

AN AYURVEDIC REVIEW ON VISHOPADRAVA CHIKITSA WITH SPECIAL
REFERENCE TO BRIHATHRAYEEVd. Ganesh Awachar^{1*}, Vd. Sachin Patil², Vd. Amrapali Patil³, Vd. Rachana Phartale⁴, Vd. Deepali Aher⁵ and
Vd. Vivek Gopal⁶¹MD Scholar, Dept. of Agadtantra and Vyavhar Ayurved, Shree Saptashruni Ayurved College and Hospital, Hirawadi,
Nashik, Maharashtra India.²Professor and HOD, Dept. of Agadtantra and Vyavhar Ayurved, Shree Saptashruni Ayurved College and Hospital,
Hirawadi, Nashik, Maharashtra India.³Associate Professor, Dept. of Agadtantra and Vyavhar Ayurved, Shree Saptashruni Ayurved College and Hospital,
Hirawadi, Nashik, Maharashtra India.⁴Associate Professor and HOD, Dept. of Agadtantra and Vyavhar Ayurved, Shree Saptashruni Ayurved College and
Hospital, Hirawadi, Nashik, Maharashtra India.⁵Assistant Professor and HOD, Dept. of Agadtantra and Vyavhar Ayurved, Shree Saptashruni Ayurved College and
Hospital, Hirawadi, Nashik, Maharashtra India.⁶Assistant Professor, Dept. of Agadtantra and Vyavhar Ayurved, Shree Saptashruni Ayurved College and Hospital,
Hirawadi, Nashik, Maharashtra India.***Corresponding Author: Vd. Ganesh Awachar**MD Scholar, Dept. of Agadtantra and Vyavhar Ayurved, Shree Saptashruni Ayurved College and Hospital, Hirawadi, Nashik,
Maharashtra India.

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ABSTRACT

Ayurveda, the oldest known medical science, emphasizes the principles of healthy living and longevity, distinguishing itself from other medical systems that primarily focus on the treatment of diseases and their secondary complications. In cases of *Visha* (poisoning), inadequate diagnosis or improper treatment during the early stages can lead to the development of *Visopadrava* (Secondary disorders). These secondary disorders are critical for the diagnosis, prognosis, and management of various health conditions. This article aims to elucidate the concept of *Vishopadrava* while exploring effective treatment modalities and the significance of *Pathya* (Wholesome) and *Apathya* (Unwholesome) practices. Understanding *Vishopadrava* not only aids in improving patient outcomes but also fosters a holistic approach to treatment, ensuring that practitioners can provide comprehensive care in line with Ayurvedic principles.

KEYWORD:- Ayurveda, *Visha*, *Vishopadrava*, *Pathya*, *Apathya*, holistic health, treatment modalities, diagnosis.**INTRODUCTION**

Agadtantra is derived from two Sanskrit terms: "*Agada*," meaning a remedy or antidote, and "*Tantra*," which refers to a system or methodology. The term "*Gada*" encompasses two meanings disease and poison whereas "*Agada*" signifies anything that conquers or counteracts poison. Thus, *Agadtantra* represents the knowledge system dedicated to combating poisons and addressing morbid conditions. According to Chakrapani's commentary, any substance that causes the vitiation of *Dhatus* is termed *Visha*. In Ayurveda, substances are classified into three primary categories:^[1]

1. *Swasthavriddikaraka*: Substances that promote and maintain health, such as wholesome foods.
2. *Dosha prashamana*: Remedies that balance the bodily humors or *Doshas*, including various medicines.

3. *Dhathu pradooshana*: Agents that vitiate Dhatus, primarily poisons.

The term "*Visha*" is defined as that which induces *Vishada*, leading to a state of distress and potential harm. According to Dorland's Pocket Medical Dictionary, a substance that, when ingested, inhaled, absorbed, applied, injected, or developed within the body in relatively small quantities, can cause significant injury or illness and even lead to death due to its chemical action. In treating cases of poisoning, it is crucial to eliminate residual toxins from the body using appropriate remedies, alongside sensory methods such as sight and sound. Failure to address poisoning adequately can result in secondary complications. An important aspect of this is understanding *Vishopadrava*, or the secondary disorders associated with poisoning, which require prompt treatment to prevent the patient from becoming

Dourbalya (weakened). Ayurvedic management of poisoning involves both single and combination therapies, tailored to the specific needs of the patient. In cases of *Vishopadrava*, special attention is often warranted.

