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## Research Article

### GENERAL AND SPECIFIC TREATMENT OF STHAVARA VISHA (INANIMATE POISON) W.S.R OF SAMHITA'S

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#### ABSTRACT

*Visha Chikitsa* (Treatment of Poison) explains the action of hazardous elements on body functions and how it can destroy the body tissues. Humans are constantly exposed to potentially toxic environmental chemicals through food, environmental pollution of the air, water and soil. *Visha Dravyas* are used in various *Ayurvedic* formulations, notwithstanding their reported side effects because of their sudden effectiveness and in comparatively smaller dose. *Ayurveda* describes many of *Visha Dravyas* of herbomineral or animal origin. Some specific antidotes for poisons are prescribed for abolishing its effects in Ancient *Samhitas*. Ancient texts such as *Charaka Samhitha*, *Susrutha Samhitha* and *Ashtanga Sangraha* suggest extensive information on this division of *Ayurveda*. Our ancient *Acharya* opined that a deadly poison can become a very good medicine if it is administered properly. This appraisal is a straight attempt to summarize the information regarding about poisonous and semi poisonous drugs depicted in Indian system of medicine in respect to their specific *Ayurvedic* treatment (*Ayurvedic* Antidote).

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#### INTRODUCTION

In *Ayurveda*, the 24 therapeutic measures of treatment explained by *Acharya Charak* are the procedures and backbone in the management of *Visha* (Poisons)<sup>1</sup>. *Visha* means poison and it was named *Visha* by *Charaka*<sup>2</sup>. *Visha Chikitsa* or *Agada Tantra* include the treatment of diseases caused by poisons and toxins, such as animal, reptile, insect bites, spoiled food and poisonous minerals, metals and unsuitable food combinations<sup>3</sup>. It is comparable to toxicology in contemporary medicine.

Etymologically, *Visha* is that which causes *Vishannatva* (distress) and / or *Vishada* (sadness) in the body<sup>4</sup>. Thus *Visha* has been defined as a substance which is destructive to life and possesses properties like *Ushna*, *Tikshna*, *Ruksha*, *Sukshma*, *Vyavayi*, *Vikasi*, *Ashukar*, *Anirdeshya rasa* / *Apaki* etc. And the drugs which possess these properties are called *Vishas*<sup>5</sup> and those which are less in virulence than *Vishas* are called *Upavishas*<sup>6</sup> (sub-poisons).

A number of drugs of plant origin have been used to treat various disorders, e.g. reserpine, atropine, etc. by modern system of medicine. Though, many of them were withdrawn or are outdated due to their toxicity<sup>7</sup>. But ancient science of medicine is using all such substances since a long time in their

crude form or after proper process and detoxification called *Shodhana*, *Charaka* mentioned it as *Samaskara*<sup>8</sup>. The science of *Ayurveda* classifies various herbal drugs as *Visha* (poison) or *Upa-Visha* (moderately poisonous) and also uses them after *Shodhana*. *Vedic* texts give details the mode of drug action due to inherent power (*Veerya*)<sup>9</sup>. It was long ago when *Ayurvedic* fundamentals and its eight clinical features were documented in the *Ayurvedic* literatures. All the treatises contain elaborate descriptions about the herbs, their properties and indications.

A general principle of treatment of poisoning (*Visha*) is elucidated in *Charaka Samhita*, *Sushruta Samhita*, *Ashtanga Samgraha* & *Hridaya*. *Charaka Samhita* has stated symptom and management of *Sthavara Visha* (Inanimate poison) and *Jangama Visha* (animate poison) commonly together<sup>10</sup>. However *Sushruta Samhita*<sup>11</sup>, *Ashtang Sangraha*<sup>12</sup> and *Ashtang Hridaya* explains *Sthavara Visha* its symptom and management at one place and *Jangama Visha* its symptom and management in *Sarpa Visha* context (snake poison). *Sthavara Vishas* are those which belong to minerals or to group of poisonous herbs<sup>13</sup>.

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## Aims and Objectives

1. This paper aims towards studying some specific treatment about *Sthavara Visha* in *Ayurveda* w.s.r of *Samhita*'s.
2. To draw a conclusion from the study.

## Adhithana (attributes) of Sthavara Visha

*Sthavara Visha* (vegetable and mineral) has ten attributes such as root (*Moola*), leaf (*Patra*), flower (*Pushpa*), fruit (*Phala*), bark (*Tvak*), hard wood (*Sara*) exudates (*Niryasa*), sap (*Ksheera*), mineral ores (*Dhatu*) rhizomes tubers (*Kandha*)<sup>14</sup>.

