

## REVIEW ARTICLE ON STHAVAR VISHA

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## ABSTRACT

The *Atharvaveda* identifies two categories of *Visha*: *Sthavara* and *Jangama*, with their management through *Mantra-Chikitsa*. *Sthavar Visha* includes substances derived from minerals and specific plants, which are recognized for their potential toxicity and various health complications. The classification and properties of *Sthavar Visha*, along with their effects on the body, are discussed, referencing classical texts such as *Charaka Samhita*, *Sushruta Samhita*, *Ashtanga Sangraha*, and *Hridaya*. *Charaka Samhita* outlines the symptoms and treatment of both *Sthavara Visha* (Inanimate poisons) and *Jangama Visha* (Animate poisons) together. In contrast, *Sushruta Samhita*, *Ashtanga Sangraha*, and *Ashtanga Hridaya* provide distinct sections for *Sthavara Visha*'s symptoms and management, while addressing *Jangama Visha* primarily in the context of *Sarpa Visha* (Snake poison). *Sthavara Vishas*, encompassing minerals and specific toxic herbs, present numerous complications. This article aims to identify *Sthavara Visha* and its stages, facilitating stage-wise and *Visha Dravya*-wise treatment for cases of *Sthavara Visha* poisoning.

**KEYWORD:** *Sthavaravisha*, *Ayurvedic Samhita*, *Mantra Chikitsa*, *Jangama Visha*.

## INTRODUCTION

The *Atharvaveda* delineates two categories of *Visha*: *Sthavara* and *Jangama*, along with their management via *Mantrachikitsa*. In the *Ramayana*, Rama and Lakshmana received treatment for poisoning from *Vaidya Sushena* using *Sanjeevani Vidya* and four specific herbs from the Himalayas. The *Mahabharata* recounts the poisoning of *Bhima*, treated with *Sarpavisha*, and features a dialogue between *Kashyapa* and *Takshaka* concerning *Vishachikitsa*. Additionally, the *Brahmavaivarta Purana* (3/51) documents a conversation between *Dhanvantari* and *Nagadevi* that sheds light on the state of *vishachikitsa* during that period. A poison is generally described as a substance that, when ingested, inhaled, or absorbed, can cause harm to the body and adversely affect vital organs. *Visha* is broadly classified into two primary categories: *Nasiargika* and *Kritima*, with *Kritima Visha* further divided into *Gara Visha* and *Dushi Visha*.

Table 1: Classification of *visha*.

Visha	
Akratima Visha	
1. StavarVisha:	KratimaVisha
a.] Plant origin Visha	1. Garvisha
b.] Metal, KhanijaVisha	2. Dushivisha
2. Jangama Visha	

In Ayurveda, the 24 therapeutic measures outlined by *Acharya Charaka* serve as foundational procedures for managing *Visha* (poisons).<sup>[1]</sup> *Visha*, defined as poison, is referred to as *Visha* by *Charaka*.<sup>[2]</sup> *Visha Chikitsa*, or *Agada Tantra*, encompasses the treatment of ailments caused by poisons and toxins, including bites from animals, reptiles, and insects, as well as spoilt food and toxic minerals, metals, and improper food combinations.<sup>[3]</sup> This concept is akin to toxicology in modern medicine. Etymologically, *Visha* denotes that which induces *Vishannatva* (distress) and/or *Vishada* (sadness) in the body.<sup>[4]</sup> Therefore, *Visha* is characterized

as a substance harmful to life, exhibiting properties such as *Ushna*, *Tikshna*, *Ruksha*, *Sukshma*, *Vyavayi*, *Vikasi*, *Ashukar*, and *Anirdeshya Rasa / Apak*.<sup>[5]</sup> Substances with less virulence are classified as *Upavishas* (sub-poisons).<sup>[6]</sup> Various plant-derived compounds, like reserpine and atropine, are employed in modern medicine, though many have been withdrawn due to toxicity.<sup>[7]</sup> In contrast, ancient medical practices have long utilized these substances in their crude form or after a detoxification process known as *Shodhana*, which Charaka termed *Samaskara*.<sup>[8]</sup> Ayurveda classifies herbal drugs as either *Visha* (poison) or *Upa-Visha* (moderately poisonous), utilizing them post-*Shodhana*. Vedic texts detail the mechanisms of drug action based on their inherent power (*Veerya*).<sup>[9]</sup> The principles of treating poisoning are elaborated in the *Charaka Samhita*,