AIMS AND OBJECTIVES

- To explore the concept of *Visha-Upadrava* and the various treatment formulations as outlined in the *Brihatraye*.
- To examine the *Pathya* (wholesome) and *Apathya* (unwholesome) practices associated with *Vishopadrava*.

The following are some of the secondary diseases (*Upadravas*) related to poisoning, as enumerated in classical texts: *Jawara* (fever), *Kasa* (cough), *Vamana* (vomiting), *Shwasa* (dyspnea), *Hikka* (hiccups), *Trishna* (thirst), *Atimurcha* (fainting), *Atisara* (diarrhea), *Malaavarodha* (constipation), *Anaha* (abdominal distension), *Shiroruk* (headache), *Basthiurdvruk* (urinary disorders), *Shawathu* (gastric disorders), *Poothidamsh* (putrid taste), *Rakthasrava* (hemorrhage), and *Vishavata* (poison-induced ailments). Neglecting these secondary conditions can lead to severe consequences, even resulting in fatality.

According to *ashtang sangraha*

| Complications of <i>visha</i> | Treatment ref ^[2] |
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| <i>Vishaja Jwara</i> | Decoction of fruit of <i>Rajavrksa</i> , <i>Usira</i> , <i>Kasmarya</i> , <i>Ghana</i> and <i>Padmaka</i> added with sugar and honey. |
| <i>Vishaja Kasa</i> | <i>Katuka</i> , when taken with rice wash water, is effective in alleviating fever. Similarly, <i>Ajaji</i> , <i>Jivaka</i> , <i>Rasabhaka</i> , <i>Utpala</i> , <i>Kolamajja</i> , <i>Sita</i> , <i>Bharangi</i> , <i>Yastyahava</i> , and <i>Kesara</i> , when consumed with rice wash water, also provide therapeutic benefits. |
| <i>Hikka</i> | Powder of <i>Shanka</i> , <i>Kanaka</i> , <i>Katuka</i> and <i>Svarnagairika</i> |
| <i>Vishaja shwasa</i> | <i>Vaidehi</i> , <i>Ramathaka</i> , and the juice of <i>Kapittha</i> , when combined with <i>Saindava</i> (rock salt), sugar, and honey, are beneficial for alleviating dyspnea, cough, and fever. Similarly, <i>Draksha</i> (grapes), <i>Nagara</i> (ginger), and <i>Krsna</i> (black pepper) mixed with <i>Vara</i> and <i>Ghana</i> (processed forms) along with ghee and honey effectively treat coughs resulting from poisoning. Additionally, <i>Patha</i> , <i>Anjana</i> , <i>Manjista</i> , the two varieties of <i>Nisa</i> , and <i>Maduka</i> , when taken with a decoction of <i>Yastyahva</i> , also offer therapeutic relief for cough. |
| <i>Vaman</i> | Decoction of root of <i>Bilva</i> added with powder of <i>Marica</i> , or powder of root of <i>Bilva</i> , <i>Dhatri</i> , <i>Parusaka</i> and <i>Madhuka</i> should be consumed along with milk for cure of vomiting. |
