

Vishnukranta – *Evolvulus alsoinoides*-Drug Review

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Abstract

Over the centuries, plants have been known to be a potential source of therapeutics. A comprehensive review of medicinal plants and its diversified action in mitigating the disease is essential to be documented for serving mankind. *Evolvulus abinoides* is known as shankpushpi, vishnukarandhi, vishnukranka, vishnukarandi and morning glory. It is a brain tonic alternative febrifuge, vermifuge and anti-inflammatory. It is prostatic much branched herb with small woody root stock. It is mainly indicated in loss of memory, sleeplessness, chronic bronchitis, asthma and in syphilis. It is used in treatment of epilepsy, leukoderma, cuts and ulcers. The current article highlights about review of vishnukranta and its microscopic features.

Keywords: Vishnukranta, Dravyaguna, *Evolvulus alinoides*.

INTRODUCTION:

Vishnukranta is brain tonic, primarily used for improving brain function. Shankpushpi is a popular medicinal plant in the ayurvedic system of medicine for treating mental disorders. *Convolvulus pluricaulis choisy*. (convulvulaceae) and *Evolvulus alsinoides* Linn. (convulvulaceae) are used as shankpushpi by Ayurvedic practitioners. Vishnukranta used as brain tonic alternative febrifuge, vermifuge, anti-stress, antidepressant, anxiolytic, analgesic, neuroleptic and anti-inflammatory. Many of the medhya formulations contain Vishnukranta as major ingredient.

Ayurvedic literary review:

Vedakala:

There is a reference of Aparajita in 20th kaanda of paippaladasamhita of Atharvaveda. Aparajita is used in vishchikitsa by vishvaaidyas in shounakashaakha.

Samhita kala:

- In Charaka and sushruta Samhita there is no references regarding word Vishnukranta.
- In Ashtanga Hridaya commentary of Arunadatta, sateena is mentioned as vishnukranta, in sutrasthana Annaswarupavijnaniya chapter.

Nighantu kala:

- Most of the nighantus mention that vishnukranta possesses katu tikta rasa sheetala guna, kaphavatashamana property.

Paryaya:

- Girikarni
- Giriparni
- Gavaakshi
- Harikranta
- Mahanila
- Aparajita
- Vashyaa

Varieties:

According to Dhanwantri Nighantu: 3varieties

1. Neela
2. Shukla
3. Rakta

According to Kaideva Nighantu: 3varieties

1. Vishnukranta
2. Shankpushpi
3. Sarpaakshi

Gana:

- Ashtanga Nighantu: shyamadi gana
- Bhavaprakasha Nighantu: guduchyadi gana

Rasapanchaka:

1. Rasa:katu, thikta and kasaya rasa
2. Guna:sheeta
3. Doshghnata:tridosahara
4. Karmas: amadosahara, chetovikarajit, dahahara, sudrushtida, kanthya, krimighna, medhya, shothahara, smrutibudhida, vranaapaha, vishapaha, vrushya.

Yoga's:

- Vishnukrantadi Kashaya
- Avitoladi Kashaya

Distribution:

Found wild throughout plains of India and ascending upto 2000m. It grows on open ground, by roadsides and grass lands. It is not known to be cultivated.

Botanical description:

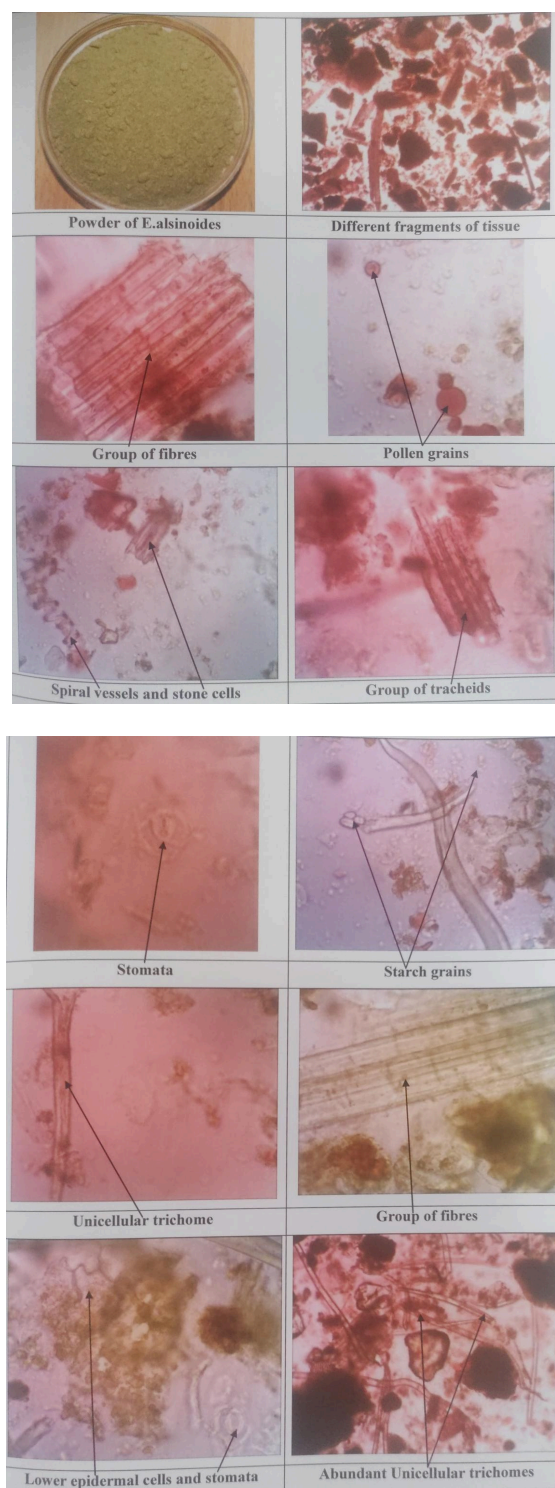
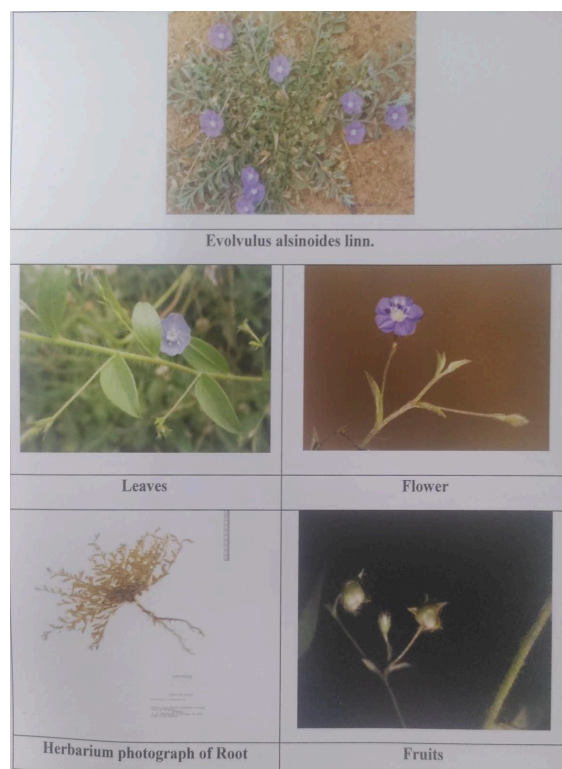
Etymology:

- The word "Evolvulus" derived from the latin word meaning "untwist", in reference to non-climbing habit of these plants.

Habit:

- A perennial small, hairy, procumbent herb; often prostrate.
- Stem: slender, annual branches numerous, wiry, cylindrical, pubescent, exhibiting scars left by leaf and bud.
- Leaf: simple, alternate, exstipulate, appressed to the stem, elliptic oblong to oblong ovate, mucronate, both the surfaces densely pubescent.
- Flowers: tiny, bluish, solitary, axillary; calyx 5, densely hairy, lanceolate.

- Fruit: a globose capsule.
- Seeds: brown, hard, plano convex with reticulate surface.
- Distribution: Found wild through plains of India and ascending upto 2000m. It grows on open ground, by roadsides and grass lands. It is not known to be cultivated.



Chemical constituents:

Major: luteolin 7 – glucoside

Others: betaine, an alkaloid evolvine , 3 bitter water soluble alkaloids ; pentatriacontane, triacontane and beta sitosterol , stearic , oleic and linolenic acids ; In leaf – a flavonoid luteolin.

Substitution and adulteration:

Convolvulus pluricaulis is substituted for evolvulus alsinoides linn.

Discussion:

Vishnukranata is a globally vulnerable species because of destructive harvesting from natural habitats. Description about vishnukranta can be traced since Veda and Purana period. Ample of references are found in post vedic period. Classical texts like Charaka and Sushruta Samhita describe it under Shyamadi Gana and Guducyadi gana. vishnukranta is attributed with Kashaya, Tikta Rasa; Katuvipaka; Sheeta Veerya. Generally bark is adulterated with trees like Polyalthia longifolia, Bauhinia variegata and shorea robusta due its much similarity in morphology. To differentiate between true vishnukranta bark from its adulterants, study of its macro and microscopic features are very much essential.

CONCLUSION:

The present literature supports the potential of vishnukranta as a medicinal tree which is extensively used in Ayurveda and its macroscopic and microscopic features can be utilized to identify genuine vishnukranta. In view of nature of this plant more researches has to be conducted on its cultivation and substitution as this plant is seen in the list of vulnerable species and researches can also be conducted on different parts of the plant for all the actions mentioned in classical texts to expand the pharma worth of this plant.

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