

The Medicinal Efficacy of 36 Padakas (drugs) in Agnipurāna

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Abstract

In Indic knowledge systems, the *purānas* are at the third hierarchical level, which carries the essence of Vedas. Though they are ancient, their importance is being substantiated (*purāpi navam bhavati*) in the society by teaching Vedic way of lifestyle through moral stories, in which, science and technology were explained contextually. Those are encyclopedic in nature. For every mundane obstacle, there will be a solution in *purānas*. Presently, the entire world is suffering from COVID-19. Lacking immunity is the cause to be affected by this pandemic. Boosting immunity is one of the solutions to face this virus. During this pandemic, several traditional methods of immunity booster were practiced and resulted positively. In this juncture, interestingly, as a solution, a medicinal preparation is mentioned as a *rahasyavidya* (secret knowledge) in 140th *adhyāya* (*yuddhajayārṇava*) of *Agnipurāna*. In this preparation, 36 medicinal drugs were used, and it was also praised as *mṛtasañjīvani* and *sarvagohāriṇi*. Through classical literature, it is a difficult task to identify the drug and preparation method. So, in this study, the importance of 36 drugs will be highlighted and the medicinal efficacy of individual drugs will also be cross-referred from Ayurvedic materia medica along with their noted botanical names. This study may give scope to test this clinically. Similarly, it may encourage to study the *purānic* literature in scientific manner for welfare of the society.

Index Terms: Indic knowledge systems, *Agnipurāna*, 36 *padakas*, *sarvarogaharini*, Ayurvedic materia medica

I. Introduction

Vedas are the source of knowledge (*vedo'khilo dharmamūlam*) [1]. For every scientific idea, there will be a fundamental reference in the Vedas. As the *purānas* are also conveying the essence of the Vedas, they are at the third level in Indic knowledge systems, and collectively, they are also being considered as *pañcamaveda* [2]. Though they are ancient, their importance is being substantiated (*purāpi navam bhavati*) in the society by teaching Vedic way of lifestyle through ethical stories. Such a lifestyle may balance a person's physical, psychic, social, and spiritual condition. There are 18 *mahāpurānas*, which are encyclopedic in nature. These scriptures (*purānas*) always support the harmonic environment between man and nature. Thus, each *purāna* contains the messages of environmental conservation [3]. In our shastras, the primary importance is given to physical fitness, because, the physical body is the instrument for all activities (*śarīramādyaṃ khalu dharmasādhanam*) [4]. Since creation starts, every living thing getting a disease and getting rid of it is a common phenomenon. Lacking immunity is the primary cause to get a disease. Medicinal plants are playing a vital role in boosting immunity. The *purānic* literature describes all aspects of the medical system including plant science [5] and veterinary medicine [6]. Some of the medicinal preparations seem more unique than Ayurveda. Such preparation is found in *Agnipurāna*, one of the 18 major *purānas*. This was also praised as *mṛtasañjīvani* and *sarvagohāriṇi*. This medicine may be useful as an immunity enhancer in this pandemic COVID-19. There are 36 different medicinal herbs involved in this preparation, in this study, the importance of 36 drugs will be highlighted and the medicinal efficacy of individual drugs will also be presented from Ayurvedic materia medica along with their noted botanical names.

II. Materials and Methods

Studied *Agnipurāna* thoroughly and noted the medicinal preparation of 36 *padakas* (drugs). All 36 herbs are arranged in a tabular form. Referred several Ayurveda materia medica/lexicons and ENVIS website to equip the information of medicinal efficacy and noted botanical name to each herb. Checked the guidelines of 'Ayurveda's immunity-boosting measures for self-care during COVID 19 crisis' by the Ministry of AYUSH and noted some of the traditional immuno-boosters to justify this study. Similarly, relevant articles are studied and referred to in this regard.

