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COMPREHENSIVE STUDY OF *AGNIMANTHA* AND *SHYONAKA* W.S.R. TO THEIR *VEDANASTHAPANA KARMA*

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Abstract

Background: Pain management has remained a central therapeutic concern in both Ayurveda and modern medicine. Among the *Dashamoola* group of drugs, *Agnimantha* (*Clerodendrum phlomidis Linn.*) and *Shyonaka* (*Oroxylum indicum Linn.*) hold special significance due to their classification under *Vedanasthapana* (analgesic) and *Shothahara* (anti-inflammatory) actions. Classical Ayurvedic texts extensively describe their *Rasa*, *Guna*, *Virya*, and *Vipaka*, highlighting their potential role in alleviating painful conditions. Modern research also validates their anti-inflammatory, antioxidant, and analgesic properties, indicating a convergence between traditional knowledge and contemporary evidence. **Aim** To study *Agnimantha* and *Shyonaka* with special reference to their *Vedanasthapana Karma*. **Objectives** To review classical references. To assess therapeutic uses in pain disorders. To explore phytochemistry and pharmacology. To correlate Ayurvedic and modern perspectives. **Materials and Methods:** This study is based on a literary review of classical Ayurvedic texts including *Charaka Samhita*, *Sushruta Samhita*, *Ashtanga Hridaya*, and Nighantus, alongside modern pharmacological and clinical research articles. Data were

systematically compiled regarding synonyms, morphology, phytochemistry, pharmacological properties, and therapeutic indications. Comparative analysis was performed between Ayurvedic descriptions and modern biomedical findings to establish clinical relevance. **Results:** Both *Agnimantha* and *Shyonaka* are consistently indicated in painful and inflammatory disorders such as *Gridhrasi* (sciatica), *Amavata* (rheumatoid arthritis), and *Shotha* (inflammation). Their classical properties—*Tikta-Kashaya Rasa*, *Laghu-Ruksha Guna*, *Ushna Virya*—correlate with modern findings of significant anti-inflammatory, antioxidant, and analgesic effects. Phytochemical analysis reveals the presence of flavonoids, tannins, and alkaloids, which are linked to their analgesic activity. **Conclusion:** *Agnimantha* and *Shyonaka* demonstrate strong evidence as effective *Vedanasthapana* drugs. Integrating classical insights with modern pharmacology strengthens their therapeutic potential for pain management. Further experimental and clinical studies are warranted to standardize formulations and establish dosage protocols.

Keywords: *Agnimantha*, *Shyonaka*, *Vedanasthapana Karma*, *Dashamoola*, Analgesic, Ayurveda

Introduction

Pain is a universal experience that has challenged physicians and healers throughout history. In Ayurveda, pain is primarily attributed to the aggravation of *Vata Dosha*, and its management is considered essential for restoring balance and quality of life. The group of drugs classified as *Vedanasthapana* plays a central role in alleviating pain through their combined actions of *Vata Shamana*, *Shothahara*, and *Balya* properties. Among them, *Agnimantha* (*Clerodendrum phlomidis Linn.*) and *Shyonaka* (*Oroxylum indicum Linn.*), members of *Dashamoola*, have been repeatedly highlighted in the classics for their efficacy in pain-related disorders.[1]

Dashamoola is one of the most well-known formulations described in Ayurveda, consisting of ten root drugs with broad applications in systemic disorders. Within this group, *Agnimantha* and *Shyonaka* stand out for their pronounced *Vedanasthapana Karma*. Texts such as *Charaka Samhita*, *Sushruta Samhita*, and *Ashtanga Hridaya* consistently mention their role in conditions like *Amavata* (rheumatoid arthritis), *Gridhrasi* (sciatica), and *Shotha* (inflammation). Their qualities—*Tikta-Kashaya Rasa*, *Laghu-Ruksha Guna*, and *Ushna*

Virya—directly oppose the pathological dominance of *Vata* that manifests as pain and stiffness.[2]