## Origin of Sthavara Visha<sup>15</sup>

The poisons of *Sthavara* (immobile) origin are: the roots (including rhizomes) of:

<i>Mustaka</i>	<i>Pushkara</i>	<i>Krauncha</i>	<i>Vatsanabha</i>
<i>Balahaka</i>	<i>Karkata</i>	<i>Kalakuta</i>	<i>Karavira</i>
<i>Palaka</i>	<i>Indrayudha Taila</i>	<i>Meghaka</i>	<i>Kusha</i>
<i>Puspaka</i>	<i>Rohisha</i>	<i>Pundarika</i>	<i>Langalika</i>
<i>Anjanabhaka</i>	<i>Sankocha</i>	<i>Markkata</i>	<i>Srunji -Visha</i>

*Halahala* and Such other poisonous roots

**Table No 1 Sthavara Visha Chikitsa (treatment) According to Visha Vegas<sup>16-17</sup>**

Visha Vega	Chikitsa (treatment)
<i>Prathama</i>	Emesis helps in the instantaneous elimination of poison taken orally. Cauterization causes burning of the poison located in the skin and the flesh <i>Srvana</i> (drugs used to cause exudation of liquids from the body) helps the following out of poison from the blood. <i>Sheeta Parisheka</i> , <i>Agada Paana</i> also helpful.
<i>Dviteeya</i>	In the second stage of poisoning, purgation therapy helps in elimination of poison. Honey, Ghee, Bone marrow, Milk, red juice squeezed out of the meat of cow is given to him for the protection of the heart. Patient is given the blood of goat, etc Ashes or mud diluted with water to drink immediately.
<i>Triteeya</i>	In the third stage of the spread of the poison, the patient is given <i>Ksharagada</i> along with honey and water. This method removes edema, and it is <i>Lekhana</i> . <i>Agada Paana</i> , <i>Nasya</i> , <i>Anjana Karma</i> also should be done.
<i>Chaturtha</i>	During the fourth stage of the spread of the poison, the patient should take the juice of cow dung along with the juice of <i>Kapitha</i> ( <i>Feronia limonia</i> ), Honey and Ghee. <i>Snehayukta Agadapaana</i> also given.
<i>Panchama</i>	During the fifth stage of the spread of poison, the patient is given therapies for the revival of his consciousness like <i>Nasya</i> , <i>Anjana</i> and <i>Agadpanna</i> should be given.
<i>Shashtha</i>	Similar to <i>Atisaara Chikitsaa</i> , <i>Avapeeda Nasya</i> , the patient is given to drink the liquid remedy prepared of <i>Rajani</i> (Turmeric)- ( <i>Curcuma longa</i> ) <i>Manjistha</i> -( <i>Rubia cordifolia</i> ), <i>Maricha</i> -( <i>Black pepper</i> ) fruit-( <i>piper nigrum</i> ) and <i>Pippali</i> -( <i>Long pepper</i> ) fruit-( <i>Piper longum</i> ) added with cow's bile.
<i>Saptama</i>	<i>Kaakapada</i> shaped <i>Chedana</i> at <i>Moordhaa Pradesha</i> and at the end the patient is given a liquid remedy containing poison to drink if he is afflicted by the poison caused by bite ( <i>Damsa</i> ), if he is afflicted by the poison taken orally, then he is made to be bitten by a poisonous animal.
<i>Asthama</i>	If the Patient appears to be bled on account of Poisoning, then he is given the powder of the seed of <i>Palasha</i> -( <i>Butea monosperma</i> ) mixed with 1/2 the quantity of the bile of Peacock. Alternatively, he may be given <i>Vartaku</i> (Seeds), <i>Phanita</i> (a preparation of (Only said Jaggery), <i>Agara Dhuma</i> (Kitchen soot), cow's bile and <i>Nimba</i> - by ( <i>Azadirachta indica</i> ) in powder form. The pill made of <i>Surasa Acharya</i> ( <i>Tulsi</i> ), <i>Granthi</i> ( <i>Vacha</i> ), <i>Haridra</i> (turmeric- <i>Curcuma longa</i> ), <i>Charka</i> ) <i>DaruHaridra</i> -( <i>Berberis aristata</i> ), <i>Madhuka</i> - ( <i>Licorice</i> ) and <i>Kushtha</i> -( <i>Saussurea lappa</i> ) mixed with cow's bile is useful like <i>Amrta</i> ( <i>Ambrosia</i> ), and it is given to the patient for his revival.

