



## AYURVEDA CONCEPT OF VISHA W.S.R. TO STHAVARA VISHA AND THEIR MANAGEMENT

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### ABSTRACT

In the *Atharvaveda*, two types of *Visha* are mentioned: *Sthavara* and *Jangama*. *Sthavara Vishas* are described as having origins in plants, metals and minerals. They are further categorized into *Stavar Vishas*, which include plant and metal poisons of *Khaniya* origin. *Sthavara Vishas* are associated with minerals or groups of poisonous herbs. They can manifest in various forms and produce multiple complications. Understanding the stages and types of *Sthavara Visha* poisoning enables practitioners to identify and treat them systematically. The general principle of treating these *Visha* includes uses of *Vamana*, *Agada Paana*, *Sheeta Parisheka*, *Virechana* and *Ksharagada* therapy. This article emphasizes Ayurveda concept of *Visha W.S.R. to Sthavara Visha* and their management.

**KEYWORDS:** *Ayurveda, Visha, Sthavara Visha, Agadtantra.*

### INTRODUCTION

*Visha* refers to substances that cause harm to health or can even lead to death. Ayurveda classify *Visha* based on its origin and *Adhishtana*. *Rasashastra* further classifies *Visha* into two types based on their *Guna*: *Mahavisha* and *Upavisha*. *Acharya Charaka* categorizes *Visha* into three types based on their nature as depicted in **Figure 1**.



**Figure 1: Visha types according to Acharya Charaka.**

As mentioned above *Sthavara Visha* is inanimate poison, *Jangama Visha* is animate poison and *Samyogaja Visha* is artificial poison.<sup>[1-4]</sup> *Sushruta Samhita* classifies *Visha* into *Sthavara*, *Jangama* and *Kritrima*. *Acharya*

*Vagbhata* mentions two types: *Krithrima* and *Akrithrima*. *Bhavaprakasha* distinguishes between *Akrithima Visha* and *Krithrima Visha*, encompassing *Garavisha* and *Dooshivisha*. This article discusses various aspects of *Sthavara Visha* along with their treatment modalities.

### *Sthavara visha*

*Sthavara Visha* or inanimate poison is associated with specific *Adhishtanas* and exhibits general symptoms and stages of manifestation. *Adhishtanas* of *Sthavara Visha* according to *Sushruta Samhita* are as follows<sup>[4-6]</sup>

- ✚ Moola (Root)
- ✚ Pathra (Leaf)
- ✚ Phala (Fruit)
- ✚ Pushpa (Flower)
- ✚ Twak (Bark)
- ✚ Sara (Hardwood)
- ✚ Nirysa (Latex)
- ✚ Ksheera (Milky latex)
- ✚ Dhatu (Mineral)
- ✚ Kanda (Tuber)

### Symptoms of *sthavara visha*

- *Jwara*
- *Hikka*
- *Dantaharsha*
- *Galargaham*
- *Phena*

- Vami
- Aruchi
- Swasa
- Moorcha
- Vaidyajyothsnika

### **Vega lakshanas**

The first stage is when the poison enters the *Rasa dhatu*. In second stage poison enters the *Rakta dhatu*. Subsequent stages involve the poison affecting deeper tissues and *Dhatus* until it reaches the *Shukra dhatu*, death is considered according to *Vega*.<sup>[6-8]</sup>

### **Treatment of sthavara visha<sup>[8-11]</sup>**

#### **Treatment at first stage of poisoning**

- *Vamana* for immediate elimination of orally ingested poison.
- *Agada Paana* to burn the poison on the skin or flesh.
- *Srvana* to remove poison from the blood.
- *Sheeta Parisheka* and *Agada Paana* are also beneficial.

#### **Treatment at second stage of poisoning**

- *Virechana* helps in eliminating the poison.
- Protection of the heart with substances like honey, ghee and milk.
- Drinking blood of goat, ashes or mud diluted in water.

#### **Treatment at third stage of poisoning**

- *Ksharagada* with honey and water to remove edema.
- *Lekhana* therapy.
- *Agada Paana*, *Nasya* and *Anjana Karma*.

#### **Treatment at fourth stage of poisoning**

- Juice of cow dung along with *Kapittha*, honey and ghee.
- *Snehayukta Agadapaana*.

#### **Treatment at fifth stage of poisoning**

- Therapies to revive consciousness such as *Nasya*, *Anjana* and *Agadapaana*.

#### **Treatment at sixth stage of poisoning**

- *Avapeeda Nasya*
- Liquid remedy.

#### **Treatment at seventh stage of poisoning**

- *Chedana* in *Kaakapadashape* region.
- Liquid remedy containing poison may be given to the patient.

#### **Treatment at eight stages of poisoning**

- Various herbs, bile of peacock, kitchen soot and other substances to counteract bleeding.

### **CONCLUSION**

*Sthavarvisha* represent a category of poison that encompasses various substances such as plants, minerals,

and metals. These poisons can lead to numerous complications and adverse effects on the body. By identifying the specific type of poison and its corresponding stage of manifestation, treatment strategies can be planned accordingly. The treatment approach may involve various therapeutic interventions targeting each stage of poisoning. These interventions may include emesis, purgation therapy, cauterization, administration of specific antidotes and supportive measures to alleviate symptoms and facilitate recovery. *Agada Paana*, *Sheeta Parisheka*, *Nasya Karma*, *Ksharagada* and *Lekhana* therapy, etc. mainly indicated for managing symptoms of *Sthavarvisha* poisoning.

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