

Review Article

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A REVIEW STUDY ON *CERIYA VILWADI GULIKA*

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Abstract

Agadatantra, a vital discipline within Ayurveda, focuses on the study and treatment of toxicological conditions, including poisoning, venomous bites, and stings. Kerala has preserved a unique *Vishachikitsa* tradition, texts like *Kodeserymargam* contribute significantly to this field. *Ceriya vilwadi gulika*, a formulation mentioned in this text, serves as a potent remedy for venomous bites, especially snakebite envenomation. This study reviews the ingredients, method of preparation, and administration of *Ceriya vilwadi gulika*, emphasizing its efficacy in managing toxicological emergencies. According to Ayurvedic principles, this formulation targets the pacification of *kapha* and *vata doshas*. Notably, its inclusion of the drugs *Haridra* and *Tulasi* counters the effects of venom, while the use of goat's urine aids in dispelling vitiated *doshas*. This paper is an attempt to review the formulation of *Ceriya vilwadi gulika*.

Key words: *Ceriya vilwadi gulika*, *Kodeserymargam*

Introduction

Agadatantra, a crucial aspect of Ayurveda, specializes in the study and treatment of toxicological conditions, encompassing poisoning, venomous bites, and stings from various sources. Through meticulous examination and holistic approaches, *Agadatantra* aims to comprehend, prevent, and treat toxic conditions, contributing significantly to Ayurvedic medicine's holistic approach to health.

In Kerala, a unique *vishachikitsa sampradaya* thrived, with practitioners safeguarding manuscripts as family secrets, passing them down to new generations. Among these texts, *Kodeserymargam* holds a prominent place, ranked sixth in rarity and nineteenth in total publications from Government Ayurveda College, Thiruvananthapuram¹. It is not possible to ascertain the actual author or period of this invaluable book since it has been unearthed from some of the *vishavaidya* families by Dr. Trikkariyoor Sivarama Iyyer, enriching the knowledge base for *Agadatantra* practitioners with its insights and *anubhootayogas* derived from practical experience in treating poisoning cases.

Cheriya vilwadi gulika, a potent remedy for poisonous bites, is referenced in the second part of the *Kodeserymargam* and *Ashtanga sangraha utharasthana* 42nd chapter, emphasizing its importance in *visha chikitsa*.

Materials & methods

Review of literature

Name of yoga: *Ceriya vilwadi gulika*, is a formulation cited in ancient Ayurvedic texts like the *Kodeserymargam*². Similar yoga is mentioned in the 42nd chapter of *Ashtanga sangraha utharasthana* as an *anjana yoga* indicated by *Bhojavaitarana* for restoring consciousness following envenomation³. The ingredients are similar to *Vilwadi gulika* devoid of *natam*, *surahwam*, and *triphala*⁴.

Table 1: List of the ingredients of *Ceriya vilwadi gulika*

No	Name of the Drug	Botanical name	Family	Part used	Quantity
1.	<i>Surasa/Tulasi</i>	<i>Ocimum sanctum Linn.</i>	Lamiaceae	<i>Pushpam</i>	1 part
2.	<i>Karanja</i>	<i>Pongamia pinnata Linn.</i>	Fabaceae	<i>Phala</i>	1 part
3.	<i>Shunti</i>	<i>Zingiber officiale Roxb</i>	Zingiberaceae	<i>Kanda</i>	1 part
4.	<i>Maricha</i>	<i>Pipper nigrum Linn.</i>	Piperaceae	<i>Phala</i>	1 part
5.	<i>Pippali</i>	<i>Piper longum Linn.</i>	Piperaceae	<i>Phala</i>	1 part
6.	<i>Haridra</i>	<i>Curcuma longum Linn.</i>	Zingiberaceae	<i>Kanda</i>	1 part
7.	<i>Daruharidra</i>	<i>Berberis aristate DC</i>	Menispermaceae	<i>Kanda</i>	1 part
8.	<i>Bilwa</i>	<i>Aegle marmelos Corr.</i>	Rutaceae	<i>Moola</i>	1 part

Method of preparation

In the absence of a specified method of preparation in the sloka, the method outlined for preparing *Vilwadi gulika* can be adopted. This involves taking all the drugs listed in Table 1 in equal quantities, mixing them thoroughly, and then subjecting them to *bhavana*, which is the trituration process. For this trituration, goat's urine, referred to as *bastha mootra*, is utilized. The ingredients are triturated by adding goat's urine continuously till it becomes *Susukshma pishtam* (very fine in consistency).

Method of administration

Unlike *Vilwadi gulika* no specified method of drug administration is indicated in *Kodeserymargam*. A similar formulation used as *anjana* (collyrium) is also found in *Ashtanga sangraha* of *Vridhdha vagbhata* indicated in the revival of consciousness in the context of

snake bite envenomation. Hence practitioners can opt to administer this formulation akin to those outlined for *Vilwadi gulika*, such as *pana* (oral consumption), *nasya* (nasal administration), and *anjana* (collyrium), or adopt similar practices to suit the specific requirements.

