



**A REVIEW ON VRISCHIKA VISHA MANAGEMENT W.S.R VISHA VAIDYA
JYOTSNIKA**

Pavan K. Sreerudran¹, Krishnapriya S.², Gazala Hussain³, Ashwinkumar S. Bharati⁴

^{1,2}Final Year PG Scholar, Dept. of Agada Tantra, Sri Dharmasthala Manjunatheshwara College of Ayurveda & Hospital, Hassan, Karnataka, India.

³Associate Professor, Dept. of Rasashastra & Bhaishajya Kalpana, Sri Dharmasthala Manjunatheshwara College of Ayurveda & Hospital, Hassan, Karnataka, India.

⁴Professor, Dept. of Agada Tantra, Sri Dharmasthala Manjunatheshwara College of Ayurveda & Hospital, Hassan, Karnataka, India.

***Corresponding Author: Dr. Pavan K. Sreerudran**

Final Year PG Scholar, Dept. of Agada Tantra, Sri Dharmasthala Manjunatheshwara College of Ayurveda & Hospital, Hassan, Karnataka, India.

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ABSTRACT

Vrischika (scorpion) is said to be oldest poisonous creature on the earth. Among 800-1000 species, 30 species are lethal to humans. Due to scorpion bite casualty of life is very less, but it causes local pain, inflammation, oedema and redness of skin. Ayurvedic texts explain various variety of Vrischika based on its origin, structure and its sting effect. In Kerala, Agada tantra has an ancient and established background. In olden times, a good number of books on toxicology were written by eminent scholars of Kerala. Many toxicological clinics were established at that time in Kerala by adopting the treatment principles mentioned in those books. Visha vaidya jyotsinika is one of such textbook which gives immense knowledge about the practice of visha chikitsa. In this text many clinically relevant aspects of visha chikitsa is explained. This text contributes largely to the practice as well as research in Agada tantra. In this article there are some commonly used drugs in visha vaidya jyotsinika for Vrischika visha.

KEYWORDS: Vrischika, Poison, Visha vaidya jyotsinika, Scorpion, formulations.

INTRODUCTION

In Ayurveda Vrischika is categorized under the kita visha. Kita (insects) are born from the decomposed mass of excreta, urine, semen, egg or carcass of snakes only. They are four kinds, each one possessing the qualities of individual doshas separately and one with qualities of all the doshas together.

There are three types of Vrischika according to poison they contain;

- Mandha visha (mild poison)
- Madhyama visha (moderate poison)
- Teekshna visha (virulent poison)

The Vrischika which are originated from

- Goshakrith (purified cow dung have Mandha visha (mild poison)
- Kashthe (wood) and eshtika (brick) have Madhyama visha (moderate poison)
- Sarpa (sloughed snakes or from other poisonous substance) are Teekshna visha (virulent)

Morphology of Vrischika

According to Ayurveda the scorpions having Mandha visha (mild poison) possess many joints in the tail compared to the other types. The scorpions which are having madhayama visha are yellow and brown with

smoky abdomen with three joints in the tail. The scorpions which are having teekshna visha (virulent poison) are having two joints in their tail, having different shapes, different size and colours. They are terrifying and these kinds of scorpions are to be known as pranacaurah (thieves of life or killers).^[1]

Treatment^[2]

Common treatment for Scorpion poisoning First, bloodletting has to be done with Sringa (Cow's horn), jalooka (Leech), etc. followed by oral intake (paana) and nasal administration (nasya) of Aswagandha (Withania somnifera) and Karanja (Pongamia glabra) to be done immediately.

Dhara (continuous pouring of liquids in a stream) to be done over the site of bite under bearable warmth with boiled buttermilk ground with Tamarind (Tamarindus indicus), leaves of Nimba (Azadirachta indica) and Mulaku (Capsicum annulare).

Saindhava (Rock salt) mixed with the swarasa of Karanja (Pongamia glabra), Tintrini (Tamarindus indicus) and leaves of Karaskara (Strychnus nuxvomica) to be applied over each eyelid as Pindi.

The immediate application of the swarasa of Karanja (*Pongamia glabra*) squeezed by hands, instilled into eyes, nose, mouth and site of bite will relieve all types of Scorpion poisoning. Tamboola (*Piper betel*) along with Hingu (*Ferula asafoetida*) also can be used in a similar fashion.

Dhoopas (fumes) which relieves Scorpion poisoning

Fumes with the feathers of chicks, Saindhava (Rock salt) and paste of Tila (*Sesamum indicum*); Leaves of Nimba (*Azadirachta indica*), Nisa (*Curcuma longa*), Nara kesa (human scalp hair), umi (husk), leaves of Snuhi (*Euphorbia nerifolia*), leaves of Palm (*Borassus glabellifer*), Uzhinja (*Cardiospermum halicacabum*) Darvi (*Coccinium fenestratum*) and Ramatha (*Ferula asafoetida*) relieve the effect of scorpion sting.

