A Review on Attyayik Chikitsa Yog in Bhaishajyaratnavali-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 Bhaishajyaratnavali 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.
1. Introduction

Ayurveda is the science of life which deals with Heath 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.

(a) Dhatoor Beej (b) Kuchla (c) Arka kshir (d) Bhallatak (e) Jaipal Beej (f) Vatsanabha

Figure 1. Sthavar Vish (Plant Origin Poisons)

(a) Snake Poison (b) Scorpion Poison

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 Bhaishajyaratnavali ' vish-chikitsa Prakaranam–72'.

1.2. Methodology

The whole study is based on literary reviews collected from classical ayurvedic text Bhaishajyaratnavali-Vish chikitsa Prararanam-72. It is a Review type of study design, in which composition, indications, matra (Dose), Anupan,Aushadh prayog marg (Route of Dog 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 attyaik chikista 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 (कुलिकादिवटिका), Mratyupashacheditam (मृत्युपाशच्छेदितम्), Tanduliyak ghrutam (तण्डुिीयक घृतम्), Shikhiri Ghrutm (शिखिरिगृतम्)- Shirisharishtham (शिरिीषारिष्ठम्), all mentioned in Vish chikista prakaranam of Bhaishajyaratnavali.

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 visghhn 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 chikista Yog in Bhaichajyreravali- vishchikista Prakaranam-72, to explore vish chikista in ancient time.

In this article some Ayushadhi kalpas (Yogas)/(Combinations) of more than two drugs are mentioned with their contents, indications, Dose, Anuapaan 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 Chikitasa

स्थावरविषचिकित्सा[1]
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In Sthavar vish chikitasa Vaman Karma is advised (Vometing). As vish has character guna ushn virya.with these properties pitta dosha got aggravated so vamana 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 sharkingara.

जड़गमविषचिकित्सा[2]
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

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.

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.

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 Bhaishajyaratnavali vish chikitsa prakaran.

2.3 Vruchik Vish (Scorpion Poison) Nashak Yog

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

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

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

**Dashango Agad (दशाङ्गोऽगदः)** [5]

वचाहिंगविद्धुगाणि सेन्यव गजपिप्पलि पाठा प्रतिविधा व्योऽं काश्यपेये विनिमितम् | दशाङ्गमदं पीतवा सर्वकीटिविं ज्येत् ||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]

विद्धुगाणाणपिक्षमोिंिादहतन सैन्धिं गजवपप्पिी पाठा प्रततविधा व्योऽं काश्यपेन वितनलमत्तम् | शिशाङ्गमिं पीत्िा सििकीिविषं जयेत् ॥४०॥

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. Vruchik Vishagn Yog indication and treatment doses.**

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

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

- Mahadbhut Vishaghno Yog (महाद्भुतविषघ्नो योगः): [7]
- Kulikadi Vatika (कूलिकादिवटिका): [8]
- Bhimrudro Ras (भीमरुद्रो रसः): [9]
- Vishvajrpaato Ras (विषिज्रपातो रसः): [10]
- Mratyupashacheditam (मृत्युपाशच्छेदितम्): [12]
- Shikhiri Ghrutm (लशखरिघृतम्): [13]
- Shirisharishtham (शिरिषारिष्टम्): [14]

**Table 2. Vishagn Yog indication and treatment doses.**

<table>
<thead>
<tr>
<th>Sr.No</th>
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<th>Ingredients</th>
<th>Indication</th>
<th>Dose &amp; Anupan</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Mahadbhut Vishaghno Yog (महाद्भुतविषघ्नो योगः)</td>
<td>Haridra, Daruhradira,Manashila,Haratatal ,etc.</td>
<td>Vish dosha</td>
<td>Local application (Le-pa)</td>
</tr>
</tbody>
</table>
### 2.4 Pathya, Apathya in Vish Chikitsa

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, rakta-prakarshana (Rakt mokshana), parisheka, avagaha, Hradayavaran, nasya, anjan, pratisran, pralepa, dahan karma, upadhan, prativisha, dhupana, snya 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 rogaghnta there was effective management of Attyayik chikitas in ancient time for various life-threatening emergency poisoning conditions like snake bite and scorpion.

### References