

आत्मगुप्ता

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आत्मगुप्ता

Mucuna pruriens Linn.

Family-Papilionaceae/ Fabaceae

- चरक- बल्य, मधुर स्कंध, पुरीष विरजनिय
- सुश्रुत- विदारीगंधादी, मुदगादी वर्ग, काकोल्यादी वर्ग.



SIGRETIA MITS — BULBOSA
— FRUCTARIA MACROPHYLLA — MIQ.



Botany -

- Annual climbing shrub
- Young plant is covered with hairs
- Leaves- fairly large, tripinnate, ovate, rhombus shaped, gray silky beneath, petiole long and silky, leaflets are membranous, terminal leaflets are smaller, lateral very unequal sided
- Flowers- dark purple flowers, raceme.
- Fruits- curved, 4-6 seeded, longitudinally grooved pod is covered with loose orange hairs which causes severe itch.
- Beans- shiny black or brown ovoid

पर्याय

- आत्मगुप्ता- आत्मरक्षिता, इयं स्पर्शात् कंडू जनयति.
- अजहा- आपल्या शूक/ कंटक त्याग करीत नाही.
- कंडूरा-
- प्रादुषायणी- प्रावृत ऋतुत उत्पन्न होते.
- ऋष्यप्रोक्ता-
- शुकशिम्बी- लवयुक्त शिम्बी
- कपिकचू- वानरांना कंडू उत्पन्न करते.
- मर्कटी- वानरांच्या अंगावरील लोमाप्रमाणे फल रोम.

उपयुक्तांग-

- बीज, मूळ, शिम्बी, शिम्बी रोम.

• कपिकच्चू भृशम् वृष्या मधुरा बृहणी गुरु ।
तिक्ता वातहरी बल्या कफपित्त अस्रनाशिणी ॥
तद्बीजम् वातशमनम् स्मृतम् वाजीकरम् परम् ॥ भा.प्र.

कपिकच्चू स्मृता वृष्या गुरु स्याद वातपित्तहत ।
तस्या फलं बलश्लेष्मस्तन्यशुक्रकरं परम् ॥
पित्तम् चातियोगातमदविभ्रमकारकम् ॥ शोढल.

रसपंचक

- रस- मधुर, तिक्त.
- विपाक- मधुर
- वीर्य- शीत
- गुण- गुरु, शीत, स्निग्ध

दोषघ्नता- वात पित्त कफ

- धातु- मांस, रक्त , रस. बृहन्

- मल- सृष्ट विन्मूत्रवात

कर्म-

- वृष्य

शुक्र उत्पादक/ जनक azoospermia (no sperm), oligospermia (low sperm), कदली, मुसली, घृत, गोक्षुर, पलांडू, भल्लातक, क्षीर. अश्वगंधा. शतावरी, मांस, माष, विदारी, सेमल मुसळी.

काकोल्यादी गण , प्रजास्थापन गण, सुवर्ण, रजत, वंग, त्रिवंग,

शुक्र स्तंभक –premature ejaculation- जातीफल, लोध्र, शठी, नागकेशर, अहिफेन, तमाल, अकारकरभ

शुक्र रेचक – बृहती, कोकीलाक्ष, अश्वगंधा, कुपिलू, शिलाजतू

Sukrajanaka : The drugs which facilitate and increase the production of Sukra. Satavari, Musali, etc. Cakrapani includes these drugs under Sukravrdhdhikara where as Sarngadhara mentioned as Sukrala.

Sukrapravartaka : The drugs having Usna, Tikсна properties and which initiate the ejaculation of semen to the exterior of the body, are termed as Sukrapravartaka. Cakrapani includes such drugs under Sukrasrutikara e.g. Akarkarabha, Kasturi, Gunja etc.

Sukrajanaka Pravartaka : Drugs having both Janaka and Pravartaka properties are known as Sukrajanaka-pravartaka eg. Bhallataka, Kapikacchu etc. Cakrapani has described it as Sukrasruti-Vrdddhikara.

Uttejaka : Certain drugs cause irritation of urogenital tract and stimulation of nerve impulses, thus, help to improve the circulation as well as stimulate the local nerve endings to enhance the tumescence and rigidity for erection of penis at the time of copulation e.g. Akarakarabha, Kupilu etc. (Sharma 1993).

Sukrastambhaka : Sarngadhara has particularly described the drug which helps in the capability of ejaculatory control during sexual act. e.g. Jayapal, Ahiphena etc. In addition,

- Stri as Sukra-pravartini, Brhatiphala as Sukrarecana and Haritaki as Sukrasosana are also mentioned. (Sa. P. Kh. 4/14/5-17.5).
- Here, it can be proposed that, Sukrajanaka drugs may initiate or enhance either spermatogenesis or androgen synthesis or both.
- whereas Sukrapravartaka drugs either improve ejaculation or improve the action of androgens;
- Sukrajanaka-pravartaka drugs may perform all the above said functions.