| <i>Trishna</i> | For alleviating thirst and fainting, the entire body, including the head, can be covered with a paste or bathed with water (<i>Ambhojanala</i>) mixed with <i>Kusuma</i> (flowers), <i>Chandana</i> (sandalwood), <i>Usira</i> (vetiver), <i>Mauktika</i> (pearl), <i>Vaihayasasita Toya</i> (pure water), milk, ghee, and sugarcane juice that has been cooled. It is also beneficial to consume <i>Laja Tarpana</i> (puffed rice preparation) mixed with sugar, <i>Dadima</i> (pomegranate) juice, honey, and water. Alternatively, drinking water prepared from <i>Vata</i> (bamboo), <i>Vetasa</i> (willow), <i>Jambu</i> (jamun), <i>Amra</i> (mango), and <i>Sevya</i> (apple), chilled, can provide relief. |
| <i>Atimurcha</i> | The thirst and fainting the entire body including the head is covered with the paste of or poured with water (<i>Ambhojanala</i>) <i>Kusuma</i> , <i>Candana</i> , <i>Usira</i> , <i>Mauktika</i> , <i>Vaihayasasita toya</i> , milk ghee and sugarcane juice made cool. |
| <i>Atisara</i> | An equal mixture of <i>Bhunimbha</i> , <i>Musta</i> , <i>Trayanti</i> , and <i>Indrayava</i> (each in one part), combined with two parts of <i>Chitraka</i> and eight parts of <i>Kutaja</i> , should be finely powdered and taken with water. This formulation effectively treats diarrhea, cough, dyspnea, and fever caused by poisoning. Additionally, a fine powder of <i>Lodhra</i> , <i>Mocarasa</i> , <i>Ambastha</i> , and <i>Dhataki</i> , when consumed with rice wash water, can also provide therapeutic benefits. <i>Nagara</i> (ginger) mixed with curds is another effective remedy for diarrhea. |
| <i>Malavarodha</i> | <i>Triphala</i> with warm water internally. |
| <i>Anaha</i> | Decoction of <i>Triphala</i> , <i>Aragvadha</i> , <i>Vyaghri</i> cures fever and constipation, decoction of unripe <i>bilwa</i> fruit, <i>Musta</i> and <i>Punarnava</i> internal use. |
| <i>Shiroruk</i> | <i>Kakoli</i> , bark of <i>Ksiravrksa</i> , <i>Draksa</i> , <i>yastayahva</i> and <i>Sarkara</i> made into nasal drops with cold water cures headache caused by poisoning. |
| <i>Basthiurdvruk</i> | If there is pain in the bladder, upward movement and flatulence, <i>Phalavarti</i> should be introduced. <i>Aragvadha</i> , <i>trivrt</i> , <i>Upakulya</i> , <i>Haritaki</i> should be consumed with ghee can also be consumed. |
| <i>Shwathu</i> | Drinking boiled milk mixed with <i>Visvabhesaja</i> , <i>Vaidehi</i> , <i>Kustuka</i> , and <i>Devadaru</i> , or goat milk boiled with the roots of <i>Surasa</i> or <i>Pippali</i> , is highly beneficial. <i>Trivrit</i> , soaked in a decoction of <i>Triphala</i> three times and then consumed with ghee, effectively alleviates swelling. A paste made from honey, <i>Vella</i> , <i>Vara</i> , <i>Vyosa</i> , <i>Surahava</i> , <i>Usira</i> , and <i>Padamaka</i> can be applied to the affected skin. Additionally, fumigation with the flowers of <i>Sirisa</i> , |

