



**TREATMENT OF POISONING WITH AYURVEDA DRUGS & ROLE OF
RASAUSHADHI IN VISHA-CHIKITSA: A REVIEW**

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ABSTRACT

The Ayurveda scholars deeply elaborated concepts of *Visha* (poison), its harmful effects and management. As per ayurveda *Visha* is substance which causes harmful effects inside the body and even death if not treated timely and visualization of such substances leads fear & unhappiness in minds. Poisoning symptoms may arise through various causes including snake bite, administration or inhalation of poisoning chemical or gases, metal poisoning, incompatible food poisoning and plant mineral based poisoning. Snakes (*Sarpa*) bite is considered most common cause of death due to the poisons. Similarly scorpion bite also causes harmful effects and sometimes it becomes fatal if person is too weak. Moreover food poisoning also causes pathological events inside the body due to the indulgence in *Virudha-Ahara*. Ayurveda described many therapeutic options for the management of such conditions including uses of herbs, ayurveda formulation and detoxification measure, moreover *Rasaushadhi* also employed for curing poisoning symptoms.

KEYWORDS: *Ayurveda, Agad, Rasaushadhi, Visha, Suchikabarana Rasa.*

INTRODUCTION

Ayurveda the holistic modality of disease management encompasses conceptual theories of ancient philosopher towards the management of many pathological conditions including *Visha-Chikitsa*. Ayurveda suggested various procedures for emergency management of poisoning like; *Nasya, Dhooma, Anjana, Hridayavarana* and *Mritasanjivana*, etc. These all procedures help to pacify harmful effects of poisoning by eliminating poisonous substance from body or arresting biological effects of poisonous. The treatment of poisoning conditions mainly focuses to cure pathogenesis induced by insect bites, scorpion poisoning, snake poisoning, food poisoning, skin disorders with poisoning history and chemicals/gases/pollutants poisoning.

Ayurveda suggested many approaches for the management of poisoning conditions and in this regards *Suchikabharana rasa* mentioned in Ayurvedic classics can be used to manage emergency conditions. The ingredient (plant and mineral/*Rasa* based) administered through parental route for quick action in small doses to combat against poisoning pathogenesis. *Visha Hara* of mineral poison due to their *Virudha Gati* offers antidote action in many symptoms of poisoning. *Shodhita Parada & Shodhita Tamra* present in *Suchikabharana rasa* helps to relieve symptoms of *Jangama Visha*. These mineral and metal based formulation spread quickly in small

dose all over the body due to their *Vyavayi* and *Vikasi Guna* and provides relief in *Murcha Avastha* and other complication of *Visha Drvaya*.

Ayurveda treatment of food poisoning

Anna vishbadha is very common problem now days due to the indulgence in bad dietary habits and unhygienic conditions. Generally microbial contamination associated with food causes *Dushit Anna* which acts as toxic substances. Similarly *Dushit Jala* causes symptoms of food poisoning. *Aruchi, Chardi, Jawara, Shirashool, Atisara* and *Udarshool* are *Lakshanas* of food poisoning and in severe cases these symptoms need to be cured immediately to avoid further complications. *Egg, Meat, Cheese, unhygienic fruits & vegetable, unsaturated milk, contaminated water, cooking or eating in unhygienic condition and consumption of improperly cooked food* can cause food poisoning.

There are many natural herbs suggested in Ayurveda for the management of such types of condition. Herbs like *Ashwagandha, Giloy, Haritaki, Amla, Turmeric* and *Pippali*, etc. can be used to pacify symptoms of food poisoning. Similarly *Arogyavardhini Vati, Praval Panchamrit Rasa, Soothshekar Rasa, Mahagandhak Rasa, Karpur Rasa, Balarka Rasa* and *Mahalaxmivilas Rasa* are some mineral/metal based formulations which provide health benefits in food

poisoning. These drugs pacify digestion, cure fever, and prevent *Chardi & Udarshool* and relief severity of *Atisara*. The ingredients of *Rasa* drugs help to destroy bacteria or toxins from body therefore prevent pathogenesis of microbial infections associated with food poisoning.