III. Health Science in *Agnipurāna*

Agnipurāna is one of the 18 *mahāpurānās*. Its title itself indicates that it was narrated by Agni to Vaśistha. It contains 16000 slokas distributed in 383 Adhyayas. It has not only the compilation of health science information from various Ayurvedic treatises but also carries information regarding some gaps, secrets, and some issues which are not discussed in Ayurveda. For instance, the preparation of 36 *padakas*, etc. Basic principles of health, anatomy, physiology, gynecology, medicine, etc. are available in *Agnipurāna* which was referenced from Suśruta Samhita, Astanga Sangraha, Vrnda Madhava and Cakradatta, etc [7].

IV. Traditional immune boosters

According to Ayurveda, health depends on immunity (*balādhiṣṭhānam ārogyam*) [8] and food is the main factor to enhance immunity. Traditionally, in Indian cuisine, herbs and spices are used in cooking according to their nutritional benefits and their ability to strengthen our immune system. In general, the Indian kitchen itself is considered a small natural dispensary. According to the World Health Organization, around 80% of the world population uses herbal medicines for primary health care. There are certain popular herbs viz. *guduchi*, *ashwagandha*, garlic, turmeric, and ginger are used to boost immunity [9].

During COVID 19 crisis, the Ministry of AYUSH also gave guidelines for Ayurveda's immunity-boosting measures [10]. According to this, under general measures:

- drinking warm water daily,
- the practice of *Yogasana*, *Pranayama*, and meditation for at least 30 minutes every day
- spices like *haridrā*, *jīraka*, *dhaniyā* and *laśuna* are recommended in cooking.

Under Ayurvedic Immunity Promoting Measures:

- Take *Chyavanprash* 10gm (1tsf) in the morning,
- Drink herbal tea/decoction (*kvātha*) made from *tulasī* (Basil), *dālacīnī* (Cinnamon) *marīca* (Black pepper), *śunṭhī* (Dry Ginger) and Munakka (Raisin) - once or twice a day.
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- Golden Milk- which is made up of half teaspoon *haridrā* (turmeric) powder in 150 ml hot milk - once or twice a day.

During dry cough / sore throat:

- Steam inhalation with fresh *pudīnā* (Mint) leaves or *yavānikā* (Caraway seeds) can be practiced once a day.
- *lavaṅga* (Clove) powder mixed with natural sugar/honey can be taken 2-3 times a day in case of cough or throat irritation.

In the above measures, 99% of the ingredients are herbs that are limited and commonly used in our daily food and drinks not only for enhancing immunity but also for improving our digestive system. Interestingly, in *Agnipurāṇa*, there are 36 drugs mentioned and described a medicinal preparation out of those herbs and used it as *mṛtasañjīvani* and *sarvagohāriṇi*. This concept will be explained in detail further.

V. The medicinal Efficacy of 36 *Padakas* (drugs)

There is a concept of ‘*śadtrimśatpadakāni*’ (36 drugs) in 140th *adhyāya* (*yuddhajayārṇava*) of *Agnipurāṇa* [11], where all 36 different drugs are used in a medicinal preparation and used as *sarvagohāriṇi*. This knowledge was kept under *rahasya vidya* (secret knowledge) during the war. Presently, the entire universe is suffering from bio-war with pandemic COVID 19, and the death rate is creasing day by day. There is no sufficient vaccine for it so far. At this juncture, this preparation is given scope towards knowing its medicinal importance. Ayurvedic lexicons like *Bhavaprakasha* [12], *Raja Nighantu* [13], and ENVIS website are followed to get the therapeutic information of each herb along with noted botanical names. The entire information is stated in the table below.

