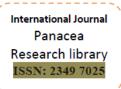


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# PATHOPHYSIOLOGY AND AYURVEDA PERSPECTIVES ON VISHA AND THEIR MANAGEMENT

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#### Abstract

Ashtang Ayurveda is foundation of Ayurveda based on different clinical branches and Agadatantra is one of the branches of Ayurveda which works around poisons and treatment of poisonous conditions. Ayurveda under the heading of Agadatantra mentioned various types of poisons and their treatment modalities, in this regards Charaka samhita described different Visha Upakrama for treating poison. Modern medical science mentioned removal of unabsorbed poison, elimination of absorbed poison and uses of antidotes under the heading of Toxicology. Dhuma, Nasya, Hridayawarana, Sadnyasthapan, Upadhana, Siravedh and Mritsanjivanagad, etc. are some modalities which can relives poisoning symptoms, similarly some natural herbs and purification measures recommended to prevent pathogenesis and consequences of poisoning. Present article described Ayurveda perspectives on patho-physiology and treatment of various types of poisons.

Key-Words: Poisoning, Agadatantra, Visha

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### Introduction

The ancient *Atharvaveda* described two types of *Visha; Sthavara* and *Jangama* and their *Chikitsa*. As per modern concept *Sthavara Visha* can be termed as inanimate poison while *Jangama Visha* can be termed as animate poison. *Sthavara Vishas* are those which belong from plant and metal origin. *Sarpa Visha* is a common type of *Jangama Visha* which has become major causes of casualty through poisons [1-4]. The list of poisonous substances as per classical system of medicine on the basis of their origin describe in **Table 1**. The *Visha Chikitsa* includes treatment of pathological conditions caused by poisons, toxins, spoilt food, animal bite, insect bites, accidental consumption of poisonous minerals & metals and overdosing of substances, etc. Utilization of natural drugs, *Shodhana Chikitsa, Mantras* recitation, *Utkartana, Arishta, Nishpidana* and *Chushana*, etc. are ancient ways to combat against poisons and their harmful effects. Ayurveda described some herbs as *Visha* (poison) or *Upa-visha* (moderately poisonous), however Ayurveda also mentioned their uses after *Shodhana* and *Samaskara. Upavisha* are less toxic so not considered lethal but produces some toxic symptoms after their administration in body, however therapeutic measures can be used effectively to control severity of *Upavisha* [5-8].

Poisonous substance of vegetable	Poisonous substance of Mineral
origin	Origin
Vatsanabha	Sindura
Shringivisha	Gauripashana
Parasika Yavani	Hartala
Langali	Hingula
Karaveera	Manahashila
Jaipala	Girisindura
Gunja	Parada
Dhattura	
Bhallataka	-
Arka	
Ahipena	
Danti	

Table 1: List of poisonous substances on the basi	is of their origin
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#### Pathophysiology of Visha Dravya

Visha causes Vishannatva and Vishada in body due to their Vikasi, Vyavayi, Ushna, Ruksha, Sukshma, Tikshna, Apaki and Ashukar properties. Visha dravya produces distress, putrefaction, burning sensation and tremors, etc. in body. Vishada guna of Visha dravya leads vitiation of Doshas and Vikasi guna of Visha dravya breaks association of Dhatus and diminishes their strength, Ruksha guna causes vitiation of Vata while Sukshma guna lead Rakta dhatu vitiation, impairment of Shira, Basti and Hridaya occurs due to the Tikshna guna of Visha. These all consequences finally leads symptoms of Murchha, Sanyasa and Marmaghata.

#### General Pathological Symptoms of Visha

- Vomiting & anorexia
- 🖊 Heaviness & unpleasant feeling
- Tremors and uncontrolled posture
- Swelling and edema
- Coloration or patches over the body

### Reduction of toxicity of poisonous substances (Purification of Upavisha):

Shodhana and Samaskara advised to reduce Vikasi property of Visha Dravya, the Shodhana procedures mentioned for Upavisha group of drugs depicted in **Figure 1**. These procedures utilize cow urine for soaking of Visha Dravya, poisonous substances boiled in different liquids in Swedana, Bharjana involves frying of poisonous substance while maceration with vegetable juices performed in Bhavana to reduce toxicity of Visha Dravya. Washing with hot water and removal of covering described as Kshalana and Nistvachikarana respectively these procedures used to purify mild poisons.