Commonly used drugs and its properties

Hingu (*Ferula narthex*): Hingu has Tikta (bitter), Katu Rasa (pungent); Tiksna (sharp), Laghu (light) Guna; Ushna (hot potency) Veerya; Katu Vipaka; Pacana, Rucikara (appetiser), Krimighna Karma (anti- microbial). It is known to have anti-inflammatory, anti-viral, anti-mutagenic, antifungal actions. It is used in the treatment of asthma, gastro-intestinal disorders, and intestinal parasites.^[3]

Tambula (*Piper betel*): It has Tikta (bitter), Kashaya (astringent) Rasa; Laghu (light) Tikshna Guna (sharp); Ushna Virya (hot potency); Katu Vipaka; Alleviates Kapha, improves taste, wards off bad smell of the mouth, provide good complexion and appearance, removes the waste/dirt of the lower jaw and teeth, cleanses the tongue mitigates excess of salivation and cures diseases of the throat.^[4] It has anti-fertility, anti-microbial, gastro protective, immunomodulatory, hepato-protective, cholinomimetic, anti-oxidant, anti-diabetic, radio protective activity.^[5]

Tintrini (*Tamarind*): It has Amla Rasa (sour); Guru, Ruksha Guna (heavy and dry); Ushna Virya (hot potency); Amla Vipaka.^[6] It is known to have anti-diabetic activity, antimicrobial activity, anti-venom activity, antioxidant activity, antimalarial activity, hepato-protective activity, anti-asthmatic activity, laxative activity, and anti-hyperlipidemic activity.^[7]

Takra (*Buttermilk*): Tridoshaghna (alleviates all dosha), Vata-Kapha Pradhana conditions, Grahani (Sprue), Arsha (Piles), Udara (Ascites), Sthaulya (Obesity), Prameha (Diabetes), Shotha (Swelling), Complication of Ghrita (Ghee), Tail (Oil) & Garavisha (Low Potency Poison).^[8]

Saindhava lavana: It has Lavana Rasa (salty); Laghu (light), Snigdha (unctuous), Tikshna Guna (sharp); Sheeta Virya (cold potency); Tridoshashamaka (alleviates all dosha), Agnideepana (increases agni), Pachana (digestive), Ruchya (appetiser), Netriya (beneficial for

eyes), Hridya (cardiac toni), Vrishya (aphrodisiac) properties.^[9]

Nimba (*Azadirachta indica*): It has Tikta kashaya rasa (bitter and astringent), laghu ruksha guna (light and dry in nature), katu vipaka, sheeta veerya (cold potency). Used in krimi (microbial infection), vrana (wound), kushta (skin ailments), etc.^[10]

Ashwagandha (*Withania somnifera*): It has Katu (pungent) tikta (bitter) rasa, snigdha laghu guna (unctuous and light), katu vipaka, ushna veerya (hot potency), vatakaphahara (alleviates vata and kapha).^[11]

Karanja (*Pongamia pinnata*): It has Tikta katu rasa (bitter and pungent), laghu teekshna guna (light and sharp in nature), katu vipaka, ushna veerya (hot in potency), kapha vatahara (alleviates kapha and vata). Indicated in arsha (piles), krimi (worm infestation), gulmahara (abdominal tumour), kushtaghna (skin diseases).^[12]

Haridra (*Curcuma longa*): It has Katu, Tikta Rasa; Ruksha, Laghu Guna; Ushna Veerya; Katu Vipaka; Kusthaghna (relieving skin disease) and Vishaghna (anti-poisonous) karma. It contains phyto-constituents like curcumin, curcuminoids etc. Haridra has pharmacological actions like anti-inflammatory, anti-oxidant, anti-bacterial, hepato-protective, expectorant, anti-cancerous, anti-mutagenic, free-radical scavenging property.^[13]

DISCUSSION

The toxicity of scorpion venom is due to the presence of non-enzymatic protein serotonin.^[14] Scorpion venom is a complex mixture of neuro toxins, haemato toxins and other substances. Each species has a unique mixture. According to Ayurveda Sting of a scorpion (of Dushivisha or slow poisoning type) causes burning sensation like in the beginning, and thereafter, pinching pain which spreads upwards instantaneously. Swelling of the tongue, rigidity, of the body parts, pain, vomit's blood, which is black in colour, loss of sensory perceptions, perspire, faint's, dryness of mouth, Anxiety muscles at the site of bite drop off.^[15]

CONCLUSION

According to the classical references in Ayurveda the poisoning caused by the scorpion bite can be managed by use of many Vishaghana Yogas and Eka Dravyas. The conventional treatment prescribed for the management of pain in scorpion sting was to administrate local anesthetic which may sometimes results in producing adverse reactions.^[16] By using ayurvedic yogas which are explained above we can manage scorpion sting in better manner.

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