Table 2: Properties of the ingredients of *Ceriya vilwadi gulika*

No.	Name of the Drug	Rasa (taste)	Guna (property)	Veerya (potency)	Vipaaka	Karma (mode of action)
1.	<i>Surasa</i> ⁵ / <i>Tulasi</i>	<i>Katu, Tikta</i>	<i>Laghu, ruksha</i>	<i>Ushna</i>	<i>Katu</i>	<i>Kapha-vata hara, Krimighna, Kushtaghna, Vishaghna</i>
2.	<i>Karanja</i> ⁶	<i>Tikta, Katu, Kashaya</i>	<i>Laghu, tikshna</i>	<i>Ushna</i>	<i>Katu</i>	<i>Kapha-vata hara, Kandugna, Krimigna, Sophagna, Kushtagna</i>
3.	<i>Shunti</i> ⁷	<i>Katu</i>	<i>Guru, ruksha, tikshna</i>	<i>Ushna</i>	<i>Madhura</i>	<i>Vata-kaphahara, Deepana, Bhedana</i>
4.	<i>Maricha</i> ⁸	<i>Katu</i>	<i>Laghu, tikshna</i>	<i>Ushna</i>	<i>Katu</i>	<i>Kapha-vatahara, Lekhana, Deepana, Pachana, Pramathi, Krimighna</i>
5.	<i>Pippali</i> ⁹	<i>Katu</i>	<i>Laghu, snigdha, tikshna</i>	<i>Ushna</i>	<i>Madhura</i>	<i>Vata - kaphahara, Deepana, Kushtaghna, Krimighna, Rasayana, Yogavahi</i>
6.	<i>Haridra</i> ¹⁰	<i>Tikta, Katu</i>	<i>Ruksha, laghu</i>	<i>Ushna</i>	<i>Katu</i>	<i>Kapha-vata hara Kushtaghna, Vishaghna</i>
7.	<i>Daruharidra</i> ¹¹	<i>Tikta, Kashaya</i>	<i>Laghu, ruksha</i>	<i>Ushna</i>	<i>Katu</i>	<i>Kapha-pittahara, Chedana</i>
8.	<i>Bilwa</i> ¹²	<i>Kashaya, Tikta</i>	<i>Laghu, ruksha</i>	<i>Ushna</i>	<i>Katu</i>	<i>Vata-kaphahara, Deepana Pachana</i>

Analysis

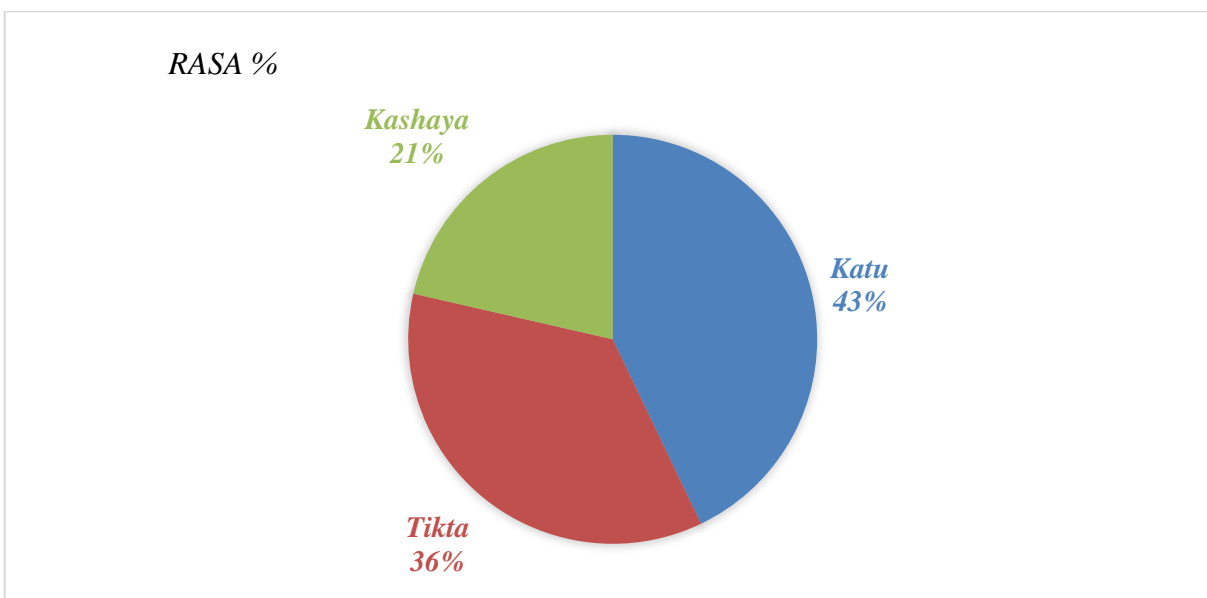


Diagram 1: Analysis of *Rasa* (taste) of ingredients

