REVIEW ON UTILITY OF VISHGHANA (ANTI-TOXIC) DRAVYA FORMULATION IN NON-POISONOUS CONDITION WSR AGAD TANTRA

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ABSTRACT

Nowadays, most of the diseases are caused due to unconventional etiology. For this unconventional etiology modern science focuses on oxidative stress caused by toxicants/chemicals while Agad Tantra (Ayurvedic perspective of toxicology) focuses on Viruddha Ahar (Incompatible diet), Gara Visha (Concocted poison). When a disease is caused by unconventional etiology, it can be managed effectively by using principles of Agad Tantra. Currently most of the diseases require Nirvishikarana (Detoxification), for this reason Antitoxic formulations mentioned under Ayurveda which contains single antitoxic herb, combination of anti-toxic herbs, herbs-minerals combinations etc can be very effective in such unknown etiology diseased conditions. Antitoxic preparations with Vishaharatwa (Antitoxic) property, as one of the action have a better effect in general diseases than other formulation. This review article places of interest in the significant role of antitoxic formulations mentioned in Agad Tantra (Ayurvedic perspective of toxicology) to overcome diseases which are produced due to unknown etiology.

KEYWORDS: Antitoxic preparations, Agad Tantra, , Vishaharatwa, Nirvishikarana, Agad Tantra, Oxidative Stress
INTRODUCTION

Ayurveda is its holistic approach towards health and diseases. The philosophy, logic and practice of ‘Ayurveda System’ involves a variety of concepts like Mahabhoota, Dosha, Dhatu, Mala, Dravya, Guna, Agni, Ama, Rasa, Ojas and hundreds of intra and interactions amongst these variables. Such a vast knowledge base is a treasure, which needs to be explored, expanded, experienced and experimented. Health is defined as the state of equilibrium of Doshas (Bio energetic humors), equilibrium in Agni (The governing process of digestive system), equilibrium in Dhatus (body tissues) and normal expulsion of Malas (wastes like faeces, urine, sweat etc.) with state of peace in Atma (soul), Indriya (senses) and Mana (mind). In the management of general diseases or poisoning, Ayurveda focus on Equilibrium of Dhatu by maintaining equilibrium in Dosha and Agni with the help of various single herb or combination of herbs (Poly herbal formulation) or combination of herbs-minerals. In the management of visha, the primary focus is to remove visha before it has chance to harm Dhatu and ojus.

REVIEW OF LITERATURE AGAD TANTRA

Ayurveda is divided into eight classical disciplines known as Ashtang Ayurveda viz. Shalyatantra (Surgery), Shalakyatantra (Ear, nose, throat and eye diseases), Kayachikitsa (Internal Medicine), Bhutavidya (Psychiatry), Kaumarbhritya (Pediatric), Agad Tantra (Toxicology), Rasayana (Rejuvenation) and Vajeekarana (Aphrodisiac therapy). Agad Tantra, one of the eight clinical branches of Ayurveda describe Ayurvedic perspective of toxicology. It deals with study of poisons with special reference to their sources, properties, action, manifestations and management. The word Agada is derivative from Gada. Gada has two meanings one is Roga (Disease) and the other is Visha (poison). Agada is a drug that conquers disease or poison.

In the management of visha, the primary focus is to remove visha before it has chance to harm Dhatu and ojus. In case of sthavara, we have an opportunity to eliminate by vaman or virechana. As jangama visha is directly entered into rakta, it spreads quickly and damage the Dhatu much faster. Here we want to hurry to make sure quick paka of visha before this happens and for that ushna, teeksha dravyas are essential to be introduced though they are similar to visha in properties. In the detoxification of visha and containment of vata, ushapradhan agada has a significant role.

MATERIALS AND METHODS

The references regarding the vishaghna drugs were searched in Ayurveda compendias viz. Charaka Samhita, Sushruta Samhita and Astanga hridayam. The properties of the drugs were Dravyaguna Vigyan (Ayurveda pharmacy).

