

A Review on Attyayik Chikitsa Yog in Bhaishajyratnavali-Vishchikitsa Prakaranam

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Abstract

Importance of Ayurveda is now worldwide accepted. In lifestyle orientated and chronic diseases conditions like arthritis, skin diseases, Ayurveda medicines are proven and accepted by the world. But in emergency medical conditions like Snake bite scorpion bite which shows emergency sign and symptoms. Respiratory distress, Palpitations, there is need to study. In this article a review on the emergency conditions like Poisoning by Poisonous plants, Snake bite, insect bite, Scorpion bite etc. and the combination of drugs (kalpa) from Bhaishajy ratnavali Vish Chikista prakaranam used in such emergency condition is elaborated specifically in Snake bite & Scorpion bite.

Keywords

Attyik chikista, Agada, Ashtanga, Aushadhi kalpa, Vish yoga.

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1. Introduction

Ayurveda is the science of life which deals with Health of healthy person as” swasthasya swasth rakshanam also in next quotation making a ill person healthy as “Aturasya Vikar Parshamanam” with these both concepts Ayurveda dealing with life science over all concepts of Ayurveda were Categorized in-8- branches, are said to be Ashtangas of Ayurveda. Out eight branches Aagad tantra is one dealing with knowledge of visha (poisoning). vishbadha (poisoning) is life threatening situation that can be considered as present day - Emergency, condition and needs Emergency management that is Attyaik chikitsa. According to classical ayurveda texts, visha (Poison) is mainly categorized in two types, one is sthavar visha (plant origin) and second &- Jangam visha (Animal & Insect origin). As in the ancient time humans were very close to the natural environment. So, they were more exposed to being contaminated with- Sthavar (Plant Origin Poisons) & Jangam vish (Animal Origin Poisons) Badha. If at that time Acharya mentioned the line of treatment management of vish badha as vish chikista to strengthen the exploring to Aushadhi kalp; (Chikista Yog)- will be helpful in now a day to strength society day to day life.



Figure 1. Sthavar Vish (Plant Origin Poisons)



Figure 2. Jangam Vish (Animal Origin Poisons)

1.1. Objectives

To elaborate the Attyik chikitsa vishghn Yog (Kalp) specifically in snake bite and scorpion bite in Bhaishajyratnavali ' vish-chikitsa Prakaranam-72'.

1.2. Methodology

The whole study is based on literary reviews collected from classical ayurvedic text Bhaishajyratnavali-Vish chikitsa praranam-72. It is a Review type of study design, in which composition, indications, matra (Dose), Anupan, Aushadh prayog marg (Route of Drug Administration), Rogaghanta etc of various vish kalpa as Gar vish yog, kit-luta vish yog, Nakh-Dant vish har yog, Vrestik vish har yog, Godha Vish har Yog, kukur (alark) vish har yog, sady lutavish har yog, Jaloka vish har Yog are mentioned. As review is focused on attyik chikitsa yog (treatment aspect in emergency condition) specially in sarp vish (Snake bite) and vruchik visha (Scorpion bite) like- Mahadbhut Vishaghno Yog (महाद्भुतविषघ्नो योगः), Kulikadi Vatika (कूलिकादिवटिका), Mratyupashacheditam (मृत्युपाशच्छेदितम्), Tanduliyak ghrutam (तण्डुलीयक घृतम्), Shikhiri Ghrutm (शिखरिघृतम्)- Shirisharishtham (शिरीषारिष्टम्), all mentioned in Vish chikitsa prakaranam of Bhaishajyratnavali.

2. Discussion

As Vish Badha is Emergency condition and Rogaghanata phal shruti of visighn Yoga (kalp) is claiming to be effective against concern poisoning and the compositions of most of vishghn Yoga are easily available as most contents' drugs like suntni, Haridra, Daruharidra, vacha, saindhav etc. drug which mostly available now a days. A Review is needed focus on Attyayik chikitsa Yog in Bhaichajyrevavali- vishchikitsa Prakaranam-72, to explore vish chikitsa in ancient time.

In this article some Ayushadhi kalpas (Yogas)/(Combinations) of more than two drugs are mentioned with their contents, indications, Dose, Anupaan etc in specifically in Snake bite (Sarp vish) and Scorpion bite (Vruchik Vish). In Samhita (ancient ayurveda texts) Takshaka and vasuki are most poisonous snakes were described and vruchik vish was also explored with their signs and symptoms which are closer to some present poisonous snakes and scorpion. Review is focused on Snake bite and scorpion bite as the conditions are presently a big issue. Treatment aspect of ancient and modern for both poisoning is much closer.

