

## **MEDHYA ACTIVITY OF SHANKHPUSHPI (COVOLVULUS PLEURICAULIS) - A REVIEW**

**Sole.A.P<sup>1</sup>, Pansare T.A.<sup>2</sup>**

<sup>1</sup>Ashtang Ayurved Mahavidyalaya, Pune Maharashtra, India, <sup>2</sup>Govt. Ayurved College  
Osamanabad, Maharashtra, India

**Abstract:** Medhya Rasayanas are beneficial to improve the intellect Shankpushpi is definitely considered as nature's is wonderful gift to mankind for intellect cognition. This drug promotes intellect (Dhi) Retention power (Dhriti), memory (Smriti). Shankhapushpi is mainly active on Majjavaha srotas and best dravya for it. It nourishes the Majja Dhatu and hence alleviates vat and helps in (Manas roga) Neurological and Psychiatric disorders. Shankhapushpi has been found to be helpful in restoring memory, tranquilizer for sleeplessness and anxiety . neurosis. The review discusses about Medhya activity of Shankhapushpi (Convolvulus pluricaulis) as a great player for reduction in anxiety, stress and restoring memory

**Key words-** Medhya Rasayan, Shankpushpi, Cognition anxiety disorders.

### **INTRODUCTION**

According to Acharya Charak equilibrium of Vat, Agni of Dhatu and srotas are essential factors for maintaining normal strength, colour, longevity of body. Medhya has been explained in broad way in Ayurveda. Medhya has three faculties - Dhi, Dhriti, Smriti which are interrelated with each other. Medhya can be divided in following category -

1) Grahanashakti (Power of grasping)

2) Dharana Shakti (Power of Retention)

3) Viveka Shakti (Power of Discrimination)

4) Smriti (Power of Recollection)

The revitalization and rejuvenation approach in Ayurveda is known as Rasayan Chikitsa (Rejuvenation therapy). It aims in enhancement in strength, immunity, longevity, intelligence, strength of Physique and sense organs.

### **Medhya Rasayan -**

The word 'Medhya' has been derived from sanskrit word medhya means intellect or cognition and rasayan means rejuvenation. The word Medhya describes specific pharmacological activity of the herb used to improve the efficiency of mental faculties like grasping, memory, expression etc. Medhya Rasayan drugs are of two types -

1) Sheet Virya and Madhura Vipaka - It promotes Kapha and enhances Dharna Karma (retention of cognition) eg- yashtimadhu, Brahmi, **Shankhapushpi**.

2) Ushna Virya and Tikta Rs - It promotes pitta and enhances Grahana and Smarana (grasping and Memory) eg. - Guduchi, Vacha, Jyotishmati  
Medhya drugs act at different levels

1) at level of Rasa

2) act by stimulating and improving function of Agni

3) Improve circulation of Rasa by opening and cleaning the micro channel and thus improving Medhya function.

Memory is combination of power of acquisition (grahan), Retention (Dharan) and recollection (smaran) vat, pitta, kapha are three physiological dimension or biological

rhythms regulating the entire functioning of human body. Vata is responsible for association of ideas, kapha provides stability which is necessary for retention of memory and pitta is responsible for understanding and attaining knowledge due to its satva, Ashukari and tikshna property.

Several central nervous system disorders are often associated with impairment in cognitive functions. Disorders of memory can range from mild to severe. Medhya Rasayan produce Neuronutrient effect by improving cerebral metabolism. These drugs have specific effect on mental performance by promoting functions of "Buddhi" and "Manas" by correcting the disturbances of "Rajas" and "Tamas". This helps mental disorders patient to get relieve from anxiety, stress and depression.

**Main objective of this review article is to understand the Medhya activity, mode of action of medhya dravya Shankhapushpi (convolvulus pleuricaulis)**

### **Shankhapushphi :-**

Latin name -Convolvulus pleuricaulis

Family - Convolvulacea

Synonyms - Khsheerpushpi,  
Mangalyakusuma, Medhya, Smritihita  
Rasa -Kashaya Vipak- Madhur  
Veerya - Ushna  
Prabhav - Medhya  
Mainly active on Majjavaha Strotas

**Activity mode of action -**

Anxiolytic, memory enhancing, mood elevating effect, retard brain ageing, helps in regeneration of brain cells and in dendritic arborization which is the neuronal basis for improved learning and memory, increase in AChE activity in CAI with AS and CA3.

**Chemical composition -**

Phytonutrients like convolidine, convolvine, confoline, convoline, phyllabine, subhrisine,  $\beta$ - sitoste and scopoline.

These compounds help brain stimulation and increase the ability to concentrate.

**Shankhapushpi (Convolvulus pluricaulis Chois)**

This drug is known for its action on boosting memory and improving intellect beneficiary for brain disorders like epilepsy. It consists of whole plant of Convolvulus pluricaulis chois ((CP, Convolvulaceae). Shakhapushpi is effective in anxiety neurosis and used in cerebral abnormalities, insomnia, and

memory invigorator. Shakhapushpi enhances memory function due to its Antioxidant and Acetylcholinesterase Inhibitory Properties. Investigators have investigated the neuroprotective effects of aqueous extract from Convolvulus pluricaulis (CP) against aluminum chloride induced neurotoxicity in rat cerebral cortex. Evidences of antioxidant and anticonvulsant activity of Shankhapushpi are also demonstrated by earlier studies. Earlier evidences have demonstrated the potential of Convolvulus pluricaulis (CP) to attenuate scopolamine (2mg/kg. i.p) induced increased protein and mRNA levels of tau, amyloid precursor protein (ABPP) amyloid  $\beta$  ( $A\beta$ ) levels and histopathological changes in rat cerebral cortex.

Shankhapushpi reduces the distractions which happen normally due to tired brain. Brain consumes over 20% of all nutrients and the oxygen we consume and glucose sucrose, alkaloids helps nourish brain. "Shankhapushpi" provides all the nutrients required for the brain. Due to its soothing action on the nervous system this plant is used as a tranquilizer for insomnia and anxiety neurosis. Its activity of restoring memory is useful in treatment of



neurodegenerative disease. It increases intellect by nourishing brain. It is almost present as an ingredient in all mind and memory boosters.

**Conclusion -**

Shankhapushpi can be definitely considered as one of the wonderful gift for mankind. This is main and active ingredient in most of the Ayurvedic brain tonics and memory enhancing drugs. Shankhapushpi stimulates the brain cells thereby improving concentration, memory, reasoning, grasping power, intelligence, Retention of memory which helps for a better performance in activities.

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**Corresponding author:**

**Dr. SOLE.A.P**

Ashtang Ayurved Mahavidyalaya,  
Pune Maharashtra, India

Email: [aparnasole@gmail.com](mailto:aparnasole@gmail.com)

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