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| | <i>Ahisira</i> (snake's head), <i>Nata</i> , and <i>Kustha</i> combined with ghee provides further therapeutic benefits. |
| <i>Poothidamsha</i> | Wounds from bites can emit a foul odor, and even minor errors in treatment can exacerbate the situation. Poison is resistant to medicines that possess penetrating and hot qualities. Therefore, in the management of such wounds, it is essential to use remedies that have a sweet taste, are unctuous, and possess cooling properties. For treatment, a liquid preparation made from the decoction of <i>Kshirivriksha</i> (milk tree) mixed with milk should be poured over the body, and a paste should be applied. Additionally, a paste made from the leaf buds of <i>Nyagrodha</i> (banyan tree), <i>Madhuka</i> (licorice), <i>Tila</i> (sesame), <i>Sarsapa</i> (mustard), <i>Saindhava</i> (rock salt), <i>Abhaya</i> (<i>Haritaki</i>), and <i>Nimba</i> (neem leaves) combined with ghee can be applied to the affected area. |
| <i>Raktasrava</i> | In cases of copious bleeding from a wound, the patient should be given ghee processed with <i>Maricha</i> (black pepper), the root of <i>Tanduliyaka</i> , or sugar to drink. The wound should be coated with a well-prepared paste of <i>Darvi</i> . For nasal drops, a mixture of <i>Sitopala</i> (sugar), honey, ghee, and goat's milk should be administered. Additionally, a paste of <i>Sami</i> can be consumed, and the body should be smeared with a nice paste of <i>Visala</i> (a type of herb) for nasal application. Using <i>Hema</i> (gold) and <i>Sukla</i> (white substances) can also help in controlling the bleeding. |
| <i>Visavata</i> | Oleation enema, nasal medication, insufflations, and collyrium applications are highly beneficial. Medicated ghee prepared with <i>Nagadanti</i> , <i>Abhaya</i> , <i>Kustha</i> , <i>Pippali</i> , <i>Vrsa</i> , <i>Katphala</i> , seeds of <i>Bhallataka</i> , <i>Katuka</i> , <i>Bilva</i> , and <i>Prativisa</i> <i>Agnika</i> , combined with milk, effectively treats Vata disorders induced by poison. Alternatively, one can consume Eranda Taila (castor oil) mixed with goat meat juice, or a mixture of ghee and oil blended with meat soup that promotes intellect. For individuals suffering from insanity or epilepsy due to poisoning, a paste made from the roots of <i>Karpasa</i> , <i>Maricha</i> (black pepper), <i>Haridra</i> (turmeric), <i>Dharu</i> , <i>Haridra</i> , <i>Nalada</i> , <i>Nala</i> , <i>Pippali</i> , <i>Savjika</i> , and <i>Kustha</i> , when mixed with water, should be administered. Additionally, a medicated ghee formulated with <i>Vacha</i> (<i>Acorus</i>), <i>Hamsapadi</i> , <i>Vyosa</i> , <i>Dadhittha</i> , <i>Hastipippali</i> , <i>Devadaru</i> , <i>Bala</i> , <i>Bilva</i> , <i>Krmijit</i> , <i>Kustha</i> , <i>Tuntuka</i> , <i>Lodhra</i> , <i>Akhukarni</i> , and <i>Ativisa</i> , when combined with milk, serves as a remedy. This ghee can be used both for drinking and anointing, effectively curing all Vata-related diseases caused by poison. |

According to charaka chikitsa sthana^[3]

Due to this *Visa Vega* obstruction by this secondary
Mada, *Murcha*, *Visad*, *Hridrava*.^[3] Treatment for

those is *Sheetal lepa*, *Sheeta parisheka*, *Sheetavirya*
oushadi prayoga.

According to sushrut

| Complications of Visha | Treatment ^[4] |
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| <i>Shwasa</i> , <i>Jawara</i> | A drink made from <i>Rishbhaka</i> , <i>Jivaka</i> , <i>Bharangi</i> , <i>Maduka</i> , <i>Utpala</i> , <i>Dhanya</i> , <i>Kesara</i> , <i>Ajaji</i> , <i>Swetha</i> <i>Aparajitha</i> , and the pulp of <i>Kola</i> is effective in treating <i>Shwasa</i> (dyspnea), fever, and related conditions. |
| <i>Hikka</i> | The intake of <i>Hingu</i> (asafoetida) combined with honey and sugar is beneficial. Additionally, a mixture of <i>Kapittha</i> juice and <i>Saindhava</i> (rock salt) with honey and sugar can alleviate fever and hiccups caused by poisoning. |
| <i>Shwathu</i> | Fumigation using <i>Nata</i> , <i>Kustha</i> , the head of a snake, and flowers of <i>Sirisha</i> , along with ghee, is referred to as <i>Dhumagada</i> and is effective against all types of poison and edema. Fumigation with <i>Shilajathu</i> , <i>Sevya</i> (apple), <i>Patra</i> (leaves), <i>Guggulu</i> , <i>Ballathaka</i> , the flowers of <i>Kukubha</i> , <i>Sarja Rasa</i> (resin), and <i>Shwetha</i> is an excellent remedy for <i>Shwathu</i> (gastric disorders). Inhaling the fumes from <i>Dhuma Varti</i> made from <i>Brihati</i> (<i>Solanum indicum</i>) and <i>Kantakari</i> (<i>Solanum xanthocarpum</i>) also provides therapeutic benefits. |