2.1 Sthavar Vish Chikitsa

स्थावरविषचिकित्सा^[1]

स्थावरेण विषेणातं नरं यत्नेन वामयेत् । वमनेन समं नास्ति यतस्तस्य चिकित्सितम् ॥१॥

विषमत्यन्तमुष्णं च तीक्ष्णं च कथितं यतः ॥२॥

यक्षययाद् विशेषेण विषं पित्तं प्रकोपयेत् । वमितं सेचयेत्स्माच्छीतलेन जलेन च ॥ ३ ॥

पापयेन्मधुसर्पिविषघ्नं भेषजं द्रुतम् । भानुमन्नरसं दद्यात् सिता च समन्वितम् ॥४॥

In Sthavar vish chikitsa Vaman Karma is advised (Vomiting). As vish has charecters guna ushn virya. with these properties pitta dosha got aggravated so vamaana is foremost treatment with application of cold water for external application (Sechana). Vishaghna aushadhi yogas are advised to take along with honey and cow ghee. Sour materials are to be taken with sharkara.

जङ्गमविषचिकित्सा^[2]



अरिष्टाबन्धनं मन्त्रप्रयोगश्च विषापहः । दशनं दशकस्याहेः फलस्य मुदुरोऽपि वा ॥५॥
सर्ववादितः सर्वैः शाखादष्टस्य देहिनः । दंशस्योपरि बस्नीयादरिष्टाश्चतुरङ्गले ॥६॥
गच्छति विषं देहमरिष्टाभिर्निवारितम् । दहेद् दशमथोत्कृत्य यन्त्र बन्धो न जायते ॥७॥

In this Chikitsa sutra treatment plan of jangam vish chikitsa (Animal Originated Poison) is mentioned. Arishth bandhan, mantra prayog, dahan karma etc advised.

2.2 Sarp Vish (Snake bite) Nashak Yog ^[3]

घृतमधुनवनीतं पिप्पली शृङ्गवेरंमरिचमपि तु दद्यात् सप्तमं सैन्यवेन यदि भवति सरोषैस्तक्षुकैर्वाऽपि दष्टोऽगदमिह खलु पीत्वा निर्विषं तत्क्षणेन ॥४७॥

Ghee honey butter, pepper, dry ginger, black pepper and rock salt, after mixing all these and consuming then, even a person who is poisoned by takshak with a kosha become free from poison at once. There is no doubt about it.

नक्तमालफलं व्योषं बिल्वमूलं निशाद्वयम् । सौरसं पुष्पमाजं वा मूत्रं बोधनमञ्जनम् ॥४८॥

The fruit of dahar karanj, dry ginger, pepper, chili pepper, bael root, turmeric, liquor, turmeric and tulsi manjari, after grinding all these substances with goat's urine a person unconscious due to snake bite comes to senses.

जलेन लाङ्गलीकन्दं नस्यं सर्पविषापहम् । वारिणा टङ्गणं पीतमथवाऽर्कस्य मूलकम् ॥४९॥

Snake poison is destroyed by grinding the root of kalihari with water and taking swaras, or by drinking the the lava of suhaga or the root of arka with water.

Along with the above-described Vish chikitsa yoga (Kalpa) some other vish chikitsa yogas are also mentioned in Bhaishajyratnavali vish chikitsa prakaran.

2.3 Vruchik Vish (Scorpion Poison) Nashak Yog वृश्चिक विष ^[4]

उष्णं गव्यघृतं चापि सैन्धवेन समन्वितम् । वृश्चिकस्य विषं हन्ति लेपनात्पर्वतात्मजे ! ॥२७॥

By heating cow's ghee and adding a little sandhav salt applying it on the affected area neutralizes scorpion venom.

सपिष्य वारिणैकत्र सतालं नवसादरम् । वृश्चिकेन कृते दंशे लेपनं विषनाशनम् ॥२८॥

Grinding Navsadar and Hartal with collected water and applying it on the bitten area ends the pain of scorpion bite at the same time.

दंशे भ्रामणविधिना वृश्चिकविषहत्कुठेरपादगुडिका । पुरधूमपूर्वमर्कच्छदमिव पिष्ट्वा कृतो लेपः ॥२९॥

Grinding basil root and making a tablet and turning it several times on the place scorpion's bite, the poison comes out in this way. For example, applying guggulu to a scorpion sting after grinding madar leaves.

जीरकस्य कृतः कल्को घृतसैन्धवसंयुतः । सुखोष्णो वृश्चिकार्तानां सुलेपो वेदनापहः ॥३०॥

Grinding white cumin and rock salt and applying some heat on it ends the pain of scorpion bite.

Dashango Agad (दशाङ्गोऽगदः) [5]

वचाहिङ्गविडङ्गानि सैन्धवं गजपिप्पली पाठा प्रतिविधा व्योषं काश्यपेन विनिमित्तम् । दशाङ्गमदं पीत्वा सर्वकीटविषं जयेत् ॥४०॥

Dashango Agad Contains ten drugs like Vacha, Hingu, Vidang, Saindhav, Gajapippali, Patha, Prativisha, Vyosh (Trikatu-Shunthi,Marich,Pippali) and taking all powder for 2-4 months with water destroy all types of Snake and insect poisons.

