

ROLE OF PANCHAKARMA IN AGADTANTRA

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ABSTRACT

Poisoning and related deaths due to poisoning is a burning issue in urban as well as rural India. Most of poisoning are occur due to suicidal and accidentally. Poisoning term not only limited upto animal and vegetable poisons it can include *Dooshivisha* (latent poisons), *Gara visha* (concocted poisons) and various radiations like ultraviolet radiation. *Agadtantra* is one of the branches of *Astanga Ayurveda*, dealing with poisons, its origin, effect, circulation, pathogenesis, qualities and its management. So *Agadtantra* through *Ayurveda* has an answer to this and has stated various therapeutic measures to achieve the same. *Ayurveda* has described different modalities of treatment in poisoning. *Charakacharya* has stated 24 *Upakramas* in treatment of poisoning in his *samhita* in the *chikitsa sthana*. *Sushrutacharya* has invested whole of the *Kalpastahana* while describing about the

Poisons and its treatment. Similarly *Visha* and *Visha-Chikitsa* is also emphatically described in *Astanga samhita* and *Astanga Samgraha*. *Ayurveda* treatment classify into *Shodhan* and *Shaman chikitsa*. So it is necessary to validate references and study them from *Ayurvedic samhitas*. These measures include *Vamana* (Emesis), *Virechana* (Purgation), *Raktamokshana* (Blood Letting), *Snehana* (Oleation), *Swedana* (Fomentation/ Steam therapy) mainly and *Nasya* (Instillation of Nasal Drops), *Lepa* (Topical application of Drugs), *Anjana* (Application of Collyriums to Eyes), *Dhooma* (Medicated smokes) etc afterwards.

KEYWORDS: Poisoning, *Panchakarma*, *Ayurvedic* view.

INTRODUCTION

Poisoning is a condition in which an organism becomes chemically harmed (poisoned) by a toxic substance or venom of an animal.^[1] Poisoning is one of the greatest problems in India. Poisoning can be suicidal, homicidal or accidental. Animal poisoning is mostly accidental in nature, Suicidal poisoning in rural area mostly occurs by pesticides and in urban area by medicines or petroleum poisons. Poisoning can be classified into acute and chronic poisoning. Acute poisoning is exposure to a poison on one occasion or during a short period of time. Chronic poisoning is long-term repeated or continuous exposure to a poison where symptoms do not occur immediately or after each exposure. Exposure to radioactive substances can also produce *Dooshivisha* (cumulative poisons), *Gara visha* (artificial toxins) and radiation poisoning.

Agadtantra, also known as Toxicology branch of *Ayurveda*, or *visha Chikitsa*, is one of the eight branches of *Ayurveda*, which refers to various methods of eliminating toxins from the body, apart from being an antidote for poisons. *Agadtantra* is also known as *Visha tantra*, *Damshtraa-chikitsa*^[2], *Visha vaidya*, *Visha vaidyaka*, *Visha gara vairodhika prashamana*^[3], *Jangulika*^[4] etc. This branch deals with treatment of various natural toxins resulting from wild lives such as animals, insects, or birds, herbs, vegetables, plants, minerals, artificial poisons, water and air pollution. *Agada Tantra* also includes the negative effects of bad food habits and drugs, which could lead to chronic poisoning symptoms.^[5]

Agadtantra describes two types of poisons 'natural poisons' and the 'artificial poisons'. The natural poisons are classified as inanimate poisons (*Sthaavara visha*) and animate poisons (*Jangama visha*). Among the inanimate poisons are those of plant origin and toxic minerals, metals or those found within the earth and the animate poisons are venoms of animals such as scorpions, insects, snakes, etc. Artificial poisons are the poisons prepared by combining various kinds of animate and inanimate poisons.