Major references of vishaghna drugs in Ayurveda:
1. Shatvirechanashataasritya adhyaya, Charaka sutrasthana 4th chapter.
2. Dravya sanghraniya adhyaya, Sushruta sutrasthana 38th chapter
ANTITOXIC HERBS BY DIFFERENT ACHARYA

Acharya Charak mentioned Vishghna mahakashaya which includes ten Vishghna drugs

1. Haridra (Curcuma longa)
2. Manjishtha (Rubia cordifolia)
3. Suvahaa (Pluchea lanceolata)
4. Sookshamaelaa (Elettaria cardamomum)
5. Paalindee (Operculina turpethum)
6. Chandan (Santalum album)
7. Kataka (Strychno spotatorum)
8. Shireesh (Albizzia lebbeck)
9. Sinduvaara (Vitex negundo)
10. Shleshmaataka (Cordia dichotoma)

Acharya Sushrut has mentioned 95 antitoxic drugs in different Gana (Group) like

1. Aaragwadhadi Gana (20),
2. RodhradiGana (13),
3. Arkadi Gana (14),
4. Shyamadi Gana (19),
5. Patolad igana (07),
6. Anjanadi Gana (8),
7. Utpaladi gana (7),
8. Trapvadi Gana (7) in the chapter 38 Dravyasamgrahaniya of Sootrasthana
9. Twenty antitoxic drugs are also mentioned in EkasaraGana in SushrutaSamhita

Ashtang Hridaya describes 104 antitoxic drugs which are listed in Gana like

1. Anjamadi Gana (9),
2. Patoladi Gana (6),
3. Aaragwadhadi Gana (20),
4. Rodhradi Gana (13),
5. Arkadi Gana (14),
6. Eladi Gana (24) and
7. Shamadi Gana (18)

These antitoxic drugs can be used singular or in combination with other drugs mentioned in that specific Gana.

VishaghnaYogas (Antitoxic formulations) like Kshara agada, Dooshivishari Agada, BilwadiGulika, Maha agada, Ajita Agada, Sanjeevana Agada etc. are described in Ayurveda in particular poisoning as well as in diseased conditions with unknown etiology.
QUALITIES (GUNA) OF VISHAGHNA DRUGS

Laghu (light), Ruksha (rough), Ashukari (fast acting), Vyavayi (quickly absorbable), Teekshna (sharp), Vikasi (depressant), Sukshma (subtle), Ushna (hot), Vishada (non-slimy), Anirdesh rasa 15 these are ten properties of visha

Guru (heavy), Snigdha (unctuous), Prasanna (not too quick), Pichhila (slimy), Sheeta (cold), Madhura (sweet), Mrudu (soft), Sthira (immobile), Shlakshna (smooth), Bahala/ Sandra (dense).

These are ten properties of vishaghna are just opposite of the ten visha properties

Drugs which act against these qualities of toxic substances are called as Vishghna (Antitoxic). Drugs mentioned under, work due to their Raspanchak antagonist to Visha (poison) and helps in the management of diseases. Some Vishaghna drugs act by Dravya prabhava (virtue of their own nature), some drugs act by Guna prabhava (by virtue of their properties) and some drugs act by Dravya Guna prabhava (virtue of their nature as well as properties. These Vishaghna Dravya (Antitoxic herbs) and Vishaghna Yogas/Agadas (Antitoxic formulations) are used in various poisoning and diseased condition. Antitoxic formulations in these forms mentioned in Ayurveda has unique combination for unique vitiation of doshas in various poisoning cases. Most of these antitoxic formulations acts as Raktashodhaka (Blood purifier), Tridoshaghna (causes equilibrium in body humors), Hridya (Cardio protective) and Ojavaradaka (Rejuvenate).

The properties of visha are just opposite of ojas. Ojas in Ayurveda is considered as quintessence of all the seven Dhatus and represent the Bala or biological strength which include immune strength. Ojas is considered as resistance to decay and degeneration of the body and immunity against the disease. Infact, visha has its action on ojas (ultimate essence of the body). These vishaghna drugs are (increasing ojas), (strengthening), and hence counteracts the visha by virtue of their qualities. These drugs increase ojas, strengthen heart, protect dhatus, alleviate vata and pitta, arrest the Visha Vegas and detoxify the blood.16,17

SOME ANTIOXIC FORMULATION AND MECHANISM OF ACTION

1. Kshara agada 18
2. Dooshivishari Agada 19
3. Bilwadi Gulika 20
4. Maha agada 21
5. Siddhartakadi Gulika 22
6. Ajita Agada 23
7. Baladi Yoga 24
8. Ajeya Ghrita 25
9. Sanjeevana Agada 26
10. Mandar Agada 27
Bilwadi Gutika:

1. Most ingredients of Bilwadi gutika have ushna and teekshna guna and pachana karma.
2. The phalshruti includes almost all jangama visha, jwara, garavisha, ajeerna, visuchika.
3. One safe interpretation is that this yoga corrects apakwa in rasa Dhatu and regulates vata. Clinically it has an extended efficacy in conditions like atisara, chardi and jwara where ama is predominant.
4. In psychiatric illness as well as somatic illness that affect the mind, with an appropriate anupana, this gutika stabilizes the mind.

