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REVIEW ON UTILITY OF VISHGHANA (ANTI-TOXIC) DRAVYA FORMULATION IN NON-POISNOUS CONDITION WSR AGAD TANTRA

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ABSTRACT

Nowadays, most of the diseases are caused due to unconventional etiology. For this unconventional etiology modern science focuses on oxidative stress caused by toxicants/chemicals while *Agad Tantra* (Ayurvedic perspective of toxicology) focuses on *Viruddha Ahar* (Incompatible diet), *Gara Visha* (Concocted poison). When a disease is caused by unconventional etiology, it can be managed effectively by using principles of *Agad tantra*. Currently most of the diseases require *Nirvishikarana* (Detoxification), for this reason Antitoxic formulations mentioned under *Ayurveda* which contains single antitoxic herb, combination of anti-toxic herbs, herbs-minerals combinations etc can be very effective in such unknown etiology diseased conditions. Antitoxic preparations with *Vishaharatwa* (Antitoxic) property, as one of the action have a better effect in general diseases than other formulation. This review article places of interest in the significant role of antitoxic formulations mentioned in *Agad tantra* (Ayurvedic perspective of toxicology) to overcome diseases which are produced due to unknown etiology.

KEYWORDS: Antitoxic preparations, *Agad tantra*, , *Vishaharatwa*, *Nirvishikarana*., *Agad Tantra*, Oxidative Stress

INTRODUCION

Ayurveda is its holistic approach towards health and diseases. The philosophy, logic and practice of 'Ayurveda System' involves a variety of concepts like *Mahabhoota*, *Dosha*, *Dhatu*, *Mala*, *Dravya*, *Guna*, *Agni*, *Ama*, *Rasa*, *Ojas* and hundreds of intra and interactions amongst these variables. Such a vast knowledge base is a treasure, which needs to be explored, expanded, experienced and experimented¹ Health is defined as the state of equilibrium of *Doshas* (Bio energetic humors), equilibrium in *Agni* (The governing process of digestive system), equilibrium in *Dhatu*(body tissues) and normal expulsion of *Malas* (wastes like faeces, urine, sweat etc.) with state of peace in *Atma* (soul), *Indriya* (senses) and *Mana* (mind)². In the management of general diseases or poisoning, *Ayurveda* focus on Equilibrium of *Dhatu* by maintaining equilibrium in *Dosha* and *Agni* with the help of various single herb or combination of herbs (Poly herbal formulation) or combination of herbs-minerals. . In the management of *visha*, the primary focus is to remove *visha* before it has chance to harm *Dhatu* and *ojus*

REVIEW OF LITERATURE AGAD TANTRA

Ayurveda is divided into eight classical disciplines known as *Ashtang Ayurveda* viz. *Shalyatantra* (Surgery), *Shalakyatantra* (Ear, nose, throat and eye diseases), *Kayachikitsa* (Internal Medicine), *Bhutavidya* (Psychiatry), *Kaumarbhritya* (Pediatric), *Agad Tantra* (Toxicology), *Rasayana* (Rejuvenation) and *Vajeekarana* (Aphrodisiac therapy)³.

Agad Tantra, one of the eight clinical branches of *Ayurveda* describe Ayurvedic perspective of toxicology. It deals with study of poisons with special reference to their sources, properties, action, manifestations and management The word *Agada* is derivative from *Gada*. *Gada* has two meanings one is *Roga* (Disease) and the other is *Visha* (poison). *Agada* is a drug that conquers disease or poison

In the management of *visha*, the primary focus is to remove *visha* before it has chance to harm *Dhatu* and *ojus*. In case of *sthavara*, we have an opportunity to eliminate by *vaman* or *virechana*. As *jangama visha* is directly entered into *rakta*, it spreads quickly and damage the *Dhatu* much faster. Here we want to hurry to make sure quick *paka* of *visha* before this happens and for that *ushna*, *teekshna dravyas* are essential to be introduced though they are similar to *visha* in properties. In the detoxification of *visha* and containment of *vata*, *ushnapradhan agada* has a significant role..

MATERIALS AND METHODS

The references regarding the *vishaghna* drugs were searched in *Ayurveda* compendias viz. *Charaka Samhita*, *Sushruta Samhita* and *Astanga hridayam*. The properties of the drugs were *Dravyaguna Vigyan* (*Ayurveda* pharmacy)

Major references of *vishaghna* drugs in *Ayurveda*:

1. *Shatvirechanashataasritya adhyaya*, *Charaka sutrasthana* 4th chapter.
2. *Dravya sangrhaniya adhyaya*, *Sushruta sutrasthana* 38th chapter
3. *Shodhanadigana sangraha*, *Ashtangahridayasutrasthana* 15th chapter.