Ayurveda treatment of snake bite

The snake bite is one of the common cause of poison induces fatal cases and more prevalent in rural area where immediate treatment unavailable. *Sarpita* (deep punctured), *Radita* (superficial punctured) and *Nirvisha* (non poisonous) are various types of snake bites. The snake poison mainly possesses *Rooksha* and *Katu* thus vitiates *Doshas* and initiate pathogenesis as mentioned in Figure 1.

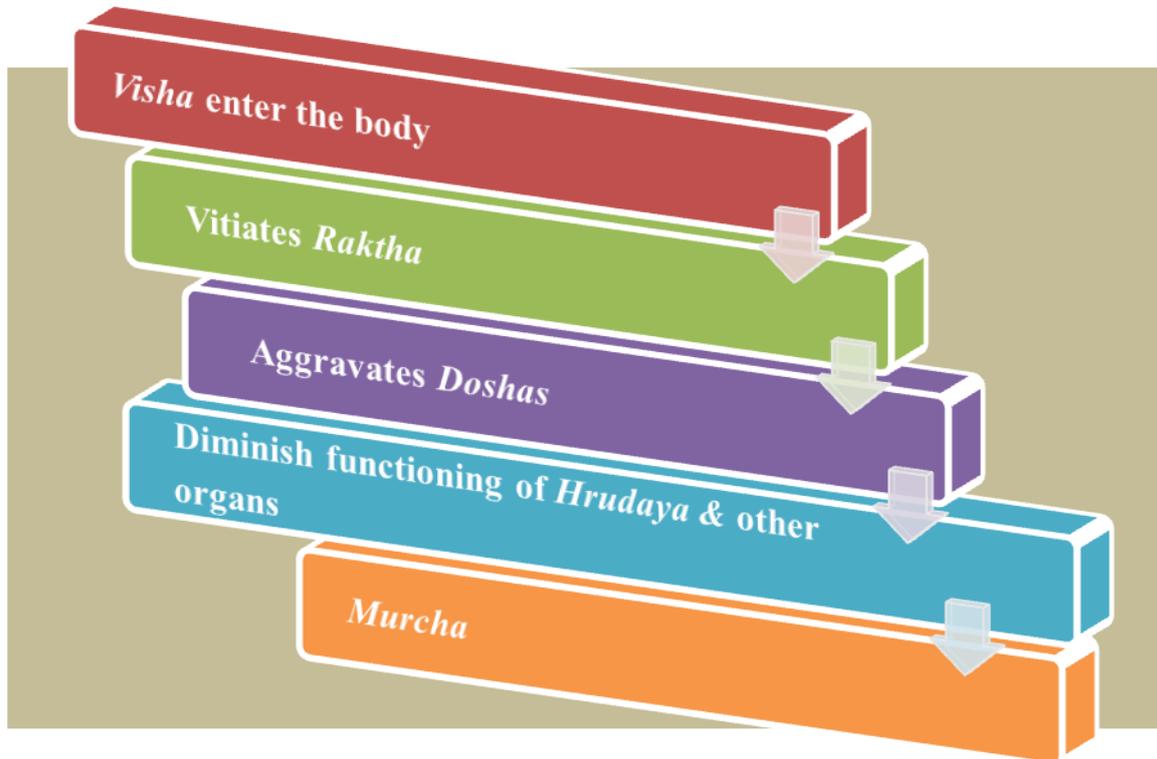


Figure 1: Pathological events associated with snake poisoning.

As depicted in Figure 1 the poison initiates many pathological events inside the body due to which following symptoms arise:

- *Nayana, Nakha, Vadana* and *Damsha* become *Krishna* in colour.
- *Gurutha* of the *Shiras*.
- *Katiprushtagreevadourbalya* and *Vepathu*.
- *Jadatha* and *Hikka*.
- *Urdhagamana* of *Vayu*.
- *Udveshtana, Trushna* and *Phenagamana*.