Kalyanaka Ghrita:

1. In the kalyanaka ghrita described in Ashtang hridaya, visha is an indication. Its specific utility is to produce hridayavarana in jangama visha.
2. Now most physicians use this yoga in manovyaadhi chikitsa.
3. In comparison to Bilwadigutika, ushna and teekshna dravyas are less in Kalyanakaghrita and Tiktakaghrita. These two yogas execute their pachana karma more due to the vayu and aakash in the tikta rasa dravya and less due to the tejbhuta in the katu rasa dravyas.

Aargwadadikashay

1. Aargwadadikashaya is generally employed kaphapittajanya vikaras. Its efficacy to reduce the dushta medas.
2. Its antitoxic property is one reason why it is particularly effective in dushta vrana and kaphaja prameha.

Dhanwantaraghrita

1. Even though this drug is mentioned in pramehaadhikara, the indications also include visha, gara, kushta.
2. The majority of ingredients have ushna and teekshna property which makes it useful in pachana karma in the above mentioned diseases.

Sanjeevani Vati

The indication of this drug is mentioned according to its dose. It is indicated in minimum dose for ajeerna whereas an increased dosage for sanyasa and visha. This means the action of this drug is according to the pachana karma.

Patolkatrohinyadi kashayam

1. This is mainly indicated in kaphapittapradhan diseases.
2. It can be used in lutha Visha, Pittapradhan Visha and visarpa. It is used in this condition because of its rechana property.
DISCUSSION

The toxins; endotoxins or exotoxins released by microbial agents initiate pathogenesis of diseases.\textsuperscript{28,29,30} The modern science has also mentioned some diseases which spread from person to person and occurs due to the microbial infections. In present circumstances, most of the diseases are caused due to unconventional etiology. For this unconventional etiology due to toxicants/chemicals Agadtantra focuses on ViruddhaAhar (Incompatible diet), GaraVisha (Artificial poison) and Dushivisha (polluting poison).

Vitiation of Doshas is very important factor in the production of both diseased and poisoning condition. Only difference is in the case of poisoning it vitiates blood first then body humors. As antitoxic formulation act as bloodpurifier, causes balance in body humors viz. vata-pitta-kapha, helps in rejuvenation, it reverses the action of poison and helps to become free from poison. These antitoxic formulations are useful in diseases caused by incompatible diet, artificial poison and pollutant poison. Ayurveda explains good health by using wholesome diet, lifestyle and natural remedies. In current era, knowingly or unknowingly we the people are exposed to various types of poisons which may be of natural or artificial origin. In current era diseases with unknown etiology are increased due to incompatible food, unhealthy lifestyle, exposure to toxic substances, pollutants, chemicals and drugs. In this condition, Dietetic foods and traditional herbal medicines work effectively. In the case of any formulation, it goes without saying that the clinical conditions indicated in the phalshruti will have atleast one common component of samprapti that threads through them. Apakwavastha is the key factor in through them. Apakwavastha is the key factor in all vishajanyavikaras. Similarly, the clinical success of the antitoxic preparations in jwara, pandu, ajeerna and visuchika points towards the common factor namely apakwavastha in rasa Dhatu.

CONCLUSION

Though Vishahraaushadhis (Antitoxic preparations) have many advantage to cure diseases, should not, need not and cannot be used in the management of common diseases. Only when the nidana, samprapti and lakshana is indicative of visha or vishasaman components, should we suggest the superior clinical contribution a vishaharaaushadhi is likely to make. In any common disease, we may identify a component or stage of the samprapti to be vishasaman. That would be the right time to employ Vishaharaaushadhis. Nowadays, Agadtantra is the branch of Ayurveda is unnoticed due to less use in clinical practice by expert Ayurveda physicians. Now it’s time to explore and use the principles of Agadtantra with Antitoxic formulations not only to poisoning conditions but also in various diseases and pathological conditions to improve health status and longevity of human being. According to the ideology of management in Agadtantra, in current era most of the disorders require, Detoxification, Elimination of Toxins, Blood purification, Equilibrium in body humors, Rejuvenation therapy. Anti-toxic formulations help in detoxifications. Thus, these anti toxic formulations mentioned in Agadtantra will be useful for society in the disorders of present scenario. Additional Preclinical and Clinical study have scope in this regard.
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