative activity these all are Vayuhara properties, Ricinus Communis has various effects depending at upon which part is used of the plant so it's very important to gather all information of eranda plant's different parts used in different pathologies from bruhatrayee. Castor Oil is one of the main drugs used for Virechana Karma (purgative therapy) under Panchakarma therapy.*

Keywords: Eranda

I. INTRODUCTION

Castor oil is a vegetable product extracted from Ricinus communis (castor seed). The castor oil is pungent; hot, heavy, and curative of Vata and Kapha. In combination with astringent, sweet, and bitter substances, it also, cures Pitta. It pacifies Vata, the aggravation of which is the root cause of all diseases. It is also administered as an adjuvant for various formulations. Even though it has various medicinal properties, inappropriate usage causes adverse effects such as dizziness, abdominal cramps, diarrhoea; etc. as

II. MATERIALS & METHODS

Review work done and literature from classical texts & research websites have been incorporated into the study.

Qualities of Castor Oil

Rasa	Madhura, Katu, Kashaya
Guna	Snigdha, Tikshna, Sukshma
Virya	Ushna
Vipaka	Madhura
Prabhava	-

Rasapanchak of Eranda Taila from Bruhatrayee

	Charaka	Sushruta	Vagbhata
Rasa	Madhura, Katu	Madhura, Katu	Tikta, Katu, Swadu
Anurasa	-	Kashaya	
Guna	Ushna, Guru	Ushna, Tikshna, Sukshma	Shweta- Sara, Guru Rakta- More Tikshna, Ushna, Visra, Picchila as compared to Shweta Eranda
Virya	Ushna	Ushna	Ushna
Vipaka	Madhura	Madhura	-
Prabhava	-	-	-

Properties of Castor Oil

Castor oil is sweet and heavy and increases Kapha; it is highly curative of Vata, Rakta Gulma, heart disease, and chronic fever. Castor Oil is sweet, hot (in its potency), irritating and appetizing. It leaves a pungent astringent aftertaste and is subtle. It acts as a cleansing agent in respect of the internal channels of the body and is wholesome to the skin. It is spermatopoietic, sweet in digestion (Vipako), and rejuvenating. It purifies the semen, vagina, and removes vaginal and uterine disorders, and contributes to the preservation of sound health. It improves the memory, complexion, and intellect (of its user), subdues the bodily Vayu and Kapha, and cleanses the system from all injurious principles by inducing purging

III. INDICATIONS

If the Vata is obstructed by Meda, Kapha, Pitta, or Rakta (vitiated blood) in the disease like Gulma (lump-like feeling in the abdomen), Udara (abdominal diseases include ascites), Bradhna (inguinal swelling), Piles, Splenic enlargement, Udavorta (abnormal upward movement of Vata), Yoni-Rogo (gynaecological diseases), Seminal disorders, disorders of Meda and Kapha associated with Deep-seated Vatarakta (gout), Sciatica, Hemiplegia etc. and in other Votika disorders.

2. Heart-disease
3. Chronic fever
4. Skin disorders
5. In Kati-Guha-Kosht-Pristh pain and swelling

IV. SPACIFIC INDICATIONS & THEIR CONDITIONS

Gulma⁽²⁾-

In gulma chikitsa eranda Sneha should be administrated with Varunimanda if there is kaphanubandha in vataj gulma as varunimanda iskaphashamaka dravya, where as in Vataja gulma with pittanubandha Eranda sneha should be administrated with Godugdha.

Gulma type	Anubandhi dosha	Anupana
Vataj gulma	Kaphanubandha	Varunimanda
Vataj Gulma	Pittanubandha	Godugdha

Shotha⁽³⁾-

If there is vibandha of Mala(feces) & vata (Gas) in shotha eranda Sneha should be administrated before food with godugdha / mansa rasa. Acharya Chakrapani stated that the quantity of milk (Godugdha) / soup (mansa rasa) should be greater than the quantity of food.

Condition	Anupana	Aushadha sevan kala
Mala & vata vibandha	Godugdha/ Mansa rasa	Before food

Vataj Grahani⁽⁴⁾-

In vataj grahani before admistrating eranda Sneha for virechana, dosha shithilikaran must be done by niruha basti. Once the dosa-shithilikaran is done, thrn give virechan with the help of eranda Sneha with kshara.

Condition	Anupana
Vataj grahani	Kshara

Udara⁽⁵⁾

In udara roga when there is vatavrutta-kapha dosha Eranda Sneha should be taken with Vatakapha Udar-nashaka aushadhi. Where as in Pattavrutta-kapha Eranda Sneha should be administrated with Pitta-kapha Udar-nashak aushadi. In case of Ptta-Kaphavruddha Vata eranda Sneha should be administrated with tridoshaj Udar nashak aushadhi.