अजितागदः[6]

विडङ्गपाठात्रिफलाजमोदाहिनि वक्रं त्रिकटूनि चैव वचैव वर्गो लवणस्य सूक्ष्मः सचित्रकः क्षौद्रत विधेयः ॥४१॥

गवां शृङ्गमयेन चैत्र छादितः पक्षमुपेक्षितच एषोऽगदः स्थावरजङ्गमानां ताविषाणामजितो हि नामा ॥४२॥

Ajitadi agad Mix Vay vidang, Patha, Triphala, Ajamoda, Hingu,Tagar, Trikatu, Pippali, five types of salts, chitak fine churna. Make vati in honey and put it in the cow's horn and put the lid of horn. After keeping it like this for 15 days, take out 3-masha and consume it with milk or water, it destroys the agad sthavar and jangam poisons called "Ajit".

Table 1. Vrchik Vishagn Yog indication and treatment doses.

| S. No | Name of Kalpa | Ingredients | Indication | Dose & Anupan |
|-------|--------------------------------|---|----------------------------|---------------------------|
| 1 | Dashango Agad (दशाङ्गोऽगदः) | Vacha, Hingu, Vidang, Saindhav, Gajapippali etc 10- drugs | Sarpa & kit visha | Water |
| 2 | Ajitadi agad (अजितागदः) | vidang, Patha, Triphala, Ajamoda etc. | Sthavar and jangam poisons | 3-Masha, Milk or water |

Some other vishagn yog described in this adhyaya which are claimed to be useful in snake bite and scorpion bite.

- Mahadbhut Vishaghno Yog (महादभुतविषघ्नो योगः)[7]
- Kulikadi Vatika (कूलिकादिवटिका)[8]
- Bhimrudro Ras (भीमरुद्रो रसः)[9]
- Vishvajrpaato Ras (विषवज्रपातो रसः)[10]
- Tanduliyak ghrutam (तण्डुलीयक घृतम्)[11]
- Mratyupashacheditam (मृत्युपाशच्छेदितम्)[12]
- Shikhiri Ghrutm (शिखरिघृतम्)[13]
- Shirisharishtham (शिरीषारिष्टम्)[14]

Table 2. Vishagn Yog indication and treatment doses.

| Sr.No. | Name of Kalpa | Ingredients | Indication | Dose & Anupan |
|--------|--|---|------------|-------------------------------|
| 1 | Mahadbhut Vishaghno Yog (महादभुतविषघ्नो योगः) | Haridra, Daruharid- ra,Manashila,Haratal ,etc. | Vish dosha | Local application (Le- pa) |



| | | | | |
|---|---|---|--------------------------------|---------------------------------|
| 2 | Kulikadi Vatika (कुलिकादिवटिका) | Kulik,Saptparni, kushth, etc. | Takshak Sarp Vish badha nashak | Sarshap Praman with Milk |
| 3 | Bhimrudro Ras भीमरुद्रो रस : | Shudh manashila,Shudh Haratal,Marich,Shudh Hingul ,etc. | Vishpan | Mug Praman, with |
| 4 | Vishvajrpaato Ras विषवज्रपातो रस: | Shudh Tankan,Javitri,Shudh Tuthh, etc. | Kaal sarpa (Snake) | 1-Masha. |
| 5 | Tanduliyak ghrutam (तण्डुलीयक घृतम्) | Tanduliy Mool,Grah dhoom,ghrut,dugdha , etc. | All types of vish rog | 1-Tola, with Gogh-rut,Godugdha. |
| 6 | Mratyupashcheditam (मृत्युपाशच्छेदितम्) | Harad,Kushth,Ark pa-tra,Goghnut,Godugdha,etc. | All types of vish rog | Local aaplication |
| 7 | Shikhiri Ghrutm शिखरिघृतम् | Appamarg swaras,daalim swaras, kushth, etc. | Sarp,Kit,Luta vish ,etc. | 4-8-Masa, with godugdha. |
| 8 | Shirisharishtham (शिरीषारिष्टम्) | Shirish Twak,pippali,priyangu pushp , etc. | All types of vishbadha | 2-Tola, with water |

2.4 Pathya, Apathya in Vish Chikitsa^[15]

Some pathya (Do's and Don'ts) mentioned in this chapter in concern to vish chikitsa as-

2.4.1. Visharog Pathya (Do's)

Arishth bandhan, vaman, virechana, raktapkarshana (Rakt mokshana), parisheka,avagaha, Hradayavaran, nasya, anjan, pratisran, pralepa, dahan karma, upadhan, prativisha, dhupana, sdnya prabodhana (Making alert) using of various drugs according to conditions. All this is advised in vish chikitsa.

2.4.2. Vishrog Apathya (Don'ts)

Krodh (anger), virudh bhojan, adhyshana, maithuna (sexual activity), tambula, aayas, pravat, all types of amla, lavan dravy sevana, swedana, nidra (over sleeping) bhay (fear), staying empty stomach etc is advised to avoid.

3. Conclusions

As literature about various vish nashak yog (kalp) mentioned in Bhashajy ratnavali; shows efficacy in all poisoning emergencies like Snake bite (Sarp Vish), Insect bite (Keeta Visha, Scorpion bite (Vrachhik Vish), which presently we are also going through. Major conclusion can be drawn through the literature review of vishghn yog roghanta there was effective management of Attyayik chikitsa in ancient time for various life-threatening emergency poisoning conditions like snake bite and scorpion.

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