*Sushruta Samhita*, *Ashtanga Samgraha*, and *Hridaya*, with *Charaka Samhita* addressing both *Sthavara Visha* (inanimate poison) and *Jangama Visha* (animate poison) together.<sup>[10]</sup> However, *Sushruta Samhita*,<sup>[11]</sup> *Ashtanga Sangraha*,<sup>[12]</sup> and *Ashtanga Hridaya*<sup>[13]</sup> provide distinct sections for the symptoms and management of *Sthavara Visha*, while *Jangama Visha* is discussed in the context of *Sarpa Visha* (snake poison). *Sthavara Vishas* include minerals and a group of poisonous herbs.<sup>[14]</sup>

## AIMS AND OBJECTIVES

1. To study *SthavaraVisha*, classification, *Adhistana* & *Treatment of SthavarVishain Ayurveda*.
2. To appeal a conclusion from the study. *Adhisthana*(attributes) of *SthavaraVisha*

**Table 2: Sthavar visha adhisthan.**

Sr. No	Adhisthan	Number	Drugs
1.	MulaVisha	8	Kleetak, Kaner, Gunja, Sugnadha, Gargaka, Karghat, Vidyutshikha, Vijayani,
2.	PatraVisha	5	Vishapatrika, Lamba, Karabha, Mahakarabh, Vardhu
3.	PhalaVisha	12	Kumudrit, Venuka, Karambha, Mahakarambha, Kartoka, Renuka, Khadotak, Chamri, Ivagandha, Sarpaghati, Nandan, Sarpaka
4.	PushpaVisha	5	Vetra, Kadambha, Vallichi, Karabha, Mahakarabh
5.	TwakVisha	7	Atripachak, Karabbha, Nandan, Sairayak, Karbhatta, Narachakra, Kartarik
6.	Sara Visha		
7.	NiryasaVisha		
8.	KsheerVisha	3	Snuhi, Arka, Kumudani
9.	DhatuVisha	2	Hartal and Phenasm
10	Kanda Visha	13	Kalkut, Vatsnabh, Sarsapa, Palaka, Kardamak, Vairatak, Mustak, Shrangivisha, Prapundrika, Mulak, Halahal, Mahavisha, Karkatak.

**Table No. 3: Sthavara visha chikitsa (treatment) According to visha vegas.<sup>[15]</sup>**

Sr. No.	Visha Vega	Treatment
1.	Pratham	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.
2.	Dwitiya	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.
3.	Tratiya	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
4.	Chaturth	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>Kapittha</i> ( <i>Feronia limonia</i> ), Honey and Ghee. <i>Snehayukta Agadapaana</i> also given.
5.	Pancham	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
6.	Sastam	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.
7.	Saptam	<i>Kaakapadashaped Chedanaat 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 poisonous animal

8.	Asthma (Only said by Acharya Charka)	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>Buteamonosperma</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 Jaggery), <i>Agara</i> ( <i>Dhuma</i> Kitchen soot), cow's bile and <i>Nimba</i> - ( <i>Azadirachta indica</i> ) in powder form. The pill made of <i>Surasa</i> ( <i>Tulsi</i> ), <i>Granthi</i> ( <i>Vacha</i> ), <i>Haridra</i> (turmeric- <i>Curcuma longa</i> ), <i>DaruHaridra</i> -( <i>Berberis aristata</i> ), <i>Madhuka</i> - ( <i>Licorice</i> ) and <i>Kushta</i> -( <i>Saussurea lappa</i> ) mixed with cow's bile is useful like <i>Amrita</i> ( <i>Ambrosia</i> ), and it is given to the patient for his revival.
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Table No. 4: Specific ayurvedic treatment of *sthavara visha*.

