

Shankhapushpi(*Convolvulus pluricaulis*)

Botanical Name - *Convolvulus pluricaulis*
Chois

Family - Convolvulaceae (Ref. Appendix-II
for key features)

Synonyms of Drugs

1. Bhulagra
2. Supushpi
3. Mangalyakusuma

Vernacular Names

English -Speed wheel

Hindi -Shankhahuli

Habitat & Distribution

Convolvulus pluricaulis grows mainly in Gujarat state.

-Distribution *Convolvulus pluricaulis* is found in open waste lands, along sandy coast-al regions and on the bunds of cultivated fields in Gujarat, Diu, Rajasthan, Uttar Pradesh, Bihar and Madhya Pradesh. The spe-cies is also distributed in Pakistan, Egypt etc.

Botanical Discription

Morphology

Habit-Perennial prostate herb.

Root-Tap root, branched

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

Leaf-Simple, alternate, sub-sessile, exstipu-late, 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. Pet-als are 5, gamopetalous, infundibuliform. Androecium contains 5 stamens, polyandrous and epipetalous. Gynoecium is bicarpellary, syncarpous, superior ovary.

Fruit-A capsule.

Seed-Endospermic.

Flowering & Fruiting - Flowering & Fruiting - September - February; also throughout the year in favourable situations

Chemical constituents - Shankhapushpi has Carbohydrate-D-Glucose, Maltose, Rham-nose, Glacial acetic acid, Scopoletin, β -sitosterol, Tropane alkaloids, Kaemferol, Convoline, Convalidine, Convolvine, Confoline, Convosine and tetratriacontanoic acid.

Matra (Dosage)

Churna (Powder) -3 to 5 g

Swarasa (Juice) -10 to 20 ml

Phanta (Hot infusion) -40 to 80 ml

Rasadi panchaka

Rasa -Kashaya, Katu, Tikta

Guna -Snigdha, Picchila, Guru, Sara

Vipaka - Madhura

Virva -Shita

Prabhava -Medhya

Useful part-Panchanga (Whole herb)

Karma (Action)

Shankhapushpi - Medhya, Vrishya, Rasayana, Smriti Vardhaka, Kantivardhaka, Balya, Kushthaghna, Krimighna, Vishaghna, Kasahara, Swarya.

Dosha karma (Action on Dosha)

Vata Shamaka due to Madhura Vipaka, Pittahara because of Shita virya, Madhura vipaka and Kashaya rasa. Kapha Shamaka due to Kashaya Katu Tikta rasa.

Rogagnata (Therapeutic Indications)

Manasika Vikaras, Unmada, Apasmara, Dourbalya, Kushtha, Krimi, Vishavikara, Kasa, Swarabheda.

Amayika Prayoga (Therapeutic uses)-

. Medhyarasayana (Intellect-promoting Rasa-yana) Sankhapushpi is a rasayana specifically promoting intellect. (Charaka)

. Ghee should be cooked with three times juice of Shankhapushpi along with milk. By its regular use even the dull becomes sharp and intelligent. (Astangahridaya)

. Unmada and Apasmara (Insanity & Epilepsy) Old ghee cooked with Brahmi juice, Vacha, Kushtha and Shankhapushpi alleviates Insanity and Epilepsy. (Charaka)

Specific formulations

Shankhapushpi panak, Medhyakashaya. Sankhapushpirasa-yan, Shankhapushpi taila, Agastya-haritaki, Somaghrita (Bhaishajyaratnavali) (Therapeutic administration)

Grahya Laxana (Genuine characteristics):

Market sample consist dried whole herb with small woody, profusely branched root, slender, terete, sparsely fulvous and pilose stems; linear, oblanceolate, hairy leaves, upto 3.5 cm long. 2 to 4 mm broad and small, white funeral shaped flowers occurring solitary or in pairs in the axil of the alternately arranged leaves. The herb depicts dusty yellowish green colour in dry condition. Has got mild phenolic odour, taste is slightly bitter and it is mucilaginous.