

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

BOTANICAL NAME- *Convolvulus pluricaulis* Chois

FAMILY- Convolvulaceae

NAMES IN DIFFERENT INDIAN LANGUAGES-

English → Speed wheel

Hindi → Shankhahuli

Kannada → Vishnukranti

Malayalam → Vishnukranti

Marathi → Shankhawali

CLASSIFICATION ACCORDING TO CHARAK AND SUSHRUT-

Caraka- Not included

Suśruta- Not included

CONTROVERSY-

1. *Convolvulus pluricaulis* chois Convolvulaceae
2. *Evolvulusalsinoides* Linn. Convolvulaceae
3. *Canscoradiffusa* R.Br. Gentianaceae
4. *Clitoria ternatea* Linn Papilionaceae
5. *Lavendulabipinnata* OkzeLamiaceae

MORPHOLOGY- Perennial prostate herb.

Root-Tap root, branched

Stem-Prostrate, aerial, herbaceous, weak, branched, cylindrical, solid, hairy and green.

Leaf-Simple, alternate, sub-sessile, exstipulate, oblong or oblanceolate, entire, hairy, acute, coriaceous with unicostate reticulate venation.

Inflorescence- Dichasial cyme.

Flowers-Pedicellate, actinomorphic, regular, bisexual, complete, pentamerous, hypogynous and light

purple in colour. Sepals are 5, polysepalous, hairy and green. Petals are 5, gamo- petalous, infundibuliform. Andorecium contains 5 stamens, polyandrous and epipetalous. Gynoecium is

bicarpellary, syncarpous, superior ovary.

Fruit- A capsule

Seed-Endospermic

CHEMICAL CONSTITUENTS- Sankhapuspi has Carbohydrate-D-Glucose, Maltose, Rhamnose, Glacial acetic acid, Scopoletin, Bsitosterol, Tropane alkaloids. Kaemferol, Convoline, Convalidine, Convolvine, Confoline, Convosine and tetratriacontanoic acid.

PROPERTIES-

Rasa- Kashaya, Katu, Tikta

Guna- Snigdha, Pichila, Guru, Sara

Vipäka- Madhura

Virya- Sheeta

Prabhava- Medhya



KARMA-



Vātasāmaka, Medhya, Vrisya, Rasayana, Smriti- Vardhaka, Kantivardhaka, Balya, Kusthaghna,



Krimighna, Visaghna, Kasahara, Swarya.

Anti-depressant, Neuroprotective, Antioxidant, Anti- Ulcerogenic



INDICATIONS: Manasika Vikāras, Unmada, Apasmāra, Dourbalya, Kuṣṭha, Krimi, Vi□avikāra, Kasa, Swarabheda.



PART USED- Whole Herb



DOSAGE- Curna (Powder)- 3 to 5 g, Swarasa (Juice)- 10 to 20 ml, Phanta (Hot infusion)- 40 to 80 ml



IMPORTANT YOGAS OR FORMULATIONS: Sankhapuspitaila, Manasa mitrava□aka, Brahma Rasayana, Aindri Rasayana, Saraswatacurna



THERAPEUTIC USES- 1. Medhya Rasayana (Intellect promoter)



a) Different preparations of Sañhapuspi, (Convolvulus pluricaulis) helps in promoting memory.



b) Ghee processed with juice of Sankhapuṣpi (Convolvulus pluricaulis) if used regularly improves intellect.



Unmada (Insanity) and Apasmāra (Epilepsy)



Puranaghrita processed with juice of Brahmi, Powder of Vaca & Kuṣṭha and paste of Sankhapuspi is efficacious in alleviating insanity and epilepsy.

