

## AN AYURVEDIC REVIEW ON PRATIVISHA

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**ABSTRACT**

*Agadtantra* is one of the branches of ancient Ayurveda that focuses on the study of poisons, their effects, detection, and treatment. Poisoning is a significant health issue, particularly in developing countries, arising from the misuse of chemicals, drug abuse, industrial waste, aquatic toxicity, occupational hazards, and incidents like insect and snake bites. In Ayurveda, any substance that disrupts the balance of healthy *Dhatus* or causes harm to an individual is termed *Visha*.<sup>[1]</sup> A substance that brings sorrow to the world is also classified as *Visha*.<sup>[2]</sup> *Prativisha*, on the other hand, is defined as an antidote that neutralizes toxic substances. According to Ayurvedic principles, *Prativisha* is one of the *Chaturvimshati Upakramas* and should be used meticulously and in appropriate doses to counteract specific poisons. It is characterized by qualities such as *Ruksha* (dry), *Laghu* (light), *Vishada* (purifying), *Vyavayi* (pervasive), *Vikashi* (sharp), *Teekshna* (potent), *Ushna* (hot), and *Sukshma* (subtle). When utilized correctly, these attributes enable *Prativisha* to function as a therapeutic agent (*Aushadha*). Ayurvedic texts provide detailed descriptions of various types of toxic substances and their corresponding treatments (*Chikitsa*). The ancient concept of *Prativisha* warrants further exploration and explanation to enhance understanding and application. Thus, *Prativisha* can be effectively employed in *Chikitsa* as an antitoxic agent to mitigate the effects of poisoning. Numerous Ayurvedic scriptures outline the use of *Visha Dravya* for treating poisoning cases. This article emphasizes the significance of *Prativisha* and its role in the treatment of toxic exposures.

**KEYWORD:-** *Agadtantra*, *Ayurveda*, *Visha*, *Prativish*, Poison.

**INTRODUCTION**

*Prativisha* refers to substances that counteract or neutralize the effects of poisons. *Agadtantra*, a branch of Ashtanga Ayurveda, addresses the physiological aspects of poisons, including their treatment and the application of *Prativisha*. *Prativisha Chikitsa* should be employed when the toxic effects of poison persist despite the use of curative mantras and other therapeutic interventions.<sup>[3]</sup> The administration of *Prativisha* should occur after purifying the patient with ghee. It is recommended to administer it after sunrise during winter and spring. However, in emergencies, it can be given at any time, even during the *Ghrishma Ritu*. While administering *Prativisha*, certain substances and conditions should be avoided, including pungent and sour foods, oils, salt, daytime sleep, exposure to sunlight, fire, and dry foods, as these can aggravate indigestion.<sup>[4]</sup>

**Indications for *prativisha***

- When the effects of poison do not diminish with *Mantra*, *Tantra Chikitsa*, or *Dravya Prayoga*.
- In cases of *Vishapidita* occurring between the fifth and seventh *Visha Vega*.<sup>[5]</sup>
- When all other treatment procedures have failed.
- In emergency situations where *Prativisha* is necessary.
- For individuals who have undergone *Ghruta*, *Vamana*, *Virechana*, and those with *Satwika Prakruti*, during *Sheetakala*, and *Vasant Ritu*, after sunrise, and even in *Ghrishma Ritu*.<sup>[6]</sup>

**Contraindications for *prativisha***<sup>[7,8]</sup>

1. If there is uncertainty about whether the person has been poisoned.
2. After the seventh *Visha Vega* has passed.

3. When the poison is localized in the blood.
4. For individuals consuming *Ruksha Aahar*, as *Prativisha* may cause vision disorders, ear pain, and *Vatavyadi*.
5. *Prativisha* should not be administered during the rainy season or on cloudy days.
6. For those experiencing anger or suffering from *Pitta*-related diseases.
7. For individuals suffering from extreme hunger, thirst, illness, pregnant women, children, and the elderly.
8. For those who are emaciated or suffering from ailments of vital organs.

**Dose:** In cases of *Jangma Visha*, *Sthavara Visha* should be administered as *Prativisha* in the following doses:<sup>[9]</sup>

- *Heena Matra* (Minimal dose): 4 *Yava*
- *Madhyama Matra* (Moderate dose): 6 *Yava*
- *Uttam Matra* (Maximum dose): 8 *Yava*
- *Keeta Damsha*: *Matra*: 2 *Yava*
- *Vruschika Damsha*: *Matra*: 1 *Tila*
- *Luta Damsha*,<sup>[10]</sup> external application is indicated following *Pracchana Karma*.

### Common *prativisha* described in ayurveda

It includes *Swarna Bhasma*, *Ghritha*, *Godugdha*, and *Madhu*.