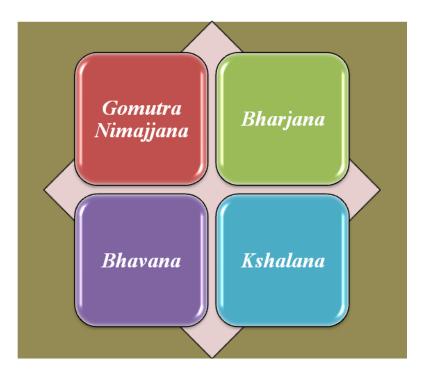


Figure 1: *Shodhana* procedures advised to detoxify various *Visha* and *Upavisha* substances.

# **Treatment of poisons:**

- ✓ Dhuma, Nasya, Hridayawarana, Upadhana and Siravedh, etc. are major treatment used in poisonous condition as resuscitation measure.
- ✓ Arishtabandhana, Nishpeedan, Chushana, Utkartan and Raktamokshana, etc. can be used to remove unabsorbed poisons.
- ✓ Parisheka advised for contact poisoning while Vamana suggested for ingested poisons.
- ✓ *Prativisha, Oushadha* and *Agada* can be used as antidotes.
- ✓ *Virechana* can be used to eliminate absorbed poison.
- Anjana & Leha can be used for symptomatic treatment and Prashamana advised for maintenance of general health during poisoning treatment.
- ✓ tying an amulate impregnated with *Mantra*
- ✓ Tying a bandage at affected place in case of insect bite

- ✓ Squeezing out blood from the place to restrict further spread of poison
- ✓ Cauterization; specially *Agnikarma* advised for topical cases
- ✓ Application of alkalies
- ✓ Recitation of *mantras* and bath with medicated water.

Ayurveda mentioned management of *Dushi Visha*, here *Shodhana*, *Swedana*, *Vamana* and *Virechana* advised for accumulated toxins (*Dushi Visha*). *Tikta* & *Katu Rasa* predominate drugs can be used in such types of conditions. Ayurveda mentioned that drugs such as *Jatamamsi*, *Yastimadhu*, *Kusta*, *Pippali*, *Dhyamaka*, *Ela*, *Suvarchika* and *Natam*, etc. can provide relief in adverse effects of *Dushi Visha* [9-11].

## Treatment of Visha as per Dosha Predominance:

- Application of *Tila* on the affected site, fomentation by steam pipe and anointing with oil, etc. are advocated in *Vata* predominant poison.
- Cold irrigation and application of *Dravya* possess cold potency are useful for poison predominant with *Pitta Dosha*.
- Poison predominant with *Kapha* requires incising fomentation, scraping and application of emetics drugs.

# **Treatment as per Modern Science:**

Hospitalization usually recommended in case of emergency, the other suggested treatment options of poisonous conditions are as follows:

- Activated charcoal can be used since charcoal binds to the poison and prevent it spread throughout the body.
- Antidotes can also be employed to prevent adverse effects of poison, these substances reverse effects of poisons, and some specific antidotes are as follows:
  - 1) n-Acetylcysteine for Acetaminophen overdosing or poisoning
  - 2) Flumazenil for Benzodiazepines poisoning
  - 3) Naloxone for Opiates poisoning
  - 4) Digibind for Digoxin poisoning
  - 5) Physostigmine salicylate can be used for poisoning of Anticholinergic agents

- Sedatives may be used if person get agitated excessively due to the effect of poisons
- Ventilator recommended during hospitalization if poison affects breathing
- Bandaging of affected parts can also ne suugested in case of insect bite.

#### Advisory guideline during poisoning condition

Not advised to induce vomiting, however it is advised to rinse the mouth and eye so to keep person in active state. In case of inhaled poisoning person should be moved to open environment to get fresh air, tight clothing should be loosed or removed and medical attention should be availed without any delay in case of life threatening emergency [12].

### Conclusion

The pathogenesis of *Visha* depends upon properties of poisonous substances; *Ruksh* causes Vaat Prakopa, Tikshna Guna leads Sarva Dosha Prakop, Sukshma Guna of Visha Dravya is responsible for Sharer Avayay Pravesh, Ushna Guna of Visha imparts Pitta Prakopa effects, Laghu Guna is responsible for Dushchikitsya while Anirdeshya Rasa Guna of Visha Dravya causes Kapha Prakopa. Traditional researcher advocates various approaches of poisoning treatment, in this regards classical texts mentioned 24 modalities for poisoning management including recitation of Mantras, Arishta, Utkartana, Nishpidana, Rakta-Chushana, Agni, Parisheka, Avagaha, Mokshana, Vamana, Virechana, Upadhana, Hridayavaram, Anjana, Nasya, Dhuma, Leha, Aushadha, Prashamana, Pratisarana, Prativisha, Sanjna-samsthapana, Lepa and Mrita-sanjivana. These approaches of ancient system of medicine can be employed to reduce severity of poisons.

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