



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 → Shankhavali



CLASSIFICATION ACCORDING TO CHARAK AND SUSRUT-

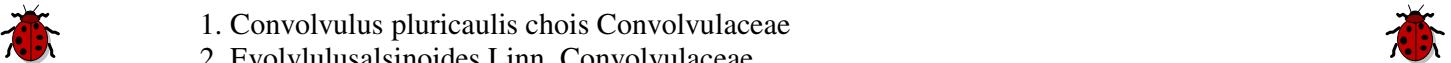


Caraka- Not included

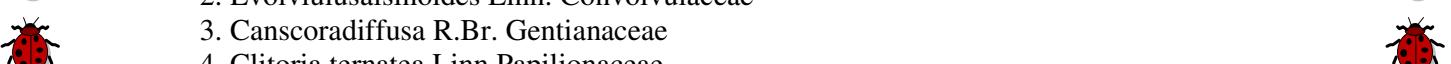
Suśruta- Not included



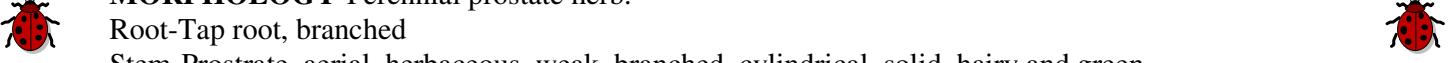
CONTROVERSY-



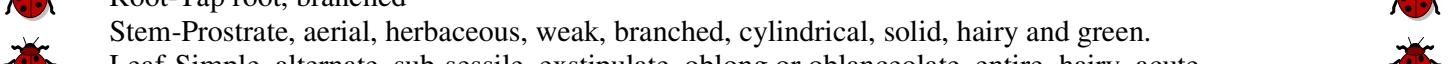
1. *Convolvulus pluricaulis* chois Convolvulaceae
2. *Evolvlulusalsinoide*s Linn. Convolvulaceae
3. *Canscoradiffusa* R.Br. Gentianaceae
4. *Clitoria ternatea* Linn Papilionaceae
5. *Lavendulabipinnata* Okze Lamiaceae



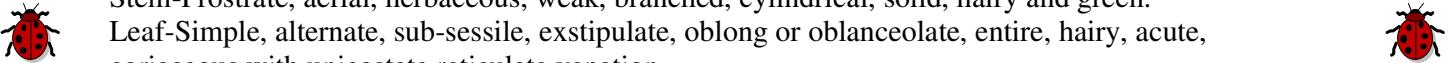
MORPHOLOGY- Perennial prostate herb.



Root- Tap root, branched



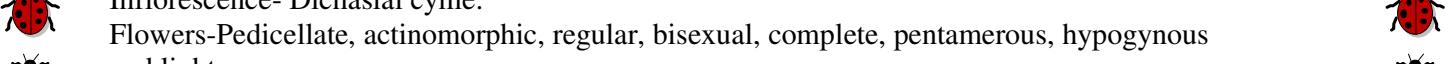
Stem- Prostrate, aerial, herbaceous, weak, branched, cylindrical, solid, hairy and green.



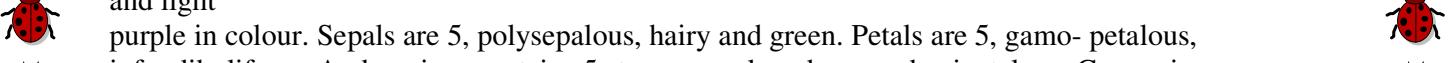
Leaf- Simple, alternate, sub-sessile, exstipulate, oblong or oblanceolate, entire, hairy, acute, coriaceous with unicostate reticulate venation.



Inflorescence- Dichasial cyme.



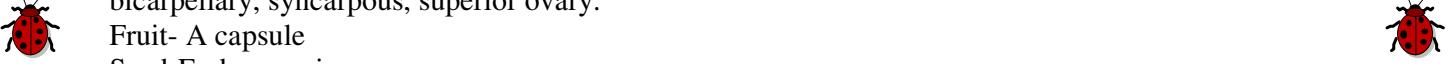
Flowers- Pedicellate, actinomorphic, regular, bisexual, complete, pentamerous, hypogynous and light



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.



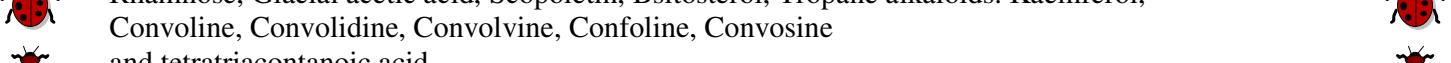
Fruit- A capsule



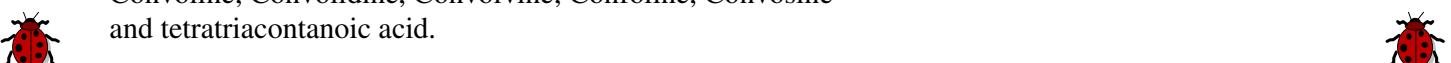
Seed- Endospermic



CHEMICAL CONSTITUENTS- Sankhapuspi has Carbohydrate-D-Glucose, Maltose, Rhamnose, Glacial acetic acid, Scopoletin, Bsitosterol, Tropane alkaloids. Kaemferol,



Convoline, Convolidine, Convolvine, Confoline, Convosine



and tetratriacontanoic acid.



PROPERTIES-



Rasa- Kashaya, Katu, Tikta

Guna- Snigdha, Pichila, Guru, Sara

Vipāka- Madhura

Virya- Sheeta

Prabhava- Medhya





KARMA-

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

Kustaghna,

Krimighna, Visaghna, Kasahara, Swarya.

Anti-depressant, Neuroprotective, Antioxidant, Anti- Ulcerogenic



INDICATIONS: Manasika Vikāras, Unmada, Apasmāra, Dourbalya, Kuṣṭha, Krimi,
Viñavikāra, 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 mitravañaka,
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.