Ayurveda is the solution for all types of diseases and poisoning. *Ayurveda* is the ancient form of medical science which deals with stating measures of living a healthy and a balanced life. It not only mentions measures to treat diseases but also to prevent them. *Ayurveda* has to maximum extent narrated such therapies and therapeutic measures which are conservative and do not involve much invasive techniques. Acute poisoning is one of the common reason for hospitalization in developing countries like India. So *Panchkarma* can be the best answer for all of these consequences. *Panchakarma* is *Ayurvedas Samsodhana* or detoxification

treatment. It not only helps to remove deep routed stress and illness causing toxins from all the microchannels of the body but also creates equilibrium among the *doshas*. It uses non-toxic, lipophilic materials such as *ghrita* and *taila* in the oleation and enema treatments. The activity of the drugs used is to draw out, loosen and suck out the toxins that have already come loose and drain them out of the body via the digestive system.

Ayurveda has described different modalities of treatment in poisoning. *Charakacharya* has stated 24 *upakramas* in treatment of poisoning in his *samhita* in the *chikitsa sthana*. *Sushrutacharya* has invested whole of the *Kalpasthana* while describing about the Poisons and its treatment. Similarly *visha* and *visha-chikitsa* is also emphatically described in *Astanga samhita* and *Astanga Samgraha*. *Ayurveda* treatment classify into *Shodhan* and *Shaman chikitsa*. So it is necessary to validate references and study them from *Ayurvedic samhita*.

These measures include *Vamana* (Emesis), *Virechana* (Purgation), *Raktamokshana* (Blood Letting), *Snehana* (Oleation), *Swedana* (Fomentation/ Steam therapy) and *Nasya* (Instillation of Nasal Drops) mainly and *Lepa* (Topical application of Drugs), *Anjana* (Application of Collyriums to Eyes), *Dhoompana* (Medicated fumigation) etc. afterwards.

AIM

To understand the treatment of poisoning by *Panchakarma* Therapy.

OBJECTIVE

- To examine the effectiveness of *Panchakarma* Treatment in poisoning.
- To examine the effectiveness of various methods of *Panchakarma* treatment in poisoning.

Panchakarma and Other Procedures in Poisoning

The *Charak Samhita* in its *Chikitsa Sthana Adhyaya* 23 has stated following *Chikitsa Upakramas* for *visha*^[6]-

“मन्त्राररष्टोत्कततनिनष्पीडनचूषणाग्नीपरीषेकाः ।

अवगाहरक्तमोक्षणवमनिवरेकोपधानानि ॥३५॥

हृदयावरणाञ्जननस्यधूमलेहौषधप्रशमनानि ।

प्रतिसारणं प्रतिविषं संज्ञासंस्थापनं लेपाः ॥३६॥

मृत्सञ्जीवनमेव च विंशतिरेते चतुर्भिरिधकाः ।

स्युरूपक्रमा यथा ये यर योजयाः शृणु तथा तान् ॥३७॥

From amongst the major *Panchakarma* procedures *Vamana*, *Virechana*, *Nasya* and *Raktamokshana* are included in these and other allied procedures included are *Agnikarma*, *Parisheka*, *Avagaha*, *Anjana*, *Dhoompana*, *Lepa*, *Abhyanga*, *Udvardana* and *Arishthabandhana* etc.

Vamana

In cases where the person has just consumed the poison, the patient should be made to vomit out (*Vamana*) the entire poison. This can be done by administration of an emetic drug.^[7] *Vamana* is to be induced in *dooshivisha*^[8] (latent poisoning) and *gara visha*^[9] (concocted poisons) after sudation. In third phase of viper (*mandalee*) poisoning emesis should be done.^[10] In second, fourth, and fifth phase of krait (*Rajila*) poisoning, emetics are indicated.^[10] In worm or insect bite (*keeta visha*) external application (*Lepa*) is necessary after purification therapies such as emesis and purgation.^[11] In *Shlaishmika* spider poisoning, if the magnitude of derangement of *dosha* is great, emetics are to be given.^[12] In case of rat bite, *vaman* therapy is advised. Vomiting should be produced by using the decoction of *madanphal*. In cases of poisoning due to poisoned food stuffs or any other material, *tamra churna* and *madhu* mixed together is to be used for emesis.

