

Pashanabheda (*Bergenia ligulata* Wall.)

Family - Saxifragaceae

Synonyms

Ashmabhedana

Vernacular Name

English - Winter Begonia

Hindi - Pashanabheda

Kannada - Pashanabhedi

Habitat & Distribution - Pashanabheda grows in Hemalayan region about 6,000 ft. altitude.

Bergenia ciliata is found growing in the rocky slopes of temperate and sub-Himalayan tracts, at an altitude of 900-3000 m, covering Uttar Pradesh, Uttaranchal, Himachal Pradesh etc. Though infrequent, it is also seen in Arunachal Pradesh and other North-Eastern region of the country.

Botanical Discription

Morphology

Habit - Pashanabheda is much branched perennial herb grows 60 to 180 cm in height.

Root-Red in colour and 2 to 5 cm thick

Stem-Short thick, fleshy and procumbent.

Leaves-Ovate, 12 to 25 cm in diameter, sessile, rounded at the apex, fringed with short hairs.

Flowers - White, Pink or purple in colour and flowering occurs in April and May. Flowers are 3 cm in diameter forming a cymose panicle.

Fruit-Drupes, orange or red in colour.

Fruit a globose capsule, many-seeded.

Flowering & Fruiting - March-June

Chemical constituents -

Berginin, B-sitosterol



Rasadi panchaka

- Rasa -Kashaya Tikta (Madhura-Ra.Ni.)
- Guna -Tikshna Snigdha
- Vipaka -Katu
- Virya -Shita
- Prabhava -Ashmarighna

Useful part-Kanda (Rhizome)/Mula (Root)

Matra (Dose)

Mula/Kanda churna (Powder of rhizome) -1 to 3 g

Karma (Action)

Ashmaribhedana, Bastishodhaka, Arshoghna, Pramehahara, Shulahara, Vranahara, Yoniroga nashaka, Mutrala, Pliharogahara, Dahahara and Hridrogahara.

Doshakarma (Action on Dosha)

Tridosha Shamaka, Vata Shamaka due to its Snigdha guna and Pitta Shamaka because of Kashaya Tikta and Shita virya, Kaphahara because of Kashaya tikta rasa and Katu vipaka.

Roghaghanta (Therapeutic indications)

Ashmari, Mutrakrichra, Arshas, Prameha, Shula, Yoniroga, Pliharoga, Daha, Hridroga and Vrana

Amayika Prayoga (Therapeutic Uses)

Ashmari (Calculus), & Mutrakrichra (Dysuria)

Milk boiled with Nala (Arundo donax) Ashmabheda (Bergenia ligulata), Darbha (Desmostachya bipinnata), Ikshu (Saccharum officinarum), seeds of Trapusha (Cucumis sativus), and Ervaruka (Cucumis utilissimus) then it has to be taken with ghee. This is efficacious in Ashmari (Calculus) and Mutra krichra (Dysuria).

Specific formulations - Pashanabhedadya gh-rita, Vidari ghrita (Bhavaprakasha), Bhadrava-ha ghrita

Varities-

Rajanighantukara had given 4 varieties of Pashanabheda.

Modern Herbalists have considered the following plants for Pashanabheda.

1. Coleus aromaticus
2. Bryophyllum calycinum
3. Iris pseudo-acorus
4. Bergenia ligulata
5. Aerva lanata
6. Ocimum basilicum

However based on the habitat i.e., growing among the rocks and in view of the clinical efficacy in dissolving the stones formed in the urinary tract fully justify use of *Bergenia*. Similarly *Aerva lanata* (South Indian *Pashanabhe-da*) should also be considered in view of its therapeutic action.

Controversy

Pashanaabheda is one of the most controversial drugs in Ayurveda. Different species are used as *Pashanaheda* in various parts of India.

Grahya Laxana (Genuine Characteristics)

Transversely cut pieces of dried rhizome will be up to 6 cm long and 1 to 2 cm in diameter. External surface is reddish brown in colour, wrinkled or irregularly shrivelled, bearing leaf scales in the upper part and root scars below. A transversely cut portion shows 2 to 3 mm thick bark, followed by a light coloured cambium ring and a woody portion which surrounds a central pith. Breaking is difficult and on breaking exposes a light brick red surface. Has characteristic faint odour, tastes bitter and astringent.