Table 1: List of 36 *padakas* (drugs) depicted from *Agnipurāṇa* along with their botanical names and therapeutic uses

Plant/drug Name	Botanical name	Therapeutic uses
1. <i>harītakī</i>	<i>Terminalia chebula</i> RETZ.	<i>dīpanī</i> (digestive), <i>medhyā</i> (memory enhancer), <i>rasāyanī</i> (rejuvenating), <i>caḥṣuṣyā</i> (relieves eye diseases), <i>āyusyā</i> (improves longevity), <i>br̥mhaṇa</i> (nourishes the body), <i>anulomana</i> (clears the channels), <i>śvāsa-kāsa-prameha-arśah kuṣṭha-śoṭha-udarakṛmīn</i> , <i>grahaṇaroga-vibandha-viṣamajvarān</i> (relieves diseases like breathlessness, cough, diabetic, piles, skin diseases, swelling, stomach issues, dysentery, constipation, and severe fever) <i>gulma-ādhmāna-vraṇa-cchardi-hikkā-kaṇṭha-hṛd-āmayān</i> (relieves diseases like gastritis, swelling of the body, wound, vomition, hiccup, throat disease, and heart disease), <i>kāmalā</i> (jaundice), <i>sūla</i> (pain) <i>ānāha</i> (constipation), <i>plīha</i> (spleen), <i>yakṛdgadam</i> (liver disease), <i>aśmara</i> (gravel), <i>mūtrakṛcchrūṃ</i> (strangury), <i>mūtrāghātaṃ</i> (urinary disease) - (B.P.)
2. <i>akṣī</i>	<i>Gymnema sylvestre</i> R.BR.	<i>dīpanam</i> , <i>bhedi</i> (purgative), <i>avidāhi</i> , <i>śleṣmalaṃ</i> (phlegmatic), <i>vātanut</i> (releves vata diseases) - (B.P.)
3. <i>dhātrī</i>	<i>Emblia officinalis</i> GAERTN.	<i>raktapitta</i> (bile-blood), <i>pramehaghnaṃ</i> (relieves diabetic), <i>vṛṣyaṃ</i> (aphrodisiac), <i>rasāyana</i> (rejuvenating), <i>tridoṣajit</i> (relieves tridosha related diseases) - (B.P.)
4. <i>marīca</i>	<i>Piper nigrum</i>	<i>dīpanam</i> (digestive), <i>kapha-vātajit</i> (relieves kapha and vata diseases), <i>pittakaram</i> (aggravates pitta), <i>śvāsa-śūla-kṛmīnharet</i> (relieves diseases like breathlessness, pain,) - (B.P.)

5. <i>pippalī</i>	<i>Piper longum L.</i>	<i>dīpanī</i> (digestive), <i>vṛṣyā</i> (aphrodisiac), <i>rasāyanī</i> (rejuvenative), <i>vātaśleṣmaharī</i> (relieves vata and pitta diseases) <i>recanī</i> (evacuative), <i>śvāsa-kāsa-udara-jvarān hanti</i> (relieves diseases breathlessness, cough, stomach pain, and fever) <i>kuṣṭha-prameha-gulma-arśa-plīhā-sūlā-āmamārutān, pittaprasāmanī</i> (relieves diseases like skin diseases, diabetic, gastritis, piles, spleen, pain, indigestion and pitta diseases) - (B.P.)
6. <i>śiphā (dravantī)</i>	<i>Croton polyandrum</i>	<i>jvaraghnī</i> (relieves fever) <i>kṛmihā</i> (removes virus) <i>śūlāsamanī</i> (relieves pain), <i>rasāyanī</i> (rejuvenative) - (R.N.)
7. <i>vahni</i>	<i>Plumbago zeylanica L.</i>	<i>pācana</i> (digestive), <i>grahaṇa-kuṣṭha-śoṭha-arśa-kṛmi-kāsanut vāta-śleṣma-hara grāhī-vātā-arśa-śleṣma-pittahṛt</i> (relieves diseases like dysentery, skin diseases, piles, kapha and pitta diseases) - (B.P.)
8. <i>śuṅṭhī</i>	<i>Zingiber officinale ROSC.</i>	<i>āmavātaghnī</i> (relieves vata diseases), <i>pācanī</i> (digestive), <i>kapha-vāta-vibandhanut</i> (relieves diseases like kapha, vata and constipation) <i>vṛṣyā</i> (aphrodisiac), <i>svaryyā</i> (good for throat), <i>vami-śvāsa-sūlā-kāsa-hṛdāmayān hanti</i> (relieves diseases like vomiting, breathlessness, pain, cough and heart diseases), <i>ślīpada-śopha-arśa, ānāha- udaramārutān, vibandhabhedinī</i> (relieves diseases like elephantiasis, tumor, piles, epistaxis, stomach gases, and constipation diseases) - (B.P.)
9. <i>pippalī (mūla)</i>	<i>Piper longum L.</i>	<i>dīpanam</i> (rejuvenating), <i>pācanam</i> (digestive), <i>pittakaram</i> (aggravates pitta), <i>kapha-vāta-udarāpaham</i> (relieves diseases like kapha, vata and stomach diseases), <i>ānāha-plīha-gulmaghnam</i> (relieves diseases like epistaxis, spleen, and gastritis), <i>kṛmi-śvāsa-kṣayāpaham</i> (relieves virus, breathlessness, and tuberculosis diseases) - (B.P.)
10. <i>guḍūcī</i>	<i>Tinospora cordifolia (WILLD.) HOOK.F. & THOMS.</i>	<i>rasāyanī</i> (rejuvenating), <i>saṃgrāhīṇī</i> (relieves dysentery), <i>balya</i> (immune booster), <i>agnidīpinī</i> (improves digestive fire) <i>doṣatrāya-āma-tṛṭ-dāha-meha-kāsa-pāṇḍutām-kāmalā-kuṣṭha-vāta-arśa-jvara-kṛmivamīn haret</i> (relieves diseases like tridosha related diseases, indigestion, dehydration, diabetic, cough, jaundice, libidinous, skin disease, vata disease, piles, fever, and virus) - (B.P.)
11. <i>vacā</i>	<i>Acorus calamus L.</i>	<i>vibandha-ādhmāna-sūla-ghnī</i> (relieves diseases like constipation, swelling of body and pain), <i>śakṛt-mūtra-viśodhinī</i>

