

A REVIEW ON KASHYAPOKTA VIRECHANA YOGA FOR DOOSHIVISHA W.S.R. TO ASTANGA SANGRAHA

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ABSTRACT

Agada tantra is a specialized branch of Ayurveda, which explains of different types of poisons and its treatment. Dushi Visha is a unique concept of Visha. Poison which is accumulated in the body or the poison which is not eliminated from the body even after treatment is known as Dushi Visha. For this condition different treatment modalities have been mentioned in Samhithas are Swedhana, Ubhaya Shodhana and Agada Pana. Ubhaya Shodhana includes both Vamana and Virechana which has fore most importance. Different Yogas (formulations) are explained in Samhitas for Virechana karma, Kashyapokta Virechana Yoga is specially mentioned in Astanga Sangraha while explaining Dushi Visha Chikitsa. This paper put a light upon Kashyapokta Virechana Yoga and its mode of action.

KEYWORDS: Kashyapokta Virechana Yoga, Dushi Visha, Shodhana, Virechana.

INTRODUCTION

Agada tantra is a specialized branch of Ayurveda which mainly deals with toxicology and regulations regarding medical practice.^[1] Kashyapokta Virechana Yoga is one of the easily available Yoga (formulation) with simple ingredients mentioned in Kashyapa Samhita and quoted in Astanga Sangraha in the context of treatment of Dushi Visha.^[2] Dushi Visha is a unique condition explained in Ayurveda, which means any poison which is not completely removed from the body causes ill effect in the body in due course of time, for this condition the treatment explained in the Samhithas are Ubhaya Shodana, Swedhana and Agada Pana.^[3] Among all these treatment procedures Ubhaya Shodhana is mentioned has fore most importance. Ubhaya Shodhana includes Vamana and Virechana. Different Yogas have been explained for

Virechana procedure, one among them is Kashyapokta Virechana Yoga for Shodhana.

AIMS AND OBJECTIVES

Illuminate Virechana Yoga according to ancient literature and its mode of action.

MATERIAL AND METHOD

To understand the mode of action of this formulation a comprehensive literature work is done on the bases of Ayurvedic texts.

Ingredients^[2]

1. Hareetaki
2. Lavana (Saindhava)
3. Magadhi (Pippali)
4. Maricha

Table 1: Ingredients and Its Scientific Names.

Sl.no	Name	Scientific name	Family
1	Hareetaki	Terminalia chebula	Combretaceae
2	Magadhi (pippali)	Piper longum	Piperaceae
3	Maricha	Piper nigrum	Piperaceae

Sl.no	Name	English name	Chemical constitution
4	<i>Saindhava lavana</i> ^[4]	Chloride of sodium	-sodium chloride(NaCl)-97.6% -sodium bicarbonate (NaHCO ₃)-0.07% -insoluble matters-0.031%

Table 2: Rasa Panchaka of Ingredients.

Dravya	Rasa	Guna	Virya	Vipaka	Karma
<i>Hareetaki</i> ^[5]	<i>Lavana varjita pancha rasa (all rasas except lavana) kashaya mainly</i>	<i>Laghu Ruksha</i>	<i>Ushna</i>	<i>Madhura</i>	<i>Tridosahara, anulomana, Rasayana, Chakshuhya, Hridya, Lekhana, prajasthapana</i>
<i>Magadhi (pippali)</i> ^[6]	<i>Katu</i>	<i>Laghu Singdha Tikshna</i>	<i>Ushna</i>	<i>Madhura</i>	<i>Vata-kapha hara, Deepana, Vrushya, Rasayana</i>
<i>Maricha</i> ^[7]	<i>Katu</i>	<i>Laghu Tikshna</i>	<i>Ushna</i>	<i>Katu</i>	<i>Kapha-vata hara, Pramati, Deepana, Avrushya</i>
<i>Saindhava Lavana</i> ^[4]	<i>Lavana</i>	<i>Laghu Snigdha Tikshna</i>	<i>Sheeta</i>	<i>Madhura</i>	<i>Agni deepana, Pachana, Hridya, Shoolahara, Vibandhaghna, Vrana ropana, Tridosha Shamaka.</i>

DISCUSSION

Dushi Visha is a unique concept in Ayurveda which explained under concept of *Visha*. *Sthavara, Jangama* or *Krtrima Visha* after its treatment, when it becomes less potent and when its effects are not nullified radically because of which it resides in body, that particular less potent part of the above said poison is called as *Dushi Visha*.^[8] Favorable conditions like constant exposure to particular time, place, food and sleeping during day time tends to vitiate *Dhatu*s of the body and produce variety of symptoms in patient affected with *Dushi Visha*. Symptoms of *Dushi Visha* will be varying according to site and *Dhatu* poison is accumulated.