PROPERTIES OF VRSYA DRUG : The drugs or articles which are possessing Madhura (sweet), Snigdha (unctuous), Jivana (promoters of life), Brmhana (nourishing), Guru (heavy) properties are called Vrsya (Ca. Ci. 2/4/36) and can be used for the purpose of Vajikarana.

• **VRSYA DRUGS :** Erandamula (Ca.Su. 25/40), Jivanti, Meda, Madhuka, Vata, Satavari, Rsabhaka , Pippali, Kakanasa, Satahva, Kapikacchu, Ksirakakoli, Vaca (Ca. Si. 4/11) ; Iksu, Salaparni, Rasna, Vidari, Madhu (Ca. Si. 8/12) Kakoli, Mudgaparni, Madhuyasti, Srngataka, Masa, Barley (Ca. Si. 10/28,29) ; Amalaki, Priyala, Ardraka, Lasuna, Patola, Dadima (Su.Su. 46) are some of Vrsya drugs.

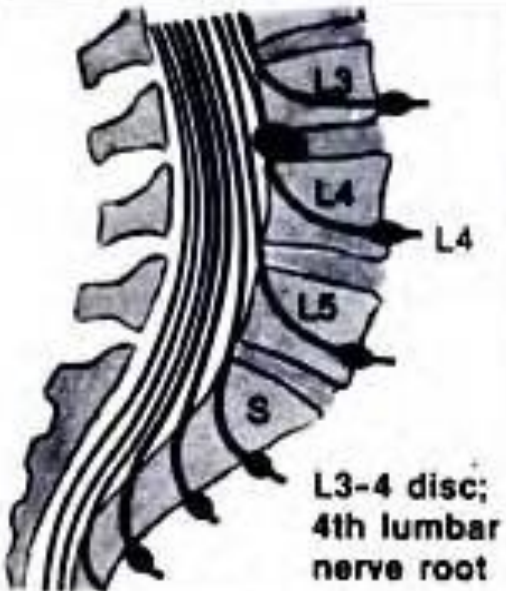





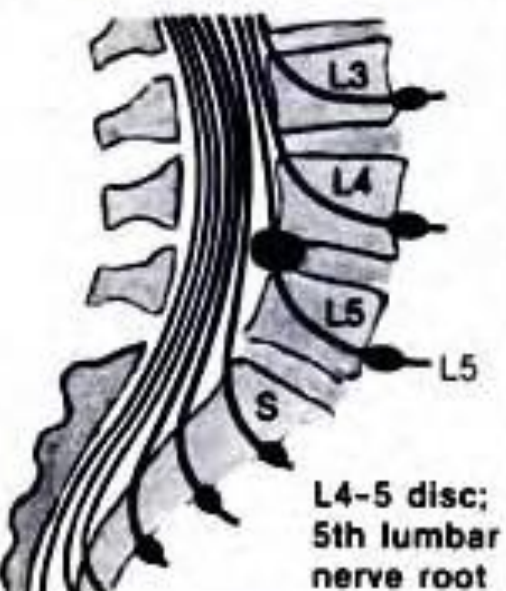


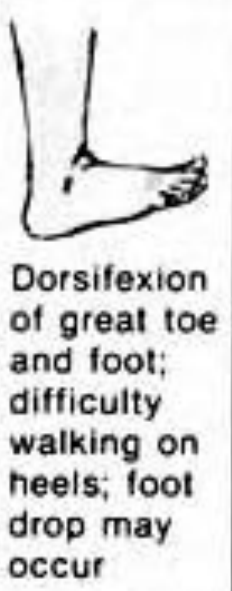

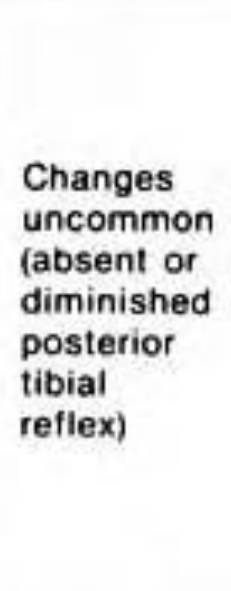
DIET ARTICLES POSSESSING VRSYA PROPERTY: Vasa (Ca. Su. 13/16), Majja (Ca. Su. 13/17), Ghrta (Ca.Su. 27/231; Ca. Sa. 6/11); Vilepi, Milk and its products, Lohitasalidhanya, Sastikasali, Masa, Godhuma, Amraphala, Kadali (Su. Su. 46); food having Madhura rasa and vipaka (Ca.Su. 26/43.61; Ca.sa. 6/11), ukadhanya varga (Ca. Su. 27/9,10) are the diet articles which are considered as Vrsya.

