



## ROLE OF INVASIVE AND NON- INVASIVE APPROACHES OF AYURVEDA IN AGADTANTRA

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### ABSTRACT

*Agadtantra* is branches of ayurveda, deals with the toxicity study along with treatment measure of poisonous physiology. The poison or any type of toxicity (*visha*) may disturb normal physiological function of body which resulted fatal situation; thus drug must be administered only after considering its toxic effect along with therapeutic value. The improper intake of drug substances may cause severe toxic effect. The properties of a *dravya* may affect its mode of action. This article emphasizes role of various invasive and non-invasive traditional approaches in *Agadtantra* for the treatment of some abnormal physiological conditions resulted from poisonous/toxic effect of substances.

**KEYWORDS:** *Agadtantra, Ayurveda, Visha, Pancha Karma.*

### INTRODUCTION

The study related to poisonous/toxic effect of substances and their treatment comes under *agadtantra* and affected physiology involves depressed spirits or *Vishada* termed to be *visha* i.e. poison. The poisons are mainly of two types, *Sthavara Visha* and *Jangama Visha*. *Visha* disturbs all the functions of body *dosha* and *dhatu* responsible for abnormal function of body organ. Ayurveda describes conceptual understanding related to disease and their treatment. The substances which balance *vata*, *pitta* and *kappa* and able to manage normal health can act as drug but sometimes if administered improperly it may act as poison which resulted *tridoshic* imbalance; since *guna* may contribute towards the poisonous property of particular substance. Ayurveda described utilization of *vishchikitsa* to counter effect of *vish* (poison) by using antidotes (*agada*). The substance having 10 *gunas* is considered as most toxic. The *agadtantra* considered properties of *vishadravya* to estimate extent of toxicity.<sup>[1-3]</sup> This article discusses some therapeutic approaches (invasive and non-invasive) of ayurveda as part of *Agadtantra*.



Figure 1. Sthan of Agad Tantra –Toxicology (Damstra chikitsa) in Ayurveda.

### INVASIVE APPROACHES

#### Role of *Prativish* Therapy in *Agadtantra*

*Prativish Chikitsa* is one of the therapy of *Ashtanga* involve use of poisons in the management of other poisons. This therapy utilized in critical conditions when other options become non-effective. Poisons may possess

therapeutic properties if used properly. *Sthavara Visha* poisons possess properties similar to the *Kapha* and *Jangama Visha* poisons possess properties similar to the *Pitta*. *Sthavara Visha* can be neutralizing with *Jangama Visha* and *vice versa*. *Prativish* therapy considered some properties of *Visha* (poison) as therapeutic value like; *Laghu*, *Aashu* and *Vyavayi*, etc. The examples of poison used in *prativish* therapy are *Dhatura* for *Alarka Visha*, *Jayapala* in snakebite poisoning & *Tamraparni* (tobacco) in *Kuchala* (*nux vomica*) poisoning and *Arka Ksheera* with *Palashbeeja* in Scorpion bite. *Prativish* therapy only can be used with great care & considering all precaution. In *prativish* therapy *visha dravyas* which used as medicine possess opposite action and symptoms to that of poison which being neutralized since *Guna & Karma* control mode of action of *vish* and *prativish* e.g; *Alarka (vish)* & *Dhatura (prativish)* both acts on nervous system & brain. *Alarka* causes increase in the secretions of glands while *Dhatura* is anticholinergic, reduces all secretions. *Kuchala* & *Tobacco* both acts on nervous system. *Kuchala* produces convulsions while *Tobacco* causes sedation. Study proved that *dravya* with potent opposite action on same body part can be used as *prativish* to reduce toxicity of certain poisons.<sup>[4]</sup>

#### **Role of Medhya and Rasayan Herbs in Agadatantra (Vataja Madatyaya)**

The substance which produces *mada* is considered as *madya* (alcohol) and intake of excess of *madya* is responsible for many health related physical and mental problem. Excessive alcohol intake may lead problem like; anxiety, dependence and abnormal mental status. Ayurveda considered such type of diseases produced due to improper use of *madya* is as *madatyaya* and *Vataja Madatyaya* are one of them related to the alcohol withdrawal syndrome. The proper *madya-sevan* needs consideration of *prakriti*, *satmya*, *agni*, etc. and when this factor avoided then *madatyaya* is produced. *Madatyaya* is a *tridoshaja vyadhi* which involves vitalization of *kapha sthana* along with *agni*. The addicted person not even quit *madya* (alcohol) easily and whenever such person try to avoid intake of *madya* some abnormal physiological functions may be seen as alcohol withdrawal syndrome due to vitiation of *vatain srotas* which are considered as *vataja madatyaya*. The *vataja madatyaya* (alcohol withdrawal) symptoms involve sudden rise of functions of autonomic nervous system, increase rate of respiration and pulse, sleep disturbance, depression, etc. Ayurveda suggested use of natural therapy for treating such symptoms and utilization of herbal drug may relief symptom of *Vataja Madatyaya* like; *Shwasa*, *Sharirkampa* and *Parshwashool*. The *vatanulomaka* drugs like; *Ashwagandha*, *Haritaki*, *Ananta*, *Vacha*, *Shunthi*, *Tvaka*, *Ela* and *Patra* maintain normal movement of *Vata* and help to reduce alcohol withdrawal symptoms. The *Medhya* drugs like *Haritaki*, *Shveta Chandana* and *Pippali*, calm the hyper-excitability of brain which is a withdrawal symptom. The *rasayan* herbs used for *mann-chikitsa* also possess various properties; *tikta*, *kashaya*, *madhura rasa*, *laghu*