Signs and symptoms of *Dushi Visha*: Intoxication, fainting and discoloration, intermittent fever, oligospermia, urticaria, vomiting, epileptic attacks, increased thirst, Appearance of red patches all over the body, indigestion, diarrhea, insanity, distension of the abdomen, Edema of the face and extremities, Skin disorders.^[9] Clinical features of *Dushi Visha* varies according to its location, when it is localized in *Amasaya* causes diseases of *Kapha-Vata*, when localized in the *Pittashaya* causes diseases of *Vata-Pitta*.^[10] When localized in the *Rasa* and other *Dhatu*s it gives rise to different kinds of peculiar symptoms of *Dhatu Vikaras*.^[11] *Shodhana* is one of the foremost important procedures for *Dushi Visha* treatment.

Virechana is one among the *Chaturvimshati Upakarama* which is mentioned in the concept of treatment for *Visha*. *Virechana* is the act of expelling *Doshas* through *Adhobhaga* (ano-rectal region). *Virechana* karma is one of the purification procedures among *Pancha karma*, which is a supreme procedure for elimination of *Pitta*

Dosha.^[12] *Virechana* Dravyas have *Ushna, Teekshna, Sukshma, Vyavayi, Vikashi, Adhobhaga Prabhava*. *Virechana* is prime modality of treatment for *Pitta Dosha Nirharana*, as *Amashaya* is *Samanya Sthana* for *Pitta* and *Kapha Dosha* which holds good for both.^[11]

Virechana Specially Act On^[13]

- *Dosha- Pitta, Pitta Stanagatha Alpa Kapha, Kapha Stanagatha Bahu Pitta, Pittavruta Vata* and *Sannipata* of *Doshas*
- *Dushya- Rasa, Rakta, Mamsa, Asthi, Majja, Shukra*
- *Srotas - Rasavaha, Raktavaha, Mamsavaha, As-thivaha, Majjavaha, Shukravaha.*

Indications of *Virechana*^[14]

Virechana Karma is mainly indicated in *Kusta* (skin disorders), *Jwara* (fever), *Meha* (20 types of urinary problems), *Urdwa Raktapitta* (bleeding disorders), *Bhagandara* (fistula in ano), *Udara, Arsha* (piles), *Pleeha* (splenic disorders), *Gulma* (abdominal tumor), *Arbuda* (tumor/growth/ mass), *Galaganda* (goiter), *Granti* (cyst), *Visuchika* (gastroenteritis), *Alasaka* (meteorism), *Mutraghata* (urethritis), *Krimikosta* (helminthiasis), *Visarpa* (erysipelas), *Pandu Roga* (anaemia), *Shirashula* (headache), *Parshwashula* (pain in flanks), *Udavartha* (tendency of opposite direction of impulse), *Netra Daha* (burning pain in eyes), *Aasyadaha* (burning pain in mouth), *Hridroga* (disorders of heart), *Vyanga* (brown colour patches), *Neelika* (melasma), *Netrasrava* (lacrimation), *Nasika Srava* (nasal secretion), *Aasya Srava* (excess salivation), *Halimaka* (chronic obstructive jaundice), *Shwasa* (breathlessness), *Kasa* (cough), *Kamala* (jaundice), *Apachi* (cervical lymphadenitis), *Apasmara* (epilepsy), *Unmada* (insanity), *Vatarakta* (gout), *Yoni*

Dosha (gynecological problems), *Visphota* (eruptive skin disorder), *Arochaka* (loss of taste), *Chardi* (vomiting) etc. by the process of *Virechana Karma* it helps in improving intellectual clarity, strengths all sense organs, provides stability to *Dhatus*, *Bala*, *Agni deepiti*, delays ageing process.

Why *Virechana* in *Dushi Visha*

Visha which is not expelled out stores in *Amasaya* and *Pakwashaya* which is *Sthana* for *Pitta Dosha* in order to expel the accumulated toxins from both *Amasaya* and *Pakwashaya* *Virechana karma* is best procedure. Many of the indications which are mentioned for *Virechana karma* are similar to signs of symptoms of *Dushi Visha*. *Virechana karma* acts on all affected *Srotas* and *Doshas* affected by *Dushi Visha* and expels out *Visha* which is accumulated.

