

**COMPARATIVE ANALYSIS OF *Hemidesmus indicus* AND *Ichnocarpus frutescens*
AS *SHARIVA* FOUND IN AYURVEDA RECIPES: A SYSTEMATIC REVIEW**

K.M. Jansz* and N.D. Kodithuwakku

Faculty of Indigenous Medicine University of Colombo, Sri Lanka.

*kavishkajansz@gmail.com

Ayurveda Pharmacology is an unparalleled approach to healing that employs natural substances to restore equilibrium to the body. In Ayurveda, two varieties, *Shveta* and *Krishna shariva* described. *Sharava* is a drug with multifaceted actions widely used as a blood purifier and coolant. *Shveta sharava* is unanimously accepted as *Hemidesmus indicus*, and as for *Krishna shariva*, *Ichnocarpus frutescens* is widely accepted, depending on the availability among the localities of Sri Lanka and India. Despite evidence for their biological activities and chemical composition, no scientific validation has been done on either plant used in treatment. This attempt is to analyze the two plants comparatively to clarify their interchangeability in Ayurveda formulations. The review was performed in alignment with PRISMA guidelines. Electronic searches were conducted across five databases: PubMed (n=58), VHL (n=1), Google Scholar (n=341), EBSCO (n=141), and ScienceDirect (n=18), identifying a total of 559 records (published between 2024 and 2014). After removing 59 duplicates, 500 articles were screened by title and abstract. 72 full-text articles were assessed for eligibility, of which 18 were included in the final qualitative synthesis. Analysis revealed that both species exhibit comparable attributes, including *Madhura* and *Tikta Rasa*, *Snigdha* and *Guru guna*, as well as *Sheta virya*. Therapeutically, they share actions such as *Rakta shodhana* (blood purification) and *Jwaraghna* (antipyretic). However, *H. indicus* consistently demonstrated more substantial evidence for immunomodulatory and anti-inflammatory activity, supported by more robust pharmacological studies. *I. frutescens*, traditionally used in regional practices, showed variability in bioactive compounds and limited clinical data despite being used interchangeably as *Shariva*, *Hemidesmus indicus*, and *Ichnocarpus frutescens* possess significant differences in phytochemical and pharmacological profiles. Standardization in Ayurveda practice requires clear botanical identification to ensure consistent therapeutic efficacy.

Keywords: *Hemidesmus indicus*, *Ichnocarpus frutescens*, *Shariva*, Ayurveda, PRISMA