and *snigdha*, *rasayana*, *vrishya*, *balya*, in *prabhava* the overall effect of such herbs significantly improve withdrawal symptom. Study proved that utilization of specific herbs may treat *Vataja Madatyaya* effectively.<sup>[5]</sup>

#### **NON-INVASIVE APPROACHES**

##### **Role of Ayurveda Topical Formulation in Agadatantra**

The extensive use of pesticides leads many toxic effects on health especially cutaneous toxicity; the harmful effect of pesticides may occur through cutaneous, oral or inhalation routes. The skin is one of the areas affected majorly by pesticides exposure and harmful symptoms may involve itching, burning and papule formation. Such type of cutaneous infections involve irritant attack on stratum corneum layer of skin leads inflammatory reactions with the help of antigen presenting cells present in skin resulted dermatitis. The toxic effect of pesticide poisoning over skin are similar to the dermatitis. Ayurveda considered such toxicity as *Visha* and recommended use of topical formulation like; *Eladitaila* for *Varnaprasadan*, *Kandu*, *Pitika* and *Kotha*. The study proved therapeutic efficacy of *Eladi Taila* in pesticide induced cutaneous toxicity and reduction in toxic symptoms by topical application of both formulation may be due to the properties like; *Twachya* (skin promoting), *Sheeta veeryatmaka*, *Kandughna* (anti pruritic) and *Vishaghna* (anti toxic). Thus as per ayurveda the topical *vish/poison* induced by pesticides can be effectively treat using natural remedies like; *Eladi Taila*.<sup>[6]</sup>

##### **Role of Pancha Karma in Visha Chikitsa**

Ayurveda suggested various techniques to maintain normal health like; *shodhana* (Elimination) and *shamana* (Pacifies), the purification through *pancha karma* is unique therapy of ayurveda. *Pancha karma* is one of the most effective therapies of ayurveda. *Pancha karma* conceptually involves process of detoxification. *Pancha karma* since possess biological cleaning of complete body thus it also has become useful in *agadatantra*. *Pancha karma* therapy as part of treatment option of *agadatantra* can detoxify or remove toxic substances from body. The classical text of ayurveda mentioned various *shodana* techniques of *pancha karma* to control *Visha Vegas* for eliminating predominant *doshas* in *vegantara*. *Pancha karma* involves *Vamana*, *Virechana*, *Vasthi*, *Raktamokshanam* and *Shiro virechanam*. These all procedure of *Pancha karma* makes it able to detoxify toxins from the body. These toxins (*doshas*) need to be remove from body time by time through natural route and *Pancha karma* therapy remove these toxins from nearest root of the body. The *Pancha karma* provides complete detoxification which help to eradicate the disease completely and also enhance immunity against all diseases. *Pancha karma* possesses relief in acute as well as chronic toxicity. Ayurveda describe role of *panchakarma* procedures in various poisoning conditions. The various approaches (*Vamana*, *Virechana*, *Vasthi*, *Raktamokshanam* and *Shiro virechanam*) of *pancha karma* possess relief in *Vishaktata* (poisonous

and toxic effect) of *vish*; *Vamana* relief in *Sthavara visha*, *Dushi visha*, *Sarpa dansh*, *Mushika visha* and *Luta visha*. *Virechana* provides relief in *Sthavara visha*, *Darvikar sarpa dansh*, *Alarka visha* and *Pakvashaya gata vata*, *Nasya* possesses relief in *sarpa dansh*, *Nashta sangya vivrutaksha*, *Sthavara visha* and *Samanya visha* while *Raktamokshanam* provides relief in *Mushika visha*, *Alarka visha*, *Sarpa dansh* and animal *prastha*. Thus as per ayurveda *panchakarma* therapy play important role to treat *Vishaktata* (poisonous and toxic effect) of *vish*.<sup>[7]</sup>

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