Sr. No.	Sthavar visha	Treatment
1.	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
2.	Langli (Gloriosa superba).	Curd with honey and Mishri (rock sugar). Butter milk with Mishri (rock sugar). <sup>[16]</sup> Karveera ( <i>Nerium indicum</i> ) Buffalo's curd with Sugar. Buffalo's milk with Arka ( <i>Calotropis procera</i> ) bark powder
3.	Gunja ( <i>Abrus precatorius</i> )	Grapes, Imli (Tamarind), Vrikshammala ( <i>Garcinia indica</i> ) fresh juice should be given. Chaulai Swaras ( <i>Amaranthus</i> ) juice with Mishri (rock sugar). Cow's milk with Sharkara (Sugar). <sup>[17]</sup>
4.	Ahiphena (Papaver somniferum)	Hingu ( <i>Ferula assafoetida</i> ) prepared with milk Ghee (Butter) mixed with Tankan (Borax) powder. Guruchi ( <i>Tinospora cordifolia</i> ) fresh juice. Kapasbeeja (Cotton plant seed), Nimba ( <i>Azadirachta indica</i> ) and Strong tea used as antidote. Kattaphala ( <i>Annona squamosa</i> ) nasal drops are also used
5.	Bhanga ( <i>Canabis sativa</i> )	Amla Dravya (Sour drugs) like Imli (Tamarind), buttermilk should be given for drinking <sup>[18]</sup>
6.	Kupeelu ( <i>Strchnousnuxvomica</i> )	Haritaki ( <i>Terminalia chebula</i> ) should be used. Strong emetics should be given. <sup>[19]</sup> Ahiphen is antidote. Coconut Oil, honey mixed with sugar and ghee or drinking with hot water
7.	Jayapala ( <i>Croton tiglium</i> )	Dhanayaka ( <i>Coriandrum sativum</i> ) mixed with curd and rock candy. Hot water, Buttermilk for drinking.)
8.	Bhallataka ( <i>Semicarpus anacardium</i> )	Application of Kasamard Patra Lepa ( <i>Cassia occidentalis</i> ) if oil is touched on skin. Black Til ( <i>Sesamum indicum</i> ) mixed with curd or milk should be applied on skin. Chandan ( <i>Santalum album</i> ) should be applied. Drinking of milk, curd or Naryal ( <i>Cocos nucifera</i> ) water if internally taken.
9.	Dhatura ( <i>Dhatura metel</i> )	Sharkara (Sugar) with cow's milk. Chinch Rasa (Tamarind) is antidote of Dhatura Poison <sup>[20]</sup>
10.	Chitraka ( <i>Plumbago zeylanica</i> )	Plaksha ( <i>Ficus religiosa</i> ) Ksheera, Kwath, Kalka for drinking
11.	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>[21]</sup> Kasturi ( <i>Curcuma aromatic</i> ) and Varuni ( <i>Citrullus colocynthis</i> Scharad) Sara (Bark) mixed with Makradhawaj (An Ayurvedic formulation) should be given. <sup>[22]</sup>
12.	Parada (Mercury)	Triphala (Ayurvedic formulation) Kwath (Decoction) for gargles. Mahagandhak Rasayana 500 mg. twice a day. Parpadarista or Sarivadhasva should be given
13.	Sankhivisha (Arsenic)	Shatputi Abhraka Bhasma (Ayurvedic formulation) is the antidote of arseni
14.	Tuttha (Copper Sulphate)	Purgation with Castor Oil. Gandhak Rasayan (Ayurvedic formulation) 500mg. twice a day. Kattaphala ( <i>Annona squamosa</i> ) nasal drops are used
15.	Barbiturates	Kattaphala ( <i>Annona squamosa</i> ) nasal drops are used. Anjana (Collyrium) with Chandrodya Varti (Ayurvedic formulation). Kasturi or Makardhawaj are also used <sup>[23]</sup>

**Visha vegaantara chikitsa**

For the management of *Visha*, *Sheetala Upachara* and *Yavagu Paana* should be administered. The treatment should initially target the *Dosha* associated with the site of the poison. If the poison resides in the realm of *Vata Dosha*, a paste made from *Nata* (*Valeriana wallichii*) and

*Kushta* (*Saussurea lappa*) mixed with curd should be given. For *Pitta Dosha*, a mixture of ghee, honey, milk, and water is recommended, along with a cold-water bath and effusion. In cases of *Kapha Dosha*, *Ksaragada* (antidotes containing alkalies), fomentation therapy, and venesection therapy should be utilized.

## CONCLUSION

*Sthavara Vishas* encompasses a variety of poisonous substances that can lead to numerous complications. This article provides insights into identifying *Sthavara Vishas* and their stages, enabling us to implement stage-wise and *Vishadravya*-wise treatment strategies for cases of *Sthavara Visha* poisoning.

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