Virechana

When patient suffer from burning sensation and pain of the gut (*koshtha*), flatulence and block or difficulty in passing urine, purgatives are indicated.^[13] In the second phase of inanimate poisoning, purgation is to be done. In the first stage of *dooshivisha* (latent poisoning) purgation is needed.^[8] Inanimate poisoning where *pitta* is the *dosha* that is subjected to major derangement, purgation is indicated.^[14] In rat poisoning, purgation is to be done.^[15] In rabies, purgation is to be done with medicines that are mixed with the milky latex of *Arka* (*Calotropis gigantea*).^[16]

Raktamokshana

Raktamokshana is the blood- letting therapy which removes poisonous particles from body and helps to remain the healthy body. *Raktamokshana* includes *Pracchan* i.e. scraping, *Srung* i.e. horn, *Jalauka* i.e. leech therapy, *Vyadhana* i.e. venesection. When poison gets mixed with the blood in those cases we can use the *Raktamokshana* therapy for removing the poisonous

blood from body.^[17] In snake poisoning a vein is punctured near the site of snake bite and let the blood out of the body.

Blood-letting should be speedily restored in the case where the poisoned area has become discolored, rigid, swollen and painful. And also if the poison has spread to distant areas, venesection should be done which is the best treatment. If (poisoned) blood is not removed out, the poison destroys everything, vitiated blood spreading throughout the body which surely causes death. *Raktamokshana* helps to reduce the burning sensation which felt in the skin and *mamsa* (muscle) region after poisoning.

Raktamokshana is done in the first *vegavastha* of *darvikara*, *mandali*, *rajimana sarpa*.^[18] In *darvikara* and *mandali sarpa* *Raktamokshana* is done by *siravyadhana*. And in poisoning of *rajimana sarpa*; *Raktamokshana* should be done with the help of *alabu*. The poisonous blood will have bad odour and if it is put into the fire, makes the crackling sound.

Nasya

Nasya therapy is nasal medication given through nasal route in the form of liquids or fine powder.

In the cases where there is obstruction in nose, throat, eyes, ears, tongue; *nasya* should be done. Drugs having pungent properties are generally selected.

- ❖ In the third *vega* of cobra bite, *Nasya* is indicated.^[19]
- ❖ In the seventh *vega* of cobra bite, strong *Nasya* is indicated.^[19]
- ❖ In sixth *vega* of krait bite, strong *Pradhamana Nasya* is indicated.^[19]
- ❖ When the patient becomes blind or when he is unconscious *Nasya* is indicated.

Drugs used for *nasya*

Kakanda, *surasa*, *apamarga*, *pippali*, *hingvavakshi*, *punarnava* and *shirish phala*, *bijapur nimbu*, *vyotishmati* etc.

Agnikarma

- ❖ In all types of snake bite *Arishta* (ligature) is tied around bite site, but when such a tying is not possible on places like trunk, face then *Agnikarma* is indicated^[20] and also when *Visha* is spread upto *Twak* (skin) and *Mamsadhatu* (muscles) in this situation *Agnikarma* is done due to this local *Vish* is neutralized. But in case of bite by *Mandali sarpadansha*, *Agnikarma* should never be done because that poison is predominant of *Pitta*, *Agnikarma*

causes burning sensation locally and the poison spreads to other places. In toxicity produced from a wound caused by poisoned arrow, *agnikarma* should be done by red hot metal after removing the poisoned arrow.^[21]

- ❖ Immediately after rat bite site should be burnt with shaft of arrow or a mirror.^[22] In cases of snake bite poisoning, *agnikarma* by *loha shalaka* at that site is to be done.
- ❖ The site of the dog bite can be detoxicated by pouring hot ghee over it (a form of *agnikarma*).^[23]
- ❖ In loota poisoning sting site is lifted by *Mandalagra yantra* and *agnikarma* should be done by *Jambvoshtha* etc *shastra*.^[24]

Anjana (collyrium)

If disorders of vision, swelling and itching in the eyes are present at the time of onset of sleep, then *Anjana* (collyrium) prepared with the following drugs should be made use of *vacha*, *manohva*, *mukta*, *hema* and *pravala*. This therapy useful in cobra bite, it is indicated in third *vega* of cobra bite. Strong *Anjana* is useful in seventh *vega* of krait bite.^[25]

Anjana is also useful in the symptoms like dirty vision, unclear vision, swelling around eyes. *Pippali*, *marich*, *yavakshara*, *vacha*, *saindhava* and *shigru* macerated with the bile of *rohit* fish and applied as *Anjana* destroys the poison present in the eye.