		<i>apasmāra-kapha-unmāda-anilān</i> (relieves constipation, urinary disorders, purifies channels, cures epilepsy, kapha disease, insanity, and pitta diseases) - (B.P.)
12. <i>nimbaka</i>	<i>Azadirachta indica</i> A. JUSS.	<i>grāhī</i> (relieves dysentery), <i>agnivātanut</i> (treats pitta and vaata diseases), <i>ṛṣ- kāsa-jvara-aruci-kṛmi-praṇut</i> (cures diseases like dehydration, cough, fever, appetite and removes microbes), <i>vraṇa-pitta-kapha-cchardi-kuṣṭha-mehanut</i> (treats wound, pitta disease, kapha disease, omission, skin disorder, and prameha) <i>vātalaṃ</i> (aggravates vata), <i>sarvārocaka-kuṣṭhanut-gulmārśa</i> (relieves disorders like appetite, skin disease, gastritis, and piles) - (B.P.)
13. <i>vāsaka</i>	<i>Adhatoda vasica</i> NEES	<i>vātakṛt-svaryaḥ</i> , <i>kapha-pitta-nāśanaḥ śoṭha-ṛṣ- hṛt śvāsa-kāsa-jvara-cchardi-meha-kuṣṭha-kṣayāpahaḥ</i> - (B.P.)
14. <i>śatamūlī</i>	<i>Asparagus racemosus</i> WILLD.	<i>rasāyanī</i> , <i>medhyā</i> , <i>netryā</i> (cures eye problems), <i>gulma-atisārajit</i> (diarrhoea) <i>śukra</i> (improves virility), <i>stanyakarī</i> , <i>valyā</i> (cures fungus), <i>vātipitta-śoṭhajit</i> <i>medhyā</i> , <i>vṛṣyā</i> , <i>arśa-grahaṇī-āmayān</i> , <i>tridoṣaghna</i> - (B.P.)
15. <i>saindhava</i>	Salt	<i>dīpanaṃ</i> , <i>rucyaṃ</i> , <i>vṛṣyaṃ</i> , <i>tridoṣahṛt</i> - (B.P.)
16. <i>sinduvāraka</i>	<i>Vitex negundo</i> Linn.	<i>kapha-vāta-kṣayāpahaḥ</i> , <i>kuṣṭha-kaṇḍūtiśamanaḥ</i> , <i>śūlahṛt-kāśasiddhidaḥ</i> - (B.P.)
17. <i>kaṇṭakārī</i>	<i>solanum xanthocarpum</i>	<i>pācanī</i> , <i>kāsa-śvāsa-jvara-kapha-anilān pīnasaṃ</i> (cures catarrh) <i>pārśvapīḍā</i> (removes back pain) <i>kṛmi-hṛdāmayān</i> , <i>śukrasya recanaṃ</i> , <i>bhedī</i> , <i>kapha-marut-kaṇḍū-kāsa-krimi-jvarān-hanyāt</i> , <i>garbhakāriṇī</i> (makes conceive) - (B.P.)
18. <i>gokṣura</i>	<i>Pedaliium murex</i> L.-	<i>balakṛt</i> (boosts immunity), <i>vastiśodhanaḥ</i> , <i>dīpana</i> , <i>vṛṣya</i> , <i>puṣṭida</i> (improves energy), <i>aśmarīharaḥ</i> , <i>prameha-śvāsa-kāsa-hṛdroga-vātanut</i> - (B.P.)
19. <i>bilva</i>	<i>Aegle marmelos</i> (L.) CORREA EX. SCHULTZ	<i>grāhī</i> , <i>vātaśleṣmahara</i> , <i>balya</i> (immune booster), <i>pācana</i> - (B.P.)
20. <i>punarnavā</i>	<i>Trianthema portulacastrum</i> L.	<i>pāṇḍughnī</i> , <i>dīpanī</i> , <i>śophā-anila-śleṣma-harī</i> <i>vraṇya-udara-praṇut</i> - (B.P.)
21. <i>balā</i>	<i>Sida cordifolia</i>	<i>bala</i> (immune booster) <i>-kāntikṛt</i> (rejuvenator), <i>grāhi</i> , <i>samīra-pitta-nāśanam</i> - (B.P.)