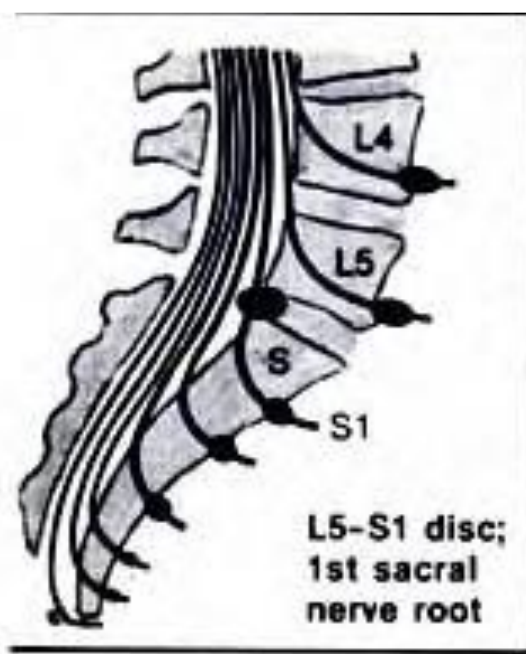




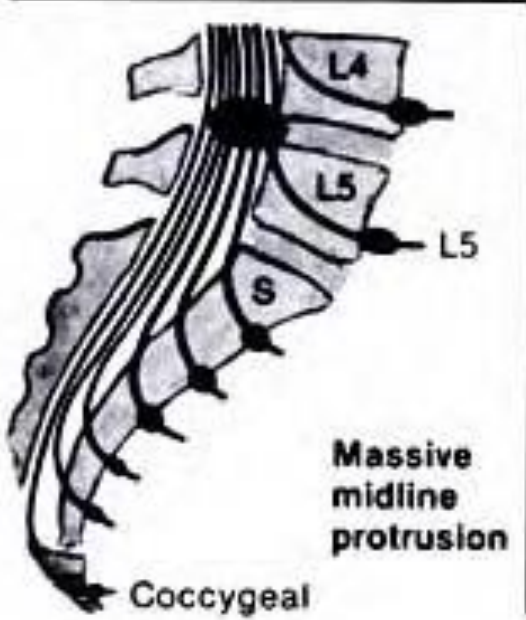

कर्म-

- बल्य
- बृहन
- स्तन्य वृद्धिकर

कर्म

- कृमिघ्न
- वातव्याधी – मूळ व बीज वातवाही नाडी बल्य
- मूत्रल- मूळ

Level of herniation	Pain	Numbness	Weakness	Atrophy	Reflexes
 <p>L3-4 disc; 4th lumbar nerve root</p>	 <p>Lower back, hip, postero- lateral thigh, anterior leg</p>	 <p>Antero- medial thigh and knee</p>	 <p>Quadriceps</p>	 <p>Quadriceps</p>	 <p>Knee jerk diminished</p>
 <p>L4-5 disc; 5th lumbar nerve root</p>	 <p>Over sacro- iliac joint, hip, lateral thigh and leg</p>	 <p>Lateral leg, web of great toe</p>	 <p>Dorsiflexion of great toe and foot; difficulty walking on heels; foot drop may occur</p>	 <p>Minor</p>	 <p>Changes uncommon (absent or diminished posterior tibial reflex)</p>

	 <p>Over sacroiliac joint, hip, postero-lateral thigh and leg to heel</p>	 <p>Back of calf; lateral heel, foot and toe</p>	<p>Plantar flexion of foot and great toe may be affected; difficulty walking on toes</p>	 <p>Gastrocnemius and soleus</p>	 <p>Ankle jerk diminished or absent</p>
	<p>Lower back, thighs, legs and/or perineum depending on level of lesion; may be bilateral</p>	<p>Thighs, legs, feet and/or perineum; variable; may be bilateral</p>	<p>Variable paralysis or paresis of legs and/or bowel and bladder incontinence</p>	<p>May be extensive</p>	 <p>Ankle jerk diminished or absent</p>