Anjana should be applied (along the eyelids) in the case of a swelling of the eyeballs, somnolence, discolouration of the eye, blurred vision and discoloured appearance of all objects.

Abhyanga and Swedana

- ❖ In case of snake bite or any kind of poisonous bites, *abhyanga* should be done in the direction opposite to that of flow of blood (should be done in direction away from the heart).
- ❖ In scorpion bite, *swedan* should be done and *abhyanga* with *ghruta* and *saindhav* should be done^[26] and as per *Sushrutacaharya* for *swedan* purpose *Gomay*^[27] or *utkarika* made up of with *Shirish* and other antitoxic drugs should be used.^[28]

***Dhooma* (Medicated fumes)**

- ❖ Fumes or smoke arising from antitoxic drugs are used for detoxification. There are two types of *Dhooma*; *Pradesika* and *Sarvangeena*.
- ❖ It is more effective in scorpion bite if feathers of peacock or hen, *saindhava*, oil, or *kusumb* flower and turmeric used for *dhoopana* purpose.^[28]
- ❖ *Pradesika-dhoopana* is good for local *Vikara* and *Sarvangeena* is used to reduce *Sarvangeena Vata- vikara* and *Visha* of spider bite and scorpion sting.^[28]
- ❖ In insect poisoning *dhooma* from combination of human hair, *sasharpa* (mustard seed), *Peetaa* (*Coptis teeta*) and old jiggery relieves insect bites.^[29]

Material used- *Neeli, taila Ghruta, Hingu, Nisha*.

Lepa

Application of paste of anti-poisonous drugs is useful during treating the local signs produced by animal bites, sting or local effects of vegetable poison.

- ❖ *Lepa* of *Matulungadi Lepa*^[30], *Palashbeejadi Lepa*^[30], *Hinguladi Lepa*^[31], *Pippalyaadi Lepa*^[31], *Nagaradi Agad Lepa*^[32], *Sankaradi Agad Lepa*^[33], *Tulasi patradi Lepa*^[27] will destroy poison of scorpion.
- ❖ *Prapundarikadi Lepa*^[34], *Shyamadvayadi Lepa*^[34], *Bimbvadi Lepa*^[34], *Bodhvadi Lepa*^[34] all these local applications will reduce the poison of spider.
- ❖ *Mauktik pishti Lepa* or *kshirivriksha twak Lepa* in insect bites relieve burning sensation.^[35]
- ❖ *Pancha shirish agad Lepa* (i.e flowers, roots, leaves, fruits, bark skin of *shirisha* plant) helps in alleviating all kinds of poisons.^[36]
- ❖ *Lepa* of *shirisha, rajani, kushtha, keshara, guduchi* will destroy the poison of rat bite.^[37]
- ❖ *Kalka* of *tila, guggula, doorva, dadima, guda*^[38] or paste of *nalamoola*^[38] if apply locally it is effective in dog bite.
- ❖ Paste of black mud of anthill with cow urine in ant, mosquito and fly poisoning will reduce the effects.^[39]

DISCUSSION

Due to *Ushna, Tikshanadi Guna Visha Dravya* acts fast and produces symptoms instantaneously. To counteract this action, quick remedies or procedure are needed during treatment. There are various methods local as well as systemic to treat poisoning are

described in *Ayurveda* in detail. Main aim of treatment is remove these poison or toxins from body as soon as it preceded absorbing into body. Because after absorbing into body via blood it disturbs the harmony of *Dosha, Dhātu & Mala* & causes many diseases even death also. After that symptomatic treatment is necessary, to reduce pain or swelling. Poison enters by various ways into the body. At the site entry it may produces local symptoms like pain, inflammation, etc. e.g. site of snake bite, site of scorpion sting, etc. To cure these symptoms quick and locally acting procedures are necessary.

CONCLUSION

Panchakarma treatment can play a great role in acute and chronic conditions of all types of poisoning hence more and more practical utilization of the *Ayurvedic* medicaments as anti-toxins should be brought into use in order to bring down the total mortality and morbidity rate due to poisoning.

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