22. <i>eraṇḍamuṇḍī</i> (<i>eranda mūla</i>)	<i>Ricinus Communis</i> Linn.	<i>Vatasamaka</i> (releaves from <i>vata</i> diseases), <i>kaphsamaka</i> (releaves from <i>kapha</i> diseases), <i>krimighna</i> (removes virus), <i>mutrakriccha</i> (clears urinary disorders), <i>arsh-gulma-basti shulhara</i> , <i>yakrit-pliha-udara-vibandh-amavathara</i> , <i>amapachaka</i> [K.N]
23. <i>rucaka</i>	<i>Crocus sativus L.</i>	<i>śira-vraṇa-jantujit</i> , <i>vamiharam</i> , <i>varṇyam</i> <i>doṣatrayāpaham</i> - (B.P.)
24. <i>bhṛṅga</i>	<i>Cinnamomum cassia</i>	<i>kaphavātaghnam</i> , <i>kaṇḍū-aruci-nāśanam</i> <i>hṛd-vastiroga</i> (removes spasm in the bladder)- <i>arśa-kṛmi-pīnasaśukra-hṛt</i> - (B.P.)
25. <i>kṣāra</i>	<i>Adenantha pavonina L.</i>	used in <i>diarrhea</i> , <i>haemorrhage</i> from the <i>stomach</i> , <i>haematuria</i>), <i>anti-inflammatory</i> (in <i>rheumatic affections</i> , <i>gout</i>). <i>Seeds— anti-cephalic</i> ; also used for the <i>treatment of paralysis</i> . A <i>decoction</i> is given in <i>pulmonary affections</i> . [14]
26. <i>parpaṭa</i>	<i>Fumaria indica</i> PUGSLEY	<i>pitta-bhrama</i> (treats <i>dizziness</i>) - <i>tṛṣṇā</i> (treats <i>dehydration</i>)- <i>kapha-jvarān hanti</i> , <i>saṃgrāhī</i> , <i>dāhanut-vātala</i> - (B.P.)
27. <i>dhanyāka</i>	<i>Coriandrum sativum L.</i>	<i>vṛṣyam</i> , <i>mūtralam</i> , <i>dīpanam</i> (improves <i>digestion</i>), <i>pācanam</i> , <i>jvara-ghnam</i> , <i>rocakam grāhi</i> , <i>tridoṣanut tṛṣṇā- dāha-vami-śvāsa-kāsā-āmarśaḥ kṛmipraṇut</i> , <i>pittanāśi</i> - (B.P.)
28. <i>jīraka</i>	<i>Cuminum cyminum L.</i>	<i>dīpanam</i> , <i>saṃgrāhi</i> , <i>pittalam</i> , <i>medhyam</i> , <i>garbhāśayaviśuddhi-kṛt</i> (clears <i>pregnancy issues</i>), <i>jvaraghnam</i> , <i>pāvanam</i> , <i>vṛṣyam</i> , <i>balyam</i> (immune booster), <i>rucyam</i> , <i>kaphāpaham</i> , <i>cakṣuṣyam</i> , <i>pavana- ādhmāna-gulma-ccharda-atisārahṛt</i> - (B.P.)
29. <i>śatapuspī</i>	<i>Anethum sowa</i> KURZ.	<i>dīpanam</i> , <i>saṃgrāhi</i> , <i>pittalam</i> , <i>medhyam</i> , <i>garbhāśayaviśuddhi-kṛt</i> (clears <i>pregnancy issues</i>), <i>jvaraghnam</i> , <i>pāvanam</i> , <i>vṛṣyam</i> , <i>balyam</i> (immune booster), <i>rucyam</i> , <i>kaphāpaham</i> , <i>cakṣuṣyam</i> , <i>pavana- ādhmāna-gulma-ccharda-atisārahṛt</i> - (B.P.)
30. <i>javānikā</i> (<i>yavānikā</i>)	<i>Trachyspermum ammi</i>	<i>pācanī</i> , <i>rucyā</i> (improves <i>taste</i>), <i>dīpanī</i> , <i>pittalā-śukraśūlahṛt</i> □ <i>vāta-śleṣma-udara- anāha-gulma-plīha-kṛmi-praṇut</i> - (B.P.)
31. <i>viḍaṅga</i>	<i>Embelia ribes</i> BURM.F.	<i>kṛmighna</i> , <i>vahni karam</i> , <i>śūla-ādhmāna-udara-śleṣma-kṛmi-vāta-vibandhanut</i> - (B.P.)
32. <i>vacā</i> (<i>mahābharīvacā</i>)	<i>Alpinia galanga</i>	<i>kapha-kāsanut</i> , <i>susvaratvakarī</i> (improves <i>voice</i>), <i>rucyā</i> , <i>hṛt-kaṇṭha</i> (cures <i>throat problems</i>) - <i>mukha-śodhinī</i> - (B.P.)

