



## ANTI-VERTIGO (BHARAMAHARA) DRUGS OF BHAVPRAKSHA NIGHANTU: A CLASSICAL SURVEY

PATIL YB<sup>1</sup> AND BANNE S<sup>2\*</sup>

1: Final year PG Scholar, Department of Dravyaguna, Parul University, Parul Institute of Ayurved, Faculty of Ayurveda, Limda, Tal. Waghodia, Dist. Vadodara, Gujarat, India

2: Associate Professor & Guide, Department of Dravyaguna, Parul University, Parul Institute of Ayurved, Faculty of Ayurveda, Limda, Tal. Waghodia, Dist. Vadodara, Gujarat, India

\*Corresponding Author: Dr. Banne S: E Mail: [satejbanne16@gmail.com](mailto:satejbanne16@gmail.com)

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### ABSTRACT

Ayurveda is an ancient science. It includes all aspects of medicinal knowledge. There are different ways of treatment have been explained in Brihatrayi such as Charaka Samhita, Sushruta Samhita, Vagbhata Samhita and Laghutrayi (Sharangdhara, Bhavpraakasha and madhava nidana). In Bhavpraksha nighantu mentions numerous drugs acting on Bhrama. The present study is design to screen the drug with mention as Bhrama. The Bhrama is correlated in the modern aspect as vertigo. Out of 426 drugs 18 were described for the treatment of Bhrama (vertigo) through the text which includes herbal, mineral and animal origin drugs. Ceiling importance was given to Guduchyadi Varga with 7 drugs (38.88%), very next to that Amradi Varga with 3 drugs (16.66%), succeeding to this Karpuradi Varga with 2 drugs (11.11%), were explained. Least importance was given too food products including Shaka varga, Vari Varga, Dughdha Varga, Gita Vraga and Madhu varga each respectively 1 drugs (5.55%) for treating Bhrama. No drugs are elucidating from Dhatu-Upadhatu-Rasa-Uparasa-Ratna-Visha Varga, Dhanya Varga, Mansa Varga, Krutanna Varga, Navaneet Varga, Tail Varga, Sandhana Varga and Ikshu Varga.

**Keywords:** Bhrama, Bhavprakasha Nighantu, varga, Laghutrayi, Vertigo

### INTRODUCTION:

The term Bhrama mentioned in the Ayurveda literature is similar to the term as vertigo according to the modern science. In

Bhavaprakasha Nighantu there are many drugs mentioned as Bhrama or which is useful in Bhrama disease. Bhrama (vertigo)

is considered as one among the most common complaints in medical day to day experience which affects approximately 20-30% of general population. Vertigo is nothing but the nervous disorder that involves loosing the control of physical movement and imbalance or feeling of dizziness. Ayurvedic drugs are helpful in treating the vertigo through natural means. There are different causes of vertigo which includes of disturbance central nervous system, cardiovascular system, and benign positional paroxysmal vertigo (BPPV) and ear-nose-throat. <sup>(1)</sup>

Based on symptoms vertigo can be correlated to Bhrama explained in Ayurveda classics. Bhrama is a Vataja Nanatmaja Vyadhi. Many drugs have been mentioned in Ayurveda Samhita to treat Bhrama. Bhavprakash Nighantu is one important glossary where lots of drugs have been mentioned.

#### **MATERIALA AND METHODS:**

**BHRAMA-** Is correlated with the modern term vertigo, giddiness, delusion or tremor. The symptom of Bhrama is similar to the vertigo disease.

Illusion disease arises due to the mental defects, Rajas and physical defects Pitta and Vayu. <sup>(2)</sup> These defects can collectively and separately also cause Bhrama (confusion). In delusional disease, roundness is the main symptom. This

rotation can be of the head as well as the surrounding things. Acharyas have given it the likeness of rotating like a wheel.

As per Madhava Nidana Bhrama is the condition in which, the patient can also fall on the ground at times. Actually it depends on the stage of deformation. In delusion, the patient's consciousness is obstructed only for a moment, but when the cognition becomes more obstructed due to the excess of distortion, the patient falls to the ground and then gets up on his own. This action can be repeated which is meant by the word Sarvada (forever). <sup>(3)</sup>

#### **VERTIGO:**

The word vertigo is derived from the Latin word 'Vertere' which means to 'turn around.'