Condition	Sahapana
Vatavrutta-Kapha	Vatakapha Udar-nashaka aushadhi
Pttavrutta-Kapha	Pitta-kapha Udar-nashak aushadi
Pittakaphaavrutta-Vata	tridoshaj Udar nashak aushadhi

Vatavyadhi

In vatavyadhi Eranda Sneha should be administrated with gugdha for Mridu-virechan, As Mrudu-shodhana pacify Vata dosha. Hence for vatavyadhi treatment Eranda Sneha must be administrated with dugdha(Cow milk).

V. MODE OF ACTION

Administration of Eranda sneha

DEEPAN

Agni deepan at level of Amashaya

PACHAN

Aam pachana at the level of Dhatus

SROTOSHODHAN

Eranda Sneha will enter Sukshma srotasa due to is Sukshma guna

VIRECHANA

Due to its Guru and sara guna Eranda Sneha cause virechan effect

CONTRAINDICATIONS⁽⁶⁾ -

1. Gastrointestinal obstruction
2. Appendicitis
3. Perforation
4. Inflammatory bowel disease
5. Pregnancy
6. Hypersensitivity
7. Severe impaction
8. Rectal fissures

In diagnostic tests such as colonoscopies, it is essential to have a bowel preparation before performing the procedure. Castor oil may be used in these types of procedures as it is effective in bowel evacuation. However, in these procedures, patients typically have better results and satisfaction with other laxatives such as sennosides, polyethylene glycol, and bisacodyl. In a study comparing castor oil to senna graph syrup, the senna group had fewer side effects and better bowel preparation overall.

VI. ADVERSE EFFECTS & TOXICITY

The seed is only toxic if outer shell is broken or chewed. Ricin is contained in bean pulp following the separation of oil from beans. No ricin is through to remain in the oil and it is inactivated during extraction if done under heated conditions. Ingested castor beans are generally become toxic only if the ricin is released through mastication. Reports on ricin content of castor beans are varying, but it is probably in the range of 1%-5%. Purified ricin is a white powder that is soluble in water and stable over a wide pH range. Symptoms onset after ingestion is usually within 4-6hrs but may be late as 10 hours. Ricin works by getting inside the cells of person's body and preventing the cells from making Protein they need. Without the proteins, cells died. Eventually this is harmful to whole body and death may occur⁽⁷⁾.

Toxicity symptoms⁽⁸⁾-

Inhalation	Ingestion	Skin and eye exposure
Respiratory distress, Fever, cough, nausea, tightness in chest, Heavy sweating, Pulmonary edema, low BP, Respiratory failure.	Vomiting, diarrhea (bloody), severe dehydration, low BP seizures, blood in urine, within Several days' persons Liver, spleen and kidney might stop working, and person could di	Redness and pain of skin and eyes (Ricin is unlikely absorbed through normal skin. contact with ricin powders or products may cause above symptoms)

VII. DISCUSSION

एरण्डतैलंतीक्ष्णोष्णं दीपनं पिच्छलंगुरु |
वृष्यं त्वच्यं वयःस्थापिमेधाकान्तिबलप्रदम् ||
कषायानुरसं सूक्ष्मं योनिशुक्रविशोधनम् |
विसंस्वादुरसेपाके सति कटुकं सरम् ||
विषमज्वरहृद्रोगपृष्ठगुहयादिशूलनुत् |
हन्ति वातोदरानाहगुल्माष्ठीलाकटिग्रहान् ||

भा.प्र.नि. तैलवर्ग

- *Eranda sneha* is *tikshna*, *ushna*, *pichhila* and *agnideepakadravya*, which are opposite to *vata dosha*.
- *Rasa- Tikta, Madhura*
- *Anurasa- Kashaya*
- *Virya-Ushna*
- *Vipaka-Madhura*
- *Kaphavata shamaka*-Balances *Vata* and *Kapha Dosh*.
- *Pichhila*- Slimy
- *Ushna*
- *Balaprada*-improves strength

Due all above properties it strongly opposes all *Gunas* of *Vata* and *Kapha* also, Above mentioned *vyadhies* are due to elevated *vata dosha* and as *ama doshahs* causing *vataprakoda* due to forming *avarodhato prakruta dosha gati*. *Eranda sneha* due to all above mentioned properties helps in *agnideepana* & *vatashamana*.

VIII. CONCLUSION

Use of *Eranda Sneha* is significantly effective in

- *Vatajagulma*
- *Shohta*
- *Vatajagrahani*
- *Udara*
- *Vatavyadhi*

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