Kashyapokta Virechana Yoga specially mentioned in the concept of *Dushi Visha*. This Consists of 4 simple ingredients like *Hareetaki*, *Lavana* (*Saindhava*), *Magadhi* (*Pippali*), *Maricha*.

To understand the mode of action of drugs the pharmacological action of drugs are discussed here.

Based on *Rasa*: Ingredients of this *Yoga* consist of *katu* 3 *Rasa Dravyas*; *Lavana*, *Madhura*, *Amla*, *Tiktha*, *Kashaya Rasa* 1 each.

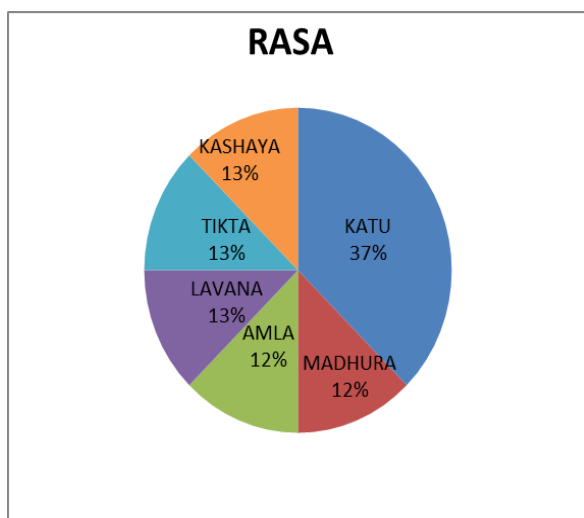


Diagram 1: Rasa of *Kashyapokta Virechana Yoga*.

Based on *Guna*: Ingredients of this *Yoga* consist of *Laghu* 4, *Tikshna* 3, *Snigdha* 2, *Ruksha* 1.

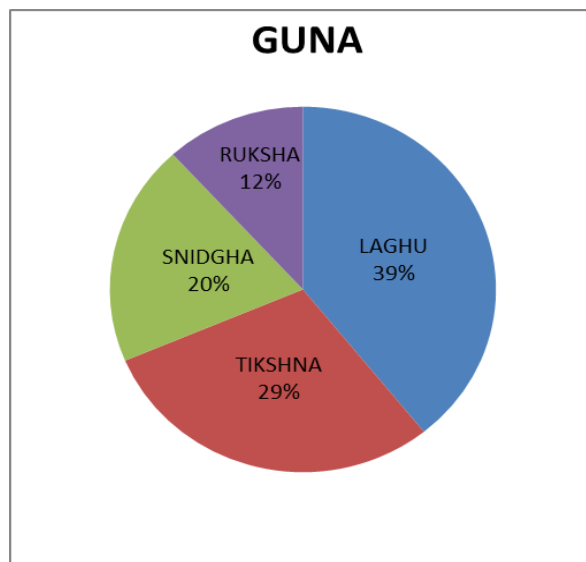


Diagram 2: Guna of *Kashyapokta Virechana Yoga*.

Based on *Virya*: Ingredients of this *Yoga* consist of *Ushna* 3, *Sheeta* 1 *Dravyas*.

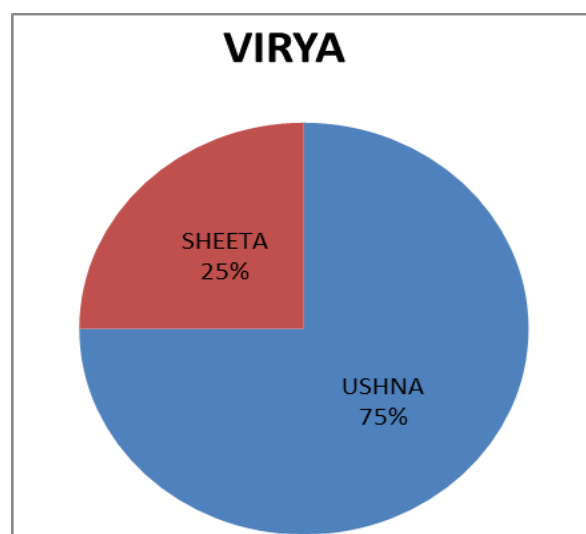


Diagram 3: Virya of *Kashyapokta Virechana Yoga*.

Based on *Vipaka*: Ingredients of this *Yoga* consist of *Madhura* 3, *Katu* 1 *Dravyas*.