33. <i>khadira</i>	<i>Acacia catechu (L.F.) Willd.</i>	<i>dantya (good for tooth) kaṇḍū-kāsa-arucipraṇut (cures tastelessness), medoghna, kṛmi-meha-jvara-vraṇān śvitra-śoṭha-āma-pitta-pāṃḍu-kuṣṭha-kaphān haret - (B.P.)</i>
34. <i>kṛtamalā</i>	<i>Cassia fistula L.</i>	<i>jvara-hydroga-pitta-vāta-udāvarttaśūlanut (treats menstrual discharges issues), rucyaṃ, kuṣṭha-pitta-kaphāpaham, koṣṭhaśuddhikaram (cures stomach issues) - (B.P.)</i>
35. <i>haridrā</i>	<i>Curcuma longa L.</i>	<i>kṛmighnī, kapha-pittanut, varṇyā (improves brightness in the skin) tvagdoṣa (cures skin disease) -meha (good for diabetics)-śoṭha-pāṃḍu-vraṇāpahā (heals wound) - (B.P.)</i>
36. <i>siddhārtha</i>	<i>Brassica alba (L.) Brassicaceae</i>	<i>kapha-vātaghna (cures kapha and vata diseases), raktapitta-agnivardhanaḥ (treats bile-blood problem and improves digestion), jayetkaṇḍūṃ, kuṣṭha-koṣṭha-kṛmi-grahān (R.N.)</i>