In vertigo, the whole body, especially the head, appear to reel and everything, outside the patient, also appears to rotating around him. At the time patient feels this sensation, he is unable to walk or stand steadily on his legs. <sup>(4)</sup>

#### **CAUSES OF VERTIGO:**

There are so many causes of vertigo but following are the most commonly found. <sup>(5)</sup>

- 1) Peripheral causes-  
BPPV (Benign paroxysmal positional vertigo), meniere's disease, vestibular neuronitis, labyrinthitis, perilymph fistula, SSCDS (Superior semicircular canal dehiscence

syndrome), bilateral vestibular failure etc.

2) Central neurological causes-

Generally congenital and acquired are the causes. Multiple sclerosis, Migraines, head injuries, infection, brain tumours, Strokes are medical causes.

**CHIKITSA:**

The best course of treatment is to be given Pitta and Vaatshamak during the day and

Medhya medicines should be used before going to sleep at night. In the vertigo disease of the paranoid form, along with the treatment of the original ailment, the use of Bhrama drugs should also be used.

**DRUGS:**

This study shows literary review on Bhavprakash Nighantu. Bhavprakash Nighantu mentions total 18 Drugs which act as Bhrama.

Table No. 1: Bhrama drugs of Karpuradi Varga with respective references.

Sr. No.	Sanskrita Name	Latin Name	family	Action	Reference
1.	Virana	Vetiveria zizanoides Linn.	Poaceae	Bhranti	B.P.N.2/85
2.	Gandhapriyangu	Callicarpa macrophylla Vahl.	verbenaceae	Bhranti	B.P.N. 2/103

# - B.P.N. Bhavprakash Nighantu, first number is corresponding number of varga, and second number is respective verse.

Table No. 2: Bhrama drugs of Guduchyadi Varga with respective references.

Sr. No.	Sanskrita Name	Latin Name	Family	Action	Reference
1.	Kashmari	Gmelina arborea Linn.	Verbenaceae	Bhrama	B.P.N. 3/ 16
2.	Parpata	Oldenandia corymbosa Linn.	Rubiaceae	Bhrama	B.P.N. 3/92
3.	Mahanimba	Melia azedarachta Linn.	Meliaceae	Bhrama	B.P.N. 3/99
4.	Gunja	Abrus precatorius Linn.	Fabaceae	Bhrama	B.P.N. 3/127
5.	Nili	Indigofera tinctoria Linn.	Fabaceae	Bhrama	B.P.N. 3/208
6.	Yavasa	Alhagi pseudalhagi Desv.	Fabaceae	Bhranti	B.P.N. 3/213
7.	Trayaman	Gentian kurroo Royle.	Gentianaceae	Bhrama	B.P.N. 3/243

# - B.P.N. Bhavprakash Nighantu, first number is corresponding number of varga, and second number is respective verse.

Table No. 3: Bhrama drugs of Vatadi Varga with respective references.

Sr. No.	Sanskrita Name	Latin Name	family	Action	Reference
1.	Shami	Prosopis spicigera Linn.	Mimosaceae	Bhrama	B.P.N.5/73

# - B.P.N. Bhavprakash Nighantu, first number is corresponding number of varga, and second number is respective verse.

Table No. 4: Bhrama drugs of Amradi Varga with respective references.

Sr. No.	Sanskrita Name	Latin Name	family	Action	Reference
1.	Rajadana	Mimusops hexandra Roxb.	Sapotaceae	Branti	B.P.N.6/87
2.	Pinda kharjuri	Phornix sylvestris Roxb.	Arecaceae	Branti	B.P.N.6/122
3.	Madhukarkati	Citrus decumana Watt.	Rutaceae	Brama	B.P.N.6/133

# - B.P.N. Bhavprakash Nighantu, first number is corresponding number of varga, and second number is respective verse.

Table No. 5: Bhrama drugs of Shaka Varga with respective references.

Sr. No.	Sanskrita Name	Latin Name	Family	Action	Reference
1.	Shitiwaar	Marsilea minuta Linn.	Marsileaceae	Bhrama	B.I.N.9/ 32

# - B.P.N. Bhavprakash Nighantu, first number is corresponding number of varga, and second number is respective verse.

Table No. 6: Bhrama drugs of Wari Varga with respective references.

Sr. No.	Sanskrita Name	English name	Action	Reference
1.	Shitaljala	Cold water	Bhrama	B.P.N.12/ 70

# - B.P.N. Bhavprakash Nighantu, first number is corresponding number of varga, and second number is respective verse.

Table No. 7: Bhrama drugs of Dugdha Varga with respective references.

Sr. No.	Sanskrita Name	English name	Action	Reference
1.	Dugdha	Milk	Bhrama	B.P.N. 13/4

# - B.P.N. Bhavprakash Nighantu, first number is corresponding number of varga, and second number is respective verse.

Table No. 8: Bhrama drugs of Ghruta Varga with respective references.

Sr. No.	Sanskrita Name	English name	Action	Reference
1.	Dugdhani-sa-ghruta	Clarified butter made from milk	bhrama	B.P.N. 17/ 14

# - B.P.N. Bhavprakash Nighantu, first number is corresponding number of varga, and second number is respective verse

Table No. 9: Bhrama drugs of Madhu Varga with respective references.

Sr. No.	Sanskrita Name	English name	Action	Reference
1.	Chatra madhu	Honey	Bhrama	B.P.N.21/ 16

# - B.P.N. Bhavprakash Nighantu, first number is corresponding number of varga, and second number is respective verse.

## DISCUSSION:

Bhavamishra has given unique consideration to the disease Bhrama and used various drugs to treat this disease. Present study deals with large variety of Drugs from Bhavprakash Nighantu. Author has determined on herbal drugs instead of other diversity of Group. (Table no. 1 to 4, 5). Bhavamishra directly mentions the karma or action of these drugs as Bhrama (vertigo). Drugs from whole Bhavprakash Nighantu were screened for the action Bhrama (vertigo). Obtained data were presented as per as per vertigo action with respect to herbal and animal origin drugs which are belongs to different Vargas (chapter wise classification) with corresponding reference.

Out of 426 drugs 2(11.11%) of drugs from Karpuradi varga, 7(38.88%) belong to Guduchyadi varga, Vatadi varga 1(5.55%) are stated, Amradiphala varga 3(16.66%), also Shaka varga 1(5.55%) were used for the treatment of Bhrama (vertigo). Bhavamishra mentioned the large number of herbal origin drugs (77.77%) than the mineral and animal origin drugs. Less important was given to food products (animal origin) like Dugdha varga, Ghruta varga, Madhu varga each respectively 1 (16.66%) for treating Bhrama. Wari varga have also used in Bhrama. 1(5.55%). No drugs are explained from Mamsa Varga, Krutanna Varga, Dadhi Varga, Navaneet Varga & Ikshu Varga.

Table no.10: Total number of drugs with their percentage

S. No.	NAME OF VARGA	TOTAL DRUGS	PERCENTAGE (%)
1.	Karpuradi varga	02	11.11
2.	Guduchyadi	07	38.88
3.	Vatadi	01	5.55
4.	Amradi	03	16.66
5.	Shaka	01	5.55
6.	Vari	01	5.55
7.	Dugdha	01	5.55
8.	Ghrita	01	5.55
9.	Madhu	01	5.55
	Total	18	100%

## CONCLUSION:

The present review on vertigo drugs of Bhavprakash Nighantu is original of its kind. There are total 18 number of drugs are mentioned by Bhavprakash Nighantu including herbal, mineral and animal origin drugs. All the drugs have been mentioned as Bhrama and Bhranti etc. but the mode of action has not been detailed. Rather than practicing Sagnya sthapana dashemani of Charaka Samhita, other drugs of Bhavprakash Nighantu should be taken into consideration in practice for better results. The medicinal plants which are available presently need has been arrived to practice other common drugs which were explained by Bhavprakash Nighantu. A detailed clinical knowledge and study is required to understand the mode of action of these drugs.

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