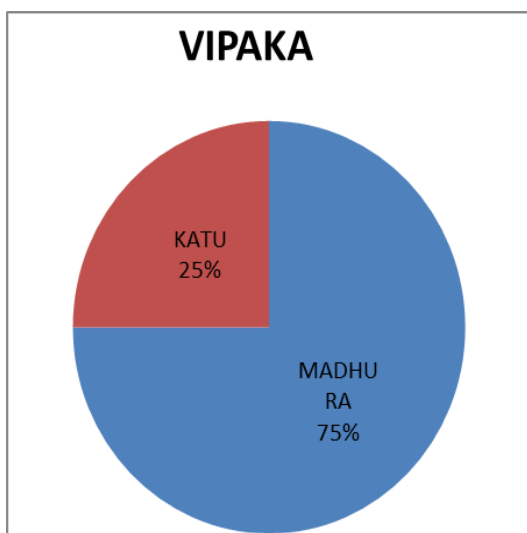


Diagram 4: Vipaka of Kashyapokta Virechana Yoga.

Based on karma: Ingredients of this Yoga consist of Tridosahara 2, Vatakaphara 2, Rasayana 2, Chakshushya 1, Hridya 2, Lekhana 1, Prajastapana 1, Deepana 3, Vrushya 1, Pramati 1, Avrushya 1, Pachana 1, Shoolahara 1, Vibandhagna 1, Vranaropana 1.

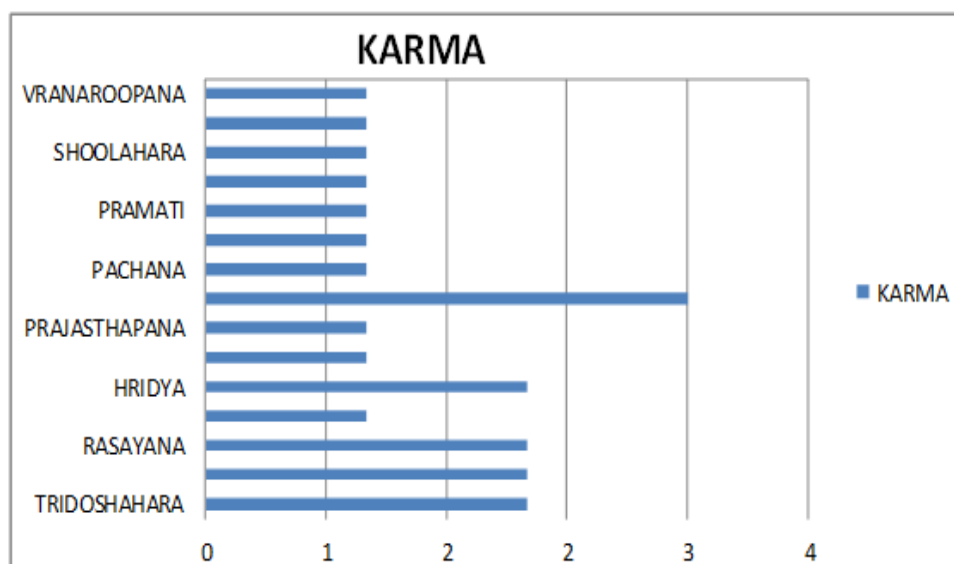


Diagram 5: Karma of Kashyapokta Virechana Yoga.

Mode of action

This Yoga mainly contains *Shadrasa, Laghu Snigdha, Teekshna, Ruksha Gunas, Ushna Sheeta Veerya, Madhura Katu Vipaka*. This Virechana Yoga is predominant of *Prithvi* and *Jala Mahabhuta*, both *Mahabhuta* have natural tendency to move downwards and thus they can assist in induction of Virechana. *Ushna* property may help in increasing quantum of *Agni* it can cause *Vishyandana* i.e. oozing of *Doshas* in *Kosta* from where they can be readily expelled out. Due to *Teekshna* property drug is able to disintegrate the *Sangata* of *Dosha*. Virechana drugs possessing these properties reach the *Hrudaya* by virtue of its *Virya* and then following the *Dhamani* it pervades the whole body through *Sthula* and *Sookshma Srotas*. By virtue of its *Agneya* properties it causes *vishyandana*.^[15]

CONCLUSION

Exposure of different types of toxins is causing serious effect in long term. The concept of *Dushi Visha* and its

treatment modalities which is explained in *Ayurvedic* has important role in curation and prevention of many diseases. Virechana is one of the important procedure in *Panchakarma* and *Visha Chikitsa*. Most of the signs and symptoms of *Dushi Visha* is similar to indications of Virechana Karma. Hence Virechana Karma helps to expell out the toxins from the whole body.

Kashyapokta Virechana Yoga has simple ingredients which are easily available and can be used in day to day practice. Further research work helps to know exact action of this Yoga.

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