



Sri Satya Sai Murlidhar Ayurvedic College & Hospital
Moga (Punjab) -142001
PASHANBHEDA

Botanical Name: *Bergenia ligulata*

Family: Saxifragaceae

Regional Names:

Hindi- Pakhanabheda, Silphara, Patharcua, Pakhanabhed, Silpbheda.

Bengali-Patharkuchi, Himasagara, Patrankur.

Gujarati Pashanbheda. Pakhanbheda.

Kannada- Alepgaya, Pahanbhedi, Hittaga, Pasanaberu, Hittulaka.

Malayalam-Kallurvanchi, Kallurvanni, Kallorvanchi.

Marathi- Pashanbheda.

Tamil- Sirupilai.

Telugu- Kondapindi.

Classification of Dravya (Gana) as in Charaka and Sushruta:

Charaka: Mutravirechaniya.

Sushruta: Virataruvadi

External Morphology:

A perennial herb, rootstock very stout, stem is short and thick.

Leaves are ovate or round, long at the time of flowering, in autumn attaining 30cms. or more turning bright red, cordate, entire, fringed with short stiff hairs, both surfaces hairy, becoming almost hairless in age. Stalk sheathing at base. Flowers white, pink or purple, forming a cymose panicle.

Controversial Studies:

Pashanabheda is highly controversial drug. Quite different plants are being used in different regions of the Country, viz., *Bergenia ciliata* (Haw.) Stemb., *Coleus amboinicus* Lour., *Kalanchoe pinnata* Pers., *Aerva lanata* Juss. ex Schult., *Aerva javanica* Juss., *Ammania baciferra* Linn., *Rotula aquatica* Lour., *Bridelia montana* Willd., *Ocimum basilicum* Linn. However, as per Ayurvedic Formulary Part I published by Govt. of India, *Bergenia ciliata* is accepted as genuine Pashanabheda. (CCRAS Databse Volume I)

Useful Parts: Moola (Root)

Important Phytoconstituents: Tannic acid, Gallic acid and Glucose. (A.P.I Volume I)

Rasa Panchaka:

Rasa: Kashaya, Tikta

Guna: Laghu, Snigdha, Tikshna

Virya: Sheeta

Vipaka: Katu

Prabhava: Ashmaribhedana.

Karma: Bastishodhana, Mutravirechana, Bhedana

Action on Dosa, Dhatu, Mala: Doshagnata= Tridoshashamaka.

Mala: It is Sthambhana, Mootrala.

Pharmacological Activity:

Spasmogenic, antiprotozoal, anticancer, antilithic, cardiotoxic, CNS depressant, antiinflammatory, diuretic (in mild doses), antidiuretic (higher doses in experimental animals), prevention of stress induced erosions (bergenin), lowering of gas- tric output. (CCRAS Databse Volume I)

Prayogahavyadhi (Therapeutic Indications): Ashmari, Mutrakrichra

Amayikaprayoga (Therapeutic Administration):

i. Mutrakrichra: Pashanamoolachurna with Tandulodaka cures mutrakrichra.

ii. Pittashmari: Pashanabheda kashaya with Shilajatu and Sharkara cures Pittashmari.

Vishista Yoga (Names of Important Formulations):

Pashanabhedadikwatha, Pashanabhedadyaghruta, Pashanabhedadyachurna.