ANTITOXIC HERBS BY DIFFERENT ACHARYA

Acharya Charak mentioned *Vishghna mahakashaya* which includes ten *Vishghna drugs*⁴

1. *Haridra* (*Curcuma longa*)
2. *Manjishtha* (*Rubia cordifolia*)
3. *Suvahaa* (*Pluchea lanceolata*)
4. *Sookshamaelaa* (*Elettaria cardamomum*)
5. *Paalindee* (*Operculina turpethum*)
6. *Chandan* (*Santalum album*)
7. *Kataka* (*Strychno spotatorum*)
8. *Shireesh* (*Albizzia lebeck*)
9. *Sinduvaara* (*Vitex negundo*)
10. *Shleshmaataka* (*Cordia dichotoma*)

Acharya Sushrut has mentioned 95 antitoxic drugs in different *Gana* (Group) like

1. *Aaragwadhadi Gana* (20),
2. *RodhradiGana* (13),
3. *Arkadi Gana* (14),
4. *Shyamadi Gana* (19),
5. *Patolad igana* (07),
6. *Anjanadi Gana* (8),
7. *Utpaladi gana* (7),
8. *Trapvadi Gana* (7) in the chapter 38 *Dravyasamgrahaniya* of *Sootrasthana*⁵
9. Twenty antitoxic drugs are also mentioned in *EkasaraGana* in *SushrutaSamhita*⁶

Ashtang Hridaya describes 104 antitoxic drugs which are listed in *Gana* like

1. *Anjanadi Gana* (9),
2. *Patoladi Gana* (6),
3. *Aaragwadhadi Gana* (20),
4. *Rodhradi Gana* (13),
5. *Arkadi Gana* (14),
6. *Eladi Gana* (24) and
7. *Shamadi Gana* (18)⁷

These antitoxic drugs can be used singular or in combination with other drugs mentioned in that specific *Gana*.

VishaghnaYogas (Antitoxic formulations) like *Kshara agada*⁸, *Dooshivishari Agada*⁹, *BilwadiGulika*¹⁰, *Maha agada*¹¹, *Ajita Agada*¹², *Sanjeevana Agada*¹³ etc. are described in *Ayurveda* in particular poisoning as well as in diseased conditions with unknown etiology.

QUALITIES (GUNA) OF VISHAGHNA DRUGS ¹⁴

Laghu (light), *Ruksha* (rough), *Ashukari* (fast acting), *Vyavayi* (quickly absorbable), *Teekshna* (sharp), *Vikasi* (depressant), *Sukshma* (subtle), *Ushna* (hot), *Vishada* (non-slimy), *Anirdesh rasa* ¹⁵ these are ten properties of *visha*

Guru (heavy), *Snigdha* (unctuous), *Prasanna* (not too quick), *Pichhila* (slimy), *Sheeta* (cold), *Madhura* (sweet), *Mridu* (soft), *Sthira* (immobile), *Shlakshna* (smooth), *Bahala/ Sandra*(dense).

These are ten properties of *vishaghna* are just opposite of the ten *visha* properties

Drugs which act against these qualities of toxic substances are called as *Vishghna* (Antitoxic). Drugs mentioned under, work due to their *Raspanchak* antagonist to *Visha* (poison) and helps in the management of diseases. Some *Vishaghna* drugs act by *Dravya prabhava* (virtue of their own nature), some drugs act by *Guna prabhava* (by virtue of their properties) and some drugs act by *Dravya Guna prabhava* (virtue of their nature as well as properties). These *Vishaghna Dravya* (Antitoxic herbs) and *Vishaghna Yogas/Agadas* (Antitoxic formulations) are used in various poisoning and diseased condition. Anti toxic formulations in these forms mentioned in *Ayurveda* has unique combination for unique vitiation of *doshas* in various poisoning cases. Most of these antitoxic formulations acts as *Raktashodhaka* (Blood purifier), *Tridoshaghna* (causes equilibrium in body humors), *Hridya* (Cardio protective) and *Ojavardhaka* (*Rejuvenate*)

The properties of *visha* are just opposite of *ojas*. *Ojas* in *Ayurveda* is considered as quintessence of all the seven *Dhatus* and represent the *Bala* or biological strength which include immune strength. *Ojas* is considered as resistance to decay and degeneration of the body and immunity against the disease. Infact, *visha* has its action on *ojas* (ultimate essence of the body). These *vishaghna* drugs are (increasing *ojas*), (strengthening), and hence counteracts the *visha* by virtue of their qualities. These drugs increase *ojas*, strengthen heart, protect *dhatus*, alleviate *vata* and *pitta*, arrest the *Visha Vegas* and detoxify the blood.^{16,17}

SOME ANTIOXIC FORMULATION AND MECHANISM OF ACTION

1. *Kshara agada* ¹⁸,
2. *Dooshivishari Agada* ¹⁹
3. *Bilwadi Gulika* ²⁰
4. *Maha agada* ²¹
5. *Siddhartakadi Gulika* ²²
6. *Ajita Agada* ²³,
7. *Baladi Yoga* ²⁴
8. *Ajeya Ghrita* ²⁵
9. *Sanjeevana Agada* ²⁶
10. *Mandar Agada* ²⁷

Bilwadi Gutika:

1. Most ingredients of *Bilwadi gutika* have *ushna* and *teekshna guna* and *pachana karma* .
2. The *phalshruti* includes almost all *jangama visha*, *jwara*, *garavisha*, *ajeerna*, *visuchika* .
3. One safe interpretation is that this yoga corrects *apakwa* in *rasa Dhatu* and regulates *vata*. Clinically it has an extended efficacy in conditions like *atisara*, *chardi* and *jwara* whrere ama is predominant.
4. In psychiatric illness as well as somatic illness that affect the mind, with an appropriate *anupana*, this *gutika* stabilizes the mind.