गृध्रसी

- Nidhan : Vataprakopaka nidan
- Dosha : Vata – Apana and Vyana vayu, Kapha.
- Dushya : Kandara, asthi, majja, rasa, rakta, mansa, sira, snayu.
- Agni : Jatharagni
- Ama : Jatharagnimandyajanita
- Udbhavasthana : Pakwashaya
- Samcharasthana : Rasayani
- Adhisthana : Prishtha, kati, sphik
- Srotas : Asthi, majja, rasa, rakta, mansa, meda
- Srotodushti : Sanga
- Rogamarga : Madhyam
- Vyakti : Sphik, kati, prishtha, uru, janu, jangha, pada.
- Bheda : Vataj and Vatakaphaj
- Swabhav : Chirkari

- **Various causes leading to Vata Prakopa :**
- Langhana Rasakshaya Rikta srotasa –Vataprakopa
- Laghu, ruksha annasevana –Rasakshaya- Rikta srotasa –Vataprakopa
- Atimaithuna -Shukra kshaya -Rikta srotasa- Vataprakopa
- Marmaghata -Margavarana -Rikta srotasa –Vataprakopa
- Vegasandharana -Margavarana -Rikta srotasa –Vataprakopa
- Ama- Margavarana -Rikta srotasa -Vataprakopa

- **Samprapti Ghataka of Pakshaghata :**

Dosha, Dushya, Srotasa, Ama and Agni.

- **Dosha :** Pakshaghata chiefly involves Vata dosha. Coming to its subtypes Prana, Udana and Vyana are chiefly involved.

- **Dushya :** In Pakshaghata Rasa, Rakta, Mamsa, Meda, Sira, Snayu, Dhamani and Mala are involved.

- **Srotasa :** Rasavaha, Raktavaha, Mamsavaha and Medovaha srotasa

- **Srotodushti :**
- Atipravritti,
- Sanga,
- Sira granthi and
- Vimargagamana

are four types of Srotodusti.

Paralysis occurs due to obstruction in cerebral vessels leading to ischaemia. This can be considered as **Sanga**.

Various types of aneurysm can be considered as **Siragranthi**.

Cerebral haemorrhage can be considered as **Atipravritti** and **Vimargagaman**.

- **Ama** : When quantum of Agni is decreased, it leads to production of **undigested** or **semidigested** material.

This Ama possesses **Snigdha, Picchila** guna and it causes obstruction in various Srotas.

- Srotorodha further causes vitiation of dosha.
- **Srotorodha** also hampers nutrition of various dhatus leading to **dhatukshaya**.
- In pakshaghata Rasagata and Raktagata Ama (**Thrombusembolism**) are produced, which obstructs cerebral arteries causing **ischaemia** in brain tissue and leading to its **necrosis (dhatukshaya)**.
- All these causes **Vata prakopa** i.e. increase in **Ruksha, Shita** guna of vayu and decrease in its **Chala** guna (loss of voluntary movements).

- **Agni** : All diseases occur due to vitiation of Agni. In Vatavyadhi Agni remains Vishama. So, in Pakshaghata also the Agni remains Vishama.
- **Udbhava Sthana** : Pakvashaya
- **Adhithana** : Ardhsharira.

Chemical constituent

- L-Dopa, glutathione, gallic acid, beta-sitosterol, Mucunine, prurienine, Stearic and oleic acid.
- L-Dopa- direct precursor of neurotransmitter dopamine.

Parkinsonism / कंपवात

- Parkinsonism is a degenerative disease
- Occurs when a person's dysfunction and death of cells of a portion of the brain that produces dopamine.
- Dopamine is a neurotransmitter – a chemical that transmits signals between brain and nerve cells. It is partially responsible for making controlled movements in the body.
- Difficulty in showing facial expressions, muscle stiffness, slowed affected movements, speech changes, tremor.
- अपान दुष्टी- मलावष्टम्भ- व्यान वायू दुष्टी – रसगत – रक्त- मांस – मज्जा- स्थानसंश्रय- व्याधी

आमयिक प्रयोग-

- अतिसार (पक्वातिसार/रक्तातिसार - मूलकल्क + कोष्ण जल. (सु.उ.४०/७४)
- वाजीकरणार्थ - बीज+ गोधूम सिद्ध क्षीर. (सु.चि.२६/३०)
- रक्तपित्ते- शिम्बी सिद्ध शाक. (अ.ह.चि.२)
- वातव्याधी –अवबाहुक- बीज स्वरस. (चक्रदत्त)
- पक्षाघात/ अर्दित/- मूळ स्वरस
- योनी संकोच- मूळ क्वाथ पिचु धारण.
- कृमीघ्न- रोम + घृत+ गुड
- श्लीपद- मूळ लेप.

कल्प-

- मुसल्यादी चूर्ण.
- मन्मथ रस
- माषबलादी कषाय
- अमृतप्राश घृत
- वानरी गुटिका
- अश्वगंधा घृत