

Shankhpushpi (*Convolvulus pluricaulis*)

Family: Convolvulaceae

Synonyms:

- Bhulagna
- Magalya
- Supushpi

Classical characterization

Bhavprakash Nighantu: Guduchiyadi Varga

Habitat

Convolvulus pluricaul is grows mainly in Gujarat state.

Morphology

Habit-Perennial prostrate 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. Pet-als are 5, gamopetalous, infundibuliform. Androecium contains 5 stamens, polyandrous and epipetalous. Gynoecium is bicarpellary, syncarpous, superior ovary.

Fruit - A capsule.

Seed- Endospermic.

Phytoconstituents-

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



Part used- Whole herb.

- **Rasapanchaka-** Rasa-Kashaya, Katu, Tikta
- **Guna-** Snigdha, Picchila, Guru, Sara
- **Vipaka-** Madhura
- **Virya-** Shita
- **Prabhava-** Medhya

Karma: Medya ,balya,vrishya,rasayana,smriti vardhaka,vishaghna,krimighna Doshakarma:
Vaat-kapha shamak.

Therapeutic Indication: Mansika vikara, unmada, apsmara, dourbalya, kasa, swarbheda.

Amiyaka prayoga:

Ghee processed with juice of shankhapushpi act as medhya rasayan.

Old ghee processed with juice of brahmi, powder of vacha and kushtha and paste of shankhapushpi is effective in insanity and epilepsy.

Dose:

powder 3- 5 gm

Swarasa 10 to 20ml

Formulation:

- Shankhapushpi taila.
- Saraswata churna.
- Aindri rasayan.
- Brahma rasayan