### *Ghritha as prativisha*

In Ayurveda, *Ghritha* is recognized for its efficacy in managing poison. *Acharya Sushruta* states that *Ghritha* possesses the qualities of a poison destroyer and should be utilized in all types of poisoning. It can be used alone or in combination with other anti-poisonous drugs, especially in cases of *Vruschika Visha*, *Alarka Visha*, and *Agnikarma*.<sup>[11]</sup>

### *Madhu as prativisha*

*Acharya Sushruta* and *Vagbhata* both highlight the usefulness of *Madhu* in treating various types of poisoning.<sup>[12]</sup>

### Cow milk (*Godugdha*) as *prativisha*

*Godugdha* shares properties similar to *Ojas*, acting as a *Rasayana*, *Hrudya*, *Balavardhaka*, *Jeevaneeya*, and *Ayushya*. Thus, it is utilized in the treatment of poisons.<sup>[13]</sup>

**Table No. 1: *Vanaspathic visha (Sthavar Visha)* and Its specific ayurvedic *prativish*.**<sup>[14]</sup>

S. N.	<i>Sthavar visha</i>	<i>Prativish</i>
1	<i>Ahiphena</i>	<i>Aadhraka</i> 2) <i>Shunthi</i>
2	<i>Bhallataka</i>	<i>Kapikachchu</i> 2) <i>Palash pushpa</i>
3	<i>Dhatu</i>	<i>Nimbu swaras &amp; jiraka</i>
4	<i>Snuhi ksheera</i>	<i>Swaran pushapi</i>
5	<i>Araka ksheera</i>	<i>Neeli swaras</i>
6	<i>Bhallataka sparas</i>	<i>Bilvapatra, karpasa beej mazza, til &amp; sakkar lepa</i>
7	<i>Ikshuras</i>	Warm water
8	<i>Kand vish</i>	<i>Tambul</i>
9	<i>Kapur</i>	<i>Galgar ras</i>
10	<i>Annajiran</i>	Warm water
11	<i>Dadhi vish</i>	Warm water
12	<i>Sudha sphota</i>	<i>Giloya ras &amp; bilva phala</i>
13	<i>Vanari shota</i>	<i>Babarar challa</i>
14	<i>Vatsnabha</i>	<i>Cirin patra &amp; Ghritha</i>
15	<i>Karverer</i>	<i>Haritiki</i>
16	<i>Kuchala</i>	<i>Jambu, Ketki</i>
17	<i>Langali</i>	<i>Shunthi</i>

**Table No. 2: Use of *Stavara Visha* in *Jangama Visha Chikitsa* as *Prativish*.**<sup>[15]</sup>

S.N.	<i>Jangama vish</i>	<i>Stavara Prativish</i>
1	<i>Alarka visha</i> (rabiespoison)	1) <i>Kanaka + Rice + Sharapunka</i> (stuffed in <i>dhatu</i> <i>patra</i> ) 2) <i>Madar ksheera</i> - for <i>virechana</i> 3) <i>Kanaka</i> with <i>Aparajita &amp; Punarnava</i> 4) <i>Dhatu</i> with <i>Kakodumbara</i>
2	Snake poison	1) <i>Kanera, Madar, Langali</i> , with <i>Pippali</i> . <i>Patha</i> – <i>lepa</i> <i>Jayapala beej</i> – <i>Anjana</i> <i>Kalihari kanda</i> - <i>Nasya</i> 2) <i>Gunja</i> with <i>Nakuli</i> - <i>lepa</i>
3	Scorpion bite	1) <i>Madar ksheera</i> with <i>Palash beej</i> - <i>Karpsa lepa</i> <i>Haratala</i> + <i>Navasadar</i> - <i>lepa</i> <i>Somala</i> + <i>Nimbu rasa</i> - <i>lepa</i> 2) <i>Vatsanabha</i> - <i>lepa</i>
4	Rat bite	<i>Danti</i> – <i>Virechana</i>
5	<i>Manduk bite</i>	<i>Snuhi kshira</i> with <i>shirish beej</i> <i>lepa</i>

Table No. 3: Use of *sthavara visha* in *sthavara visha chikitsa* as *prativisha*.<sup>[16]</sup>

S. N.	Name of poison	Name of poisons to be used for treatment
1	Jayapala	Ahiphena with Madhu and Keshar
2	Kuchala	Tamraparni
3	Karveera	Alark
4	Dhattura	Eranda moola, Karpasa pushpa kwath
5	Ahiphena	Tamra+ Tankana

**Prativish of dushivish<sup>[17]</sup>**

Nagadantyadi Ghruta.

**Gara visha<sup>[18]</sup>**

Hemaprashana.

**CONCLUSION**

Ayurveda recognizes the crucial role of *Prativisha* in neutralizing the effects of poisons. Poisons, characterized by qualities such as *Laghu* (light), *Aashu* (swift), *Sukshma* (subtle), *Vyavayi* (pervasive), and *Vikashi* (sharp), quickly penetrate the subtle *Strotas* and can lead to rapid health deterioration. In response, *Prativisha* is employed to effectively neutralize these toxic effects. These antidotes can be utilized both internally and externally, depending on the nature of the poisoning. This article has highlighted specific *Prativisha* for both *Stavara* and *Jangama Visha*. However, it is essential to scientifically evaluate these Ayurvedic antidotes, focusing on their effects, appropriate dosages, safety profiles, and practical applicability. Such research would enhance their relevance in emergency situations and everyday clinical practice, ensuring that practitioners are equipped with reliable tools for managing poisoning cases.

Ultimately, integrating Ayurvedic principles with modern scientific inquiry could pave the way for innovative treatments, expanding the scope of *Prativisha* in contemporary medicine. This blend of ancient wisdom and modern science not only preserves the rich legacy of Ayurveda but also positions it as a vital contributor to holistic healthcare solutions.

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