Kalyanaka Ghrita:

1. In the *kalyanaka ghrita* described in *Ashtang hridaya*, *visha* is an indication. Its specific utility is to produce *hridayavarana* in *jangama visha* .
2. Now most physicians use this yoga in *manovyadhi chikitsa*.
3. In comparision to *Bilwadigutika*, *ushna* and *teekshna dravyas* are less in *Kalyanakaghrita* and *Tiktakaghrita*. These two *yogas* execute their *pachana karma* more due to the *vayu* and *aakash* in the *tikta rasa dravya* and less due to the *tejbhuta* in the *katu rasa dravyas*.

Aargwadhadikashay

1. *Aargwadadikashaya* is generally employed *kaphapittajanya vikaras*. its efficacy to reduce the *dushta medas* .
2. Its antitoxic property is one reason why it is particularly effective in *dushta vrana* and *kaphaja prameha*.

Dhanwantaraghrita

1. Even though this drug is mentioned in *pramehaadhikara*, the indications also include *visha*, *gara*, *kushtha*
2. The majority of ingredients have *ushna* and *teekshna* property which makes it useful in *pachana karma* in the above mentioned diseases.

Sanjeevani Vati

The indication of this drug is mentioned according to its dose. It is indicated in minimum dose for *ajeerna* whereas an increased dosage for *sanyasa* and *visha*. This means the action of this drug is according to the *pachana karma*.

Patolkaturohinyadi kashayam

1. This is mainly indicated in *kaphapittapradhan* diseases.
2. It can be used in *lutha Visha*, *Pittapradhan Visha* and *visarpa*. It is used in this condition because of its *rechana* property

DISCUSSION

The toxins; endotoxins or exotoxins released by microbial agents initiate pathogenesis of diseases.^{28,29,30} The modern science has also mentioned some diseases which spread from person to person and occurs due to the microbial infections. In present circumstances, most of the diseases are caused due to unconventional etiology. For this unconventional etiology due to toxicants/chemicals *Agadtantra* focuses on *ViruddhaAhar* (Incompatible diet), *GaraVisha* (Artificial poison) and *Dushivisha* (polluting poison).

Vitiation of *Doshas* is very important factor in the production of both diseased and poisoning condition. Only difference is in the case of poisoning it vitiates blood first then body humors. As antitoxic formulation act as bloodpurifier, causes balance in body humors viz. *vata-pitta- kapha*, helps in rejuvenation, it reverses the action of poison and helps to become free from poison. These antitoxic formulations are useful in diseases caused by incompatible diet, artificial poison and pollutant poison. *Ayurveda* explains good health by using wholesome diet, lifestyle and natural remedies. In current era, knowingly or unknowingly we the people are exposed to various types of poisons which may be of natural or artificial origin. In current era diseases with unknown etiology are increased due to incompatible food, unhealthy lifestyle, exposure to toxic substances, pollutants, chemicals and drugs. In this condition, Dietetic foods and traditional herbal medicines work effectively. In the case of any formulation, it goes without saying that the clinical conditions indicated in the *phalshruti* will have atleast one common component of *samprapti* that threads through them. *Apakwavastha* is the key factor in through them. *Apakwavastha* is the key factor in all *vishajanyavikaras*. Similarly, the clinical success of the antitoxic preparations in *jwara*, *pandu*, *ajeerna* and *visuchika* points towards the common factor namely *apakwavastha* in *rasa Dhatu*.

CONCLUSION

Though *Vishahraaushadhis* (Antitoxic preparations) have many advantage to cure diseases, should not, need not and cannot be used in the management of common diseases. Only when the *nidana*, *samprapti* and *lakshana* is indicative of *visha* or *vishasaman* components, should we suggest the superior clinical contribution a *vishaharaaushadhi* is likely to make. In any common disease, we may identify a component or stage of the *samprapti* to be *vishasaman*. That would be the right time to employ *Vishaharaaushadhis*. Nowadays, *Agadtantra* is the branch of Ayurveda is unnoticed due to less use in clinical practice by expert Ayurveda physicians .. Now it's time to explore and use the principles of *Agadtantra* with Antitoxic formulations not only to poisoning conditions but also in various diseases and pathological conditions to improve health status and longevity of human being. According to the ideology of management in *Agadtantra*, in current era most of the disorders require, Detoxification, Elimination of Toxins, Blood purification, Equilibrium in body humors, Rejuvenation therapy. Anti- toxic formulations help in detoxifications. Thus, these anti toxic formulations mentioned in *Agadtantra* will be useful for society in the disorders of present scenario. Additional Preclinical and Clinical study have scope in this regard.

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