Treatment of *sarpadhamsa*

- Oral administration of *Ashwaganda* with water
- Root of *Nandyarvattam* and *Kola* for internal administration.
- *Saindhava* with *Swarasa* of *Datura* and *Nagavalli* for *Nasya* purposes in poisoning treatment.
- Topical uses of *Hingu, Maricha* and *Vacha*.
- *Tankana* and *Gruhadhooma Lepana* prepared in urine.
- *Sivamalli* and *Hingu* leave paste for topical uses.
- *Arkapatra* and *Saindhavalavana* triturated in *Chandanavari* for topical application.

Suchikabaranarasa also offers health benefits in the management of medical emergency induced by *Sarp-Visha*. *Suchikabarana rasa* as *Rasaushadhi* can be used in *Sarpa Dhamsa* since these drugs cure *Murcha*. *Shodhita Parada* and *Shodhita Gandhaka* used to prepare *Kajjali* and *Naga Bhasma* added to it, before adding other ingredients. Ancient literature suggested use of this for *Sarpa Dhamsa* with the help of needle. It helps in *Murcha Avastha* thus cure medical emergency associated with poisoning symptoms. *Shodhita Parada* with *Shodhita Vatsana* also recommended in *Sarpadhamsa*.

Ayurveda treatment of *vrischika* poisoning

Vrischika poisoning also causes medical emergency which need immediate attention since many species of *Vrischika* are lethal to human body. *Vrischika* having *Mandhavisha* thus induces inflammatory symptoms like; pain, redness and edema. Some scorpions having *Teekshna visha* and can cause even death.

Ayurveda suggested uses of drugs which posses *Tikta & Kashaya Rasa, Laghu Guna, Ushna Virya* and *Katu*

Vipaka thus alleviate symptoms of poisoning. *Vacha*, *Hingu*, *Vidanga*, *Patha*, *Shunthi* and *Maricha*, etc. are some drugs which can help to manage minor symptoms associated with *Vrischikdamsha*.

The specific health benefits associated with drugs used in *vrischikdamsha* are as follows

- *Paravatshakrit* acts on heart thus pacify scorpion bite induced cardio-toxicity.
- *Haritaki* is *Rasayan* drug, it possess opposite property to *Visha*, *Tridoshar* effects alleviates consequences of *Tridoshaprakop*, help to reduce blood pressure in poisoning cases and pacify *Prakupit Doshas*.
- *Tagar* is *Vishanashak* and its *Prabhav* contributed towards antidote action of *Tagar*, the Valeric acid of *Tagar* acts as anti-convulsant thus reduces seizure associated with red scorpion venom. It acts as tranquilizer and sedative thus help to calm down patient.
- *Shunthi* causes stimulation of heart thus helps to restore heart functioning after *Vrischikdamsha*.

CONCLUSION

Ayurveda recommended many therapies including detoxification process to alleviate fatal symptoms of poisoning. *Nasya*, *Dhooma*, *Anjana*, *Hridayavarana* and *Mritasanjivana*, etc. are Ayurveda procedures for the management of medical emergency associated with invasion of poisons. The ayurveda therapies not only eliminate poisonous substances from body but also help to arrest harmful effects of poisonous substances. Insect bites, scorpion poisoning, snake poisoning and food poisoning, etc. are major causes of poisoning manifestation inside the body. Snakes and scorpionbite causes most of the cases of animal poisoning while food poisoning is also considered as common prevalence due to the indulgence in faulty dietary habits. Ayurveda described many therapeutic modalities for the management of such conditions like herbs, ayurveda formulation and detoxification measure, *Rasaushadhi* (mineral of metal based products) also recommended for curing poisoning symptoms due to their *Kashaya Rasa*, *Laghu Guna* and *Ushna Virya*.

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