According to susruta kalpasthana

According to Sushruta's *Kalpasthana*, Acharya Sushruta elaborates on *Visha Upadrava* in the context of *Dooshivisa*. If *Dooshivisa* is not treated within an appropriate timeframe, it can lead to secondary disorders (Complications) such as fever, burning sensation, hiccups, abdominal distension, *Shukra-Kshaya*

(Depletion of reproductive tissue), edema, diarrhea, vertigo, cardiac ailments, and even insanity.^[5] For a potent anti-poisoning remedy, a mixture of *Pippali*, *Dhyamaka* (*Katrina*), *Mamsi*, *Sabara* (*Rodhra*), *Paripelava*, *Suvarchika*, *Sukshma*, *Ela* (*Cardamom*), *Balaka*, and *Svarnagairika*, all combined with honey, is recommended.^[6]

Pathya (Beneficial foods)

Beneficial foods include old *Sastikashali rice*, *Koradusa*, *Priyangu*, *Mudga* (green gram), *Harenu*, *Tuvari*, *Patola* (pointed gourd), *Vetrapallava*, *Talnduliyaka*, *Jivanti*, *Vartaka*, *Sunisannaka*, and the meat of desert-dwelling animals. Other helpful items include *Dadima* (pomegranate), *Dhatri* (Indian gooseberry), *Kapittha*, *Saindhava* (rock salt), *Sita* (sugar), and other drugs that do not cause heartburn. Medicated *ghee*, such as *Kalayanka Ghrita*, is also beneficial for restoring health.^[7] Patients suffering from poisoning should drink rainwater, water from lakes and wells that has been boiled and cooled, preferably mixed with honey and *Amlaka* (Indian gooseberry). It is advised to avoid river and tank water during the rainy season. The individual should wear white clothing and consume well-processed flour from *Yava* (barley) mixed with buttermilk and *ghee*, which are excellent for detoxification.

Apathya (Foods and Behaviors to avoid)

Even after experiencing relief from poison, individuals should avoid *Tila* (sesame), *Madhya* (intoxicating substances), *Kulattha* (horse gram), hunger, anger, fear, excessive exertion, copulation, and particularly sleeping during the day.^[8] In summary, following these dietary guidelines and lifestyle recommendations is crucial for effective recovery from poisoning and the prevention of further complications.

DISCUSSION

Vishaupadrava refers to a critical stage of disease that is often more troublesome and lethal if not identified and treated in a timely manner. Classical texts, particularly those by *Vagabhata*, emphasize the importance of *Visha Upadrava Chikitsa*. *Sushruta* further elaborates on *Vishaupadrava* within the context of *Dooshivisha*, highlighting that the management of poisoning is akin to extinguishing a fire—addressing it promptly minimizes damage and yields quicker results compared to other disorders. Failure to treat such conditions in a timely fashion can lead to severe consequences, including death. The ancient sages have emphasized that when poisons are addressed with the appropriate *Yukti* (methodology), they can combat a multitude of pathological conditions. In treating *Visha*, it is paramount to prioritize *Hridaya Raksha Yoga Dravya Prayoga* to protect the heart and vital organs.

CONCLUSION

Neglecting the treatment of *Visha* can create a conducive environment for the development of *Upadrava*. Inadequate management of *Visha* cases can result in the manifestation of *Vishaupadrava*, presenting with significant severity that often overshadows the primary disease. These secondary manifestations can appear as independent diseases, obscuring the underlying causative factors, which remain interdependent (*Anubandhya*) with the primary condition. If *Vishaupadrava* proves obstinate to treatment, it can further deteriorate the patient's health

and potentially lead to fatal outcomes. Timely diagnosis and comprehensive management of these complications can prevent progression. The physician must ascertain that the patient is free from poison when the *Doshas* are balanced, the *Dhatus* have returned to normalcy, the patient exhibits a healthy appetite, and normal urine and stool patterns, along with a pleasing complexion and proper functioning of the senses and mind. By addressing these factors, a holistic approach can restore health and mitigate the risks associated with poisoning.

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