**Table No 2 Specific Ayurvedic treatment of Sthavara Visha**

Arka (Calotropis procera)	Plaksha ( <i>Ficus religiosa</i> ). Ksheera ( <i>sap</i> ), Kwath (Decoction) for drinking, Kalka (Paste) for external application on skin.
Snuhi (Euphorbia nerifolia)	Used Draksha ( <i>Vitis vinifera</i> ) Rasa (Juice) with cold water. Cow's milk with Sharkara (Sugar). External application Chinch Patra (Tamarind leaves) or Kamdudha (An Ayurvedic formulation) blended with pearl should be applied on skin ulcers for externally.
Langli (Gloriosa superba)	Curd with honey and Mishri (rock sugar). Butter milk with Mishri (rock sugar) <sup>19</sup> .
Karveera (Nerium indicum)	Buffalo's curd with Sugar. Buffalo's milk with Arka (Calotropis procera) bark powder. Initially peel off the needle of Gunja.
Gunja (Abrus precatorius)	Grapes, Imli (Tamarind), Vrikshammala (Garcinia indica) fresh juice should be given. Chaulai Swarasa (Amaranthus) juice with Mishri (rock sugar). Cow's milk with Sharkara (Sugar) <sup>20</sup> . Hingu (Ferula assafoetida) prepared with milk Ghee (Butter) mixed with Tankan (Borax) powder.
Ahiphena (Papaver somniferum)	Guruchi (Tinospora cordifolia) fresh juice. Kapas beeja (Cotton plant seed), Nimba (Azadirachta indica) and Strong tea used as antidote. Kattaphala (Annona squamosa) nasal drops are also used.
Bhanga (Cannabis sativa)	Amla Dravya (Sour drugs) like Imli (Tamarind), buttermilk should be given for drinking <sup>21</sup> . Haritaki (Terminalia chebula) should be used. Strong emetics should be given <sup>22</sup> . Ahiphen is antidote.
Kupeeelu (Struchnous nuxvomica)	Coconut Oil, honey mixed with sugar and ghee or drinking with hot water.
Jayapala (Croton tiglium)	Dhanayaka (Coriandrum sativum) mixed with curd and rock candy. Hot water, Buttermilk for drinking. Application of Kasamard Patra Lepa (Cassia occidentalis) if oil is touched on skin.
Bhallataka (Semicarpus anacardium)	Black Til (Sesamum indicum) mixed with curd or milk should be applied on skin. Chandan (Santalum album) should be applied. Drinking of milk, curd or Naryal (Cocos nucifera) water if internally taken.
Dhatura (Dhatura metel)	Sharkara (Sugar) with cow's milk. Chinch Rasa (Tamarind) is antidote of Dhatura Poison <sup>23</sup> .
Chitraka ( <i>Plumbago zeylanica</i> )	Plaksha ( <i>Ficus religiosa</i> ) Ksheera, Kwath, Kalka for drinking.
Vatsnabh ( <i>Aconitum ferox</i> )	Cow's milk mixed with Tankan (Borax) Arjuna ( <i>Terminalia arjuna</i> ) bark powder mixed with ghee and honey. Aja's (Goat) milk should be given <sup>24</sup> . Kasturi ( <i>Curcuma aromatic</i> ) and Varuni ( <i>Citrullus colocynthis Scharad</i> ) Sara (Bark) mixed with Makradhawaj (An Ayurvedic formulation) should be given <sup>25</sup> .
Parada (Mercury)	Triphala (Ayurvedic formulation) Kwath (Decoction) for gargles. Mahagandhak Rasayana 500 mg. twice a day. Parpadarista or Sarivadhasva should be given.
Sankhvisha (Arsenic)	Shatputi Abhraka Bhasma (Ayurvedic formulation) is the antidote of arsenic.
Tuttha (Copper Sulphate)	Purgation with Castor Oil. Gandhak Rasayan (Ayurvedic formulation) 500mg. twice a day.
Barbiturates	Kattaphala (Annona squamosa) nasal drops are used. Anjana (Collyrium) with Chandrody Varti (Ayurvedic formulation). Kasturi or Makardhawaj are also used <sup>26</sup> .

## Visha Vegaantara Chikitsa

*Sheetala Upachaara*, *Yavaaggo Paana* should be done.

*Dosha* in whose place the poison is located is treated in the beginning.

If the poison is located in the site of

- *Vata Dosha*-Drink the paste of *Nata* (*Valeriana wallicii*) and *Kushtha* (*Saussurea lappa*) mixed with curd.
- *Pitta*-Ghee, honey, milk and water for drinking. He should also be given bath and affusion (with cold water).

- *Kapha-Ksaragada* (Antidotes of Poisons containing alkalies), fomentation therapy and venesection therapy should be given<sup>18</sup>.

## CONCLUSION

Treatment of a poisoned patient will depend on the severity of condition. For that we can use *Ayurvedic* antidote and medicines which are mentioned in various *Ghranthas*. All these medicine are easily available so we can use these remedies. Since times medicinal plants is the major source of a number of health care systems being practiced in India, having its own traditional system of medication consisting of natural substances derived from vegetable, metallic, mineral and animal origin. If a wise physician uses these medication or treatment on poisoned patient he should get the great succeed for rescuing his life. These recipes cure all types of poison, makes a person victorious revives a person who is apparently dead because of poisoning and cures all his complications. A proper way endows a person with wealth, and success in undertaking it promotes auspiciousness, nourishment and longevity.

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