VI. Discussion

There are 36 medicinal drugs involved in this preparation, in which one is Saidhava (salt) and the remaining 35 are herbs. The herbs *haridrā*, *jīraka*, *dhaniyā*, *śuṅṭhī* and *yavānikā* are only matching with the list stated by AYUSH. According to *Agnipurāṇa*, the combination of 36 is useful not only for an immune booster but also works on various diseases. Although the drugs/herbs are common in the Ayurveda and *Agnipurāṇa*, the combination and the preparation are unique.

While gathering the medicinal information from Ayurveda lexicons and materia medica, in some places, there was a lot of confusion in multiple entries for one herbal entity. For instance, the *balā* (*Sida cordifolia*) herbs have three types viz. *mahābalā* (*Sida rhombifolia*) and *atibalā* (*Abutilon indicum*), *nāgabālā* (*Grewia hirsuta*). Similarly, *kaṇṭakārī* has two types such as *vārtākī* (*Solanum indicum*) and *kaṇṭakārī* (*Solanum xanthocarpum*). There are two similar terms repeated at 9th (taken as *pippalīmūla*) and 32nd (considered as *mahābharīvacā*) places for *pippalī* and *vacā* respectively. The medicinal '*eraṇḍamuṇḍī*' is considered as *eranda mūla* (*Ricinus Communis Linn.*) [15].

The preparation method is described in brief. But it is not clear which part of the herb needs to be used. The medicine can be taken as *cūrṇa* (powder) or *vaṭikā* (tablet) or *avaleha* (lickable item) or *kaṣāya* (decoction) or *modaka* (edible item) or *gudakhaṇḍaka* (sweet item). The medicine will be *mṛtasañjīvana*, when it is taken with *madhu* (honey) or *dhr̥ta* (ghee) or *ghṛtantaila* (ghee oil) [16]. The dosage should be *karṣārdham* (8 grams) or *karṣamekaṃ* (16 grams) or *palārdham* (32 grams) or *palamekakaṃ* (64 grams) [17].

According to the individual curative factors, there are different combinations stated within 36. As they mostly act as *dīpanas* (digestive fire improvers), *rasāyanas* (rejuvenators), *balavardhakas* (immune boosters), the first nine herbs cure all diseases. The amalgamation of 1 to 8 and 26 to 27 pacify vata and 4 to 6, 5 to 8 and including the 15th one cure kapha diseases. Similarly, the combination of 1 to 3, 6 to 9 herbs and the 11th one is useful in *grahaśānti* (planetary influence) [18]. According to the information on medicinal usage, 70% of medicinal drugs are working on *śvāsa* (breath related issues) and *kāsa* (cough-related issues) which are the majorly identified symptoms in COVID 19. Most of the drugs are working on *prameha* (diabetic Mellitus) as it is a gifted disease due to this pandemic.

VII. Conclusion

Undoubtedly, the *purāṇas* facilitate solutions for current mundane problems, if we study and scientifically look at them. The present study is only focused on bringing out this ignored scientific practice and exploring it with supportive medicinal information from Ayurveda to show its medicinal importance in this COVID 19 pandemic. This preparation is unique and not matching with any mentioned in Ayurveda. Some terminological issues need to be classified with Ayurveda and botany experts. The present work may give rise to study this concept clinically to find further insights. Similarly, this may motivate the young traditional students and scholars to study the *purāṇic* literature in a scientific manner.

Abbreviations

1. B.P. - Bhavaprakasha
2. R.N. - Raja Nighantu
3. K.N. – Kaiyadeva Nighantu

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