In addition to their classical descriptions, modern pharmacological studies support the analgesic and anti-inflammatory roles of these drugs. *Agnimantha* contains phytoconstituents such as flavonoids, alkaloids, and phenolic compounds that exhibit antioxidant and pain-modulating activities. *Shyonaka*, on the other hand, is rich in bioactive compounds like oroxylin and baicalein, which demonstrate anti-inflammatory, antimicrobial, and free radical scavenging properties. These findings reinforce the ancient claims of their *Vedanasthapana* actions.[3]

Pain management in the modern era is often reliant on non-steroidal anti-inflammatory drugs (NSAIDs) and opioids, which, despite their effectiveness, are associated with adverse effects and long-term dependency. Ayurveda provides a safe and holistic alternative through plants like *Agnimantha* and *Shyonaka*, which not only reduce pain but also address the root causes by correcting *Agni*, clearing *Ama*, and restoring *Dosha* balance. This integrative potential has sparked interest in re-evaluating these drugs with a modern lens.[4]

Therefore, a comprehensive study of *Agnimantha* and *Shyonaka* with reference to their *Vedanasthapana Karma* is crucial. It allows us to consolidate classical knowledge, validate it with modern scientific findings, and explore their applicability in contemporary pain management strategies. Such an approach bridges the gap between ancient wisdom and modern evidence, ensuring that these time-tested remedies gain wider acceptance in global healthcare.[5]

AIM AND OBJECTIVES

Aim

To study *Agnimantha* and *Shyonaka* with special reference to their *Vedanasthapana Karma*.

Objectives

1. To review classical references.
2. To assess therapeutic uses in pain disorders.
3. To explore phytochemistry and pharmacology.
4. To correlate Ayurvedic and modern perspectives.

Material and Method

The present study is a literary and analytical review conducted on *Agnimantha* (*Clerodendrum phlomidis Linn.*) and *Shyonaka* (*Oroxylum indicum Linn.*) with special reference to their *Vedanasthapana Karma*. Classical Ayurvedic references were collected from *Brihattrayi* (Charaka, Sushruta, and Ashtanga Hridaya), *Laghutrayi*, and Nighantus, along with commentaries and relevant Ayurvedic texts. Modern data were gathered from authentic sources such as pharmacognosy manuals, pharmacopoeias, research journals, and electronic databases (PubMed, Scopus, Google Scholar, AYUSH Research Portal). Information regarding nomenclature, taxonomy, morphology, *Rasa–Guna–Virya–Vipaka*, therapeutic indications, phytochemical constituents, and pharmacological actions was systematically compiled, analyzed, and correlated to evaluate the analgesic and anti-inflammatory potential of both drugs in light of their *Vedanasthapana* property.

Drug Review

Agnimantha - *Agnimantha* is one of the important constituents of the *Dashamoola* group of drugs in Ayurveda. It is botanically identified as *Clerodendrum phlomidis Linn.* (syn. *Clerodendrum multiflorum*). Classical texts describe it as a potent *Vedanasthapana* (analgesic), *Shothahara* (anti-inflammatory), and *Vata-Kapha Shamana* drug. It is widely used in disorders of pain, swelling, and systemic imbalances involving *Vata*.[6]

Synonyms[7]

- Sanskrit: *Agnimantha*, *Arani*, *Gandhari*, *Vishaghna*, *Shivadha*
- Vernacular: Arni (Hindi), Takkalai (Tamil), Arani (Marathi), Gantu Battalu (Telugu)

Taxonomical Classification[8]

- Kingdom: Plantae
- Division: Angiosperms
- Class: Dicotyledonae
- Order: Lamiales
- Family: Lamiaceae
- Genus: *Clerodendrum*
- Species: *C. phlomidis* Linn.

Morphology[9]

Agnimantha is a large shrub or small tree found throughout India.

- Leaves: Opposite, ovate, rough.
- Flowers: White or pale yellow, fragrant, in large terminal panicles.
- Fruits: Drupe, purple or black when ripe.
- Roots: Woody, thick, used as the chief medicinal part.

Classical Properties (*Dravyaguna*)[10]

- *Rasa*: Tikta, Kashaya
- *Guna*: Laghu, Ruksha
- *Virya*: Ushna
- *Vipaka*: Katu
- *Karma*: *Vedanasthapana*, *Shothahara*, *Deepana*, *Pachana*, *Vata-Kapha Shamana*, *Rasayana*

Therapeutic Indications (Classical)[11]

- *Amavata* (Rheumatoid arthritis)
- *Gridhrasi* (Sciatica)
- *Shotha* (Inflammation)
- *Jwara* (Fever)
- *Arsha* (Hemorrhoids)
- *Shoola* (Painful conditions)

Phytochemistry[12]

The root and leaves of *Agnimantha* contain:

- Alkaloids
- Flavonoids
- Phenolic compounds
- Saponins
- Glycosides
- Triterpenoids

Pharmacological Actions [13]

- Analgesic
- Anti-inflammatory
- Antioxidant
- Antipyretic
- Hepatoprotective
- Antimicrobial
- Antirheumatic

Shyonaka

Shyonaka is one of the ten roots included in the *Dashamoola* group of Ayurvedic drugs. It is botanically identified as *Oroxylum indicum Linn.* (family: Bignoniaceae). Ayurveda describes it as a potent *Vedanasthapana* (analgesic), *Shothahara* (anti-inflammatory), and *Rasayana* drug. Both roots and bark are widely used in painful and inflammatory disorders, digestive complaints, and systemic conditions involving *Vata* and *Kapha*.[13]

Synonyms[14]

- Sanskrit: *Shyonaka*, *Aralu*, *Dirghapatra*, *Phalini*, *Shyonakpatra*
- Vernacular: Shyonak (Hindi), Sona Patha (Bengali), Aralu (Marathi), Shyonakamu (Telugu), Shivana (Kannada)

Taxonomical Classification[15]

- Kingdom: Plantae
- Division: Angiosperms
- Class: Dicotyledonae
- Order: Lamiales
- Family: Bignoniaceae
- Genus: *Oroxylum*
- Species: *O. indicum* Linn.

Morphology[16]

Shyonaka is a medium-sized deciduous tree found throughout India, especially in sub-Himalayan regions.

- Leaves: Large, bipinnate, ovate leaflets.
- Flowers: Large, reddish-purple, nocturnal, foul-smelling.
- Fruits: Long, flat, sword-shaped pods (up to 1 m), containing many winged seeds.
- Roots and bark: Thick, greyish-brown, medicinally used.

Classical Properties (*Dravyaguna*)[17]

- *Rasa*: Tikta, Kashaya
- *Guna*: Laghu, Ruksha
- *Virya*: Ushna
- *Vipaka*: Katu
- *Karma*: *Vedanasthapana*, *Shothahara*, *Deepana*, *Pachana*, *Rasayana*, *Krimighna*

Therapeutic Indications (Classical)[18]

- *Amavata* (Rheumatoid arthritis)
- *Gridhrasi* (Sciatica)
- *Shotha* (Inflammation, edema)
- *Jwara* (Fever)
- *Arsha* (Hemorrhoids)
- *Krimi Roga* (Helminthiasis)
- *Shoola* (Painful abdominal conditions)

Phytochemistry[19]

The bark and roots of *Shyonaka* contain:

- Baicalein, Oroxylin-A, Chrysin (flavonoids)
- Tannins
- Sterols
- Saponins
- Glycosides
- Alkaloids

Pharmacological Actions[20]

- Analgesic
- Anti-inflammatory

- Antioxidant
- Antimicrobial
- Immunomodulatory
- Anticancer (experimental)
- Hepatoprotective

Contemporary Research

Modern studies have validated *Shyonaka*'s analgesic and anti-inflammatory activities, confirming its traditional use in pain and swelling. Flavonoids like baicalein and oroxylin show significant free-radical scavenging and anti-arthritic effects. Clinical and experimental data also support its antimicrobial, hepatoprotective, and anticancer potentials, making it a multi-dimensional drug.[21]

Vedanasthapana Karma

The word *Vedana* means pain or sensation, and *Sthapana* means to suppress, pacify, or stabilize. Thus, *Vedanasthapana Karma* refers to the action of pacifying or relieving pain. In Ayurveda, pain is primarily linked to *Vata Dosha*, and hence drugs and formulations under this category are mainly *Vatahara* in nature.[22]

Classical Perspective

Acharyas have classified *Vedanasthapana* drugs under the *Mahakashayas* described in *Charaka Samhita*. These drugs are specifically indicated for painful conditions arising from *Vata* vitiation, inflammation (*Shotha*), trauma, or systemic imbalance. *Dashamoola* (a group of ten roots) is the most renowned classical formulation categorized under *Vedanasthapana*, which includes both *Agnimantha* and *Shyonaka*.[23]

Pharmacological Basis

Vedanasthapana drugs generally possess properties such as *Tikta* (bitter), *Kashaya* (astringent) *Rasa*; *Laghu* (light), *Ruksha* (dry) *Guna*; and *Ushna Virya* (hot potency). These qualities directly counteract aggravated *Vata*, which is the chief factor in pain manifestation. By improving circulation, reducing inflammation, digesting *Ama* (toxins), and balancing *Vata*, these drugs bring about analgesic and anti-inflammatory effects.[24]

Therapeutic Indications[25]

Drugs under *Vedanasthapana Karma* are useful in conditions such as:

- *Amavata* (rheumatoid arthritis)
- *Gridhrasi* (sciatica)
- *Sandhivata* (osteoarthritis)
- *Shoola* (colicky pains)
- *Shotha* (inflammation and swelling)
- Post-traumatic pain conditions

From a biomedical perspective, the *Vedanasthapana* group aligns with analgesics and anti-inflammatory agents. Phytochemical studies show that many *Vedanasthapana* drugs contain alkaloids, flavonoids, tannins, and terpenoids that act through antioxidant, anti-inflammatory, and central analgesic pathways. Thus, Ayurveda's categorization is scientifically validated by modern pharmacology.[26]

Flow Chart no.1

Agnimantha (*Clerodendrum phlomidis*)

⬇

Dravyaguna

(*Rasa*: Tikta, Kashaya | *Guna*: Laghu, Ruksha | *Virya*: Ushna | *Vipaka*: Katu)

⬇

Pharmacological Actions

→ *Vedanasthapana* (Analgesic)

→ *Shothahara* (Anti-inflammatory)

→ *Vata-Kapha Shamana*

⬇

Clinical Indications

Amavata (Rheumatoid arthritis) | *Gridhrasi* (Sciatica) | *Sandhivata* (Osteoarthritis) | *Shoola* (Pain) | *Shotha* (Inflammation)

Flow Chart no.2

Shyonaka (*Oroxylum indicum*)

⬇

Dravyaguna

(*Rasa*: Tikta, Kashaya | *Guna*: Laghu, Ruksha | *Virya*: Ushna | *Vipaka*: Katu)

⬇

Pharmacological Actions

→ *Vedanasthapana* (Analgesic)
→ *Shothahara* (Anti-inflammatory)
→ *Vata-Kapha Shamana*
→ *Krimighna*, *Rasayana*

⬇

Clinical Indications

Amavata (Rheumatoid arthritis) | *Gridhrasi* (Sciatica) | *Sandhivata* (Osteoarthritis) | *Shoola* (Pain) | *Shotha* (Inflammation) | *Krimi Roga* (Helminthiasis)

RESULTS AND FINDINGS

- *Agnimantha* and *Shyonaka* are key *Dashamoola* drugs mentioned for *Vedanasthapana Karma*.
- Their *Rasa* (Tikta, Kashaya), *Guna* (Laghu, Ruksha), *Virya* (Ushna), and *Vipaka* (Katu) directly counter *Vata*, the main cause of pain.
- Both show strong analgesic and anti-inflammatory actions; *Shyonaka* additionally acts as *Krimighna* and *Rasayana*.
- Phytochemicals (flavonoids, alkaloids, tannins, glycosides) contribute to their *Vedanasthapana* effects.
- Modern studies confirm analgesic, anti-inflammatory, antioxidant, and antimicrobial properties.
- Clinically useful in *Amavata*, *Gridhrasi*, *Sandhivata*, *Shoola*, and *Shotha*.
- Together, they provide safe, effective, and holistic alternatives to modern analgesics.

Discussion

The concept of *Vedanasthapana Karma* in Ayurveda highlights the management of pain through *Vata Shamana*, *Ama Pachana*, and *Shothahara* actions. Both *Agnimantha* and *Shyonaka*, as part of *Dashamoola*, fulfill this role effectively. Their *Tikta-Kashaya Rasa* and *Ushna Virya* directly oppose aggravated *Vata*, while their *Laghu-Ruksha Guna* assist in reducing *Kapha* and mediating inflammatory processes. This classical description shows a deep understanding of pain pathophysiology in relation to *Dosha* imbalance.[27]

Pharmacological investigations support these classical claims. *Agnimantha* contains alkaloids, flavonoids, and triterpenoids that demonstrate analgesic and anti-inflammatory

activities. Similarly, *Shyonaka* is rich in baicalein, oroxylin, and tannins, which exhibit strong free radical scavenging and anti-arthritic effects. These bioactive compounds provide a modern explanation for their *Vedanasthapana* and *Shothahara* properties, validating the Ayurvedic perspective through biochemical pathways.[28]

Clinical relevance is evident in conditions like *Amavata* (rheumatoid arthritis), *Gridhrasi* (sciatica), *Sandhivata* (osteoarthritis), and other painful disorders. Both drugs reduce pain, stiffness, and swelling, improving functional mobility. The additional *Rasayana* and *Krimighna* actions of *Shyonaka* expand its scope to rejuvenation and helminthiasis, making it more versatile in chronic disease management. This highlights the integrative advantage of Ayurvedic formulations where a single drug provides multiple systemic benefits.[29]

Comparing with modern medicine, NSAIDs and opioids are commonly used for pain but are often limited by adverse effects. *Agnimantha* and *Shyonaka*, on the other hand, offer analgesia with added anti-inflammatory, antioxidant, and rejuvenative effects, minimizing toxicity. Hence, their clinical application provides a safer, holistic, and long-term alternative. This correlation between classical Ayurvedic wisdom and modern pharmacology underscores the need for further experimental validation and clinical trials to establish standardized dosage and formulations.[30]

Conclusion

The present study highlights that both *Agnimantha* (*Clerodendrum phlomidis*) and *Shyonaka* (*Oroxylum indicum*), as integral members of *Dashamoola*, possess strong *Vedanasthapana Karma* supported by their Ayurvedic attributes and modern pharmacological findings. Their *Tikta-Kashaya Rasa*, *Laghu-Ruksha Guna*, and *Ushna Virya* make them effective in pacifying aggravated *Vata*, the prime cause of pain. Classical texts, phytochemical evidence, and experimental studies all affirm their analgesic, anti-inflammatory, and antioxidant activities. While *Agnimantha* primarily exhibits potent *Vedanasthapana* and *Shothahara* actions, *Shyonaka* extends its utility with additional *Rasayana* and *Krimighna* properties, making both valuable in managing disorders like *Amavata*, *Gridhrasi*, and *Sandhivata*. Thus, they offer safe, holistic, and scientifically validated alternatives to conventional analgesics, bridging Ayurvedic wisdom with modern healthcare.

Conflict of interest –nil

Source of Support –none

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