

Sarpagandha (*Rauwolfia serpentine*)

Family: Apocynaceae

Vernacular Names: Hindi – Sarpagandha, Chandrabhaga; Sanskrit – Sarpagandha, Nakuli, Chandrika; Bengali – Chandra; Tamil – Chevanamalpodu

Synonyms: Nakuli, Gandhanakuli. 26 species contain reserpine.

Ras Panchak:

Rasa: Tikta

Guna: Ruksha – dry

Virya: Ushna – hot

Vipaka: Katu

Prabhava: Nidrajanaka – induces sleep, VataKaphashamaka

Amayik Prayog: Used for hypertension, insomnia, insanity, epilepsy, snake bite, fever, high BP. Hypnotic, sedative, antihypertensive. Antiarrhythmic.

Matra: Root powder 1 - 2 g API. Reserpine dose 0.25 - 0.5 mg. Sarpagandha Ghan Vati: tablets made from 10 g root + other drugs.

Specific Formulation: Sarpagandha Vati, Sarpagandha Ghan Vati. Ghan Vati: 10g Sarpagandha + 2g Trachyspermum ammi + 1g Nardostachys jatamansi + 1g Cannabis sativa, decoction reduced to 1/8, add 1g Piper longum, make tablets.

Chemical Composition: 80+ alkaloids, major: reserpine, rescinnamine, deserpidine, ajmaline, ajmalicine, serpentine, serpentinine, yohimbine, sarpagine,. Also ajmalicine, rouhimbine, indobinine, reserpiline. Total alkaloids 0.7 - 2.4%. Not less than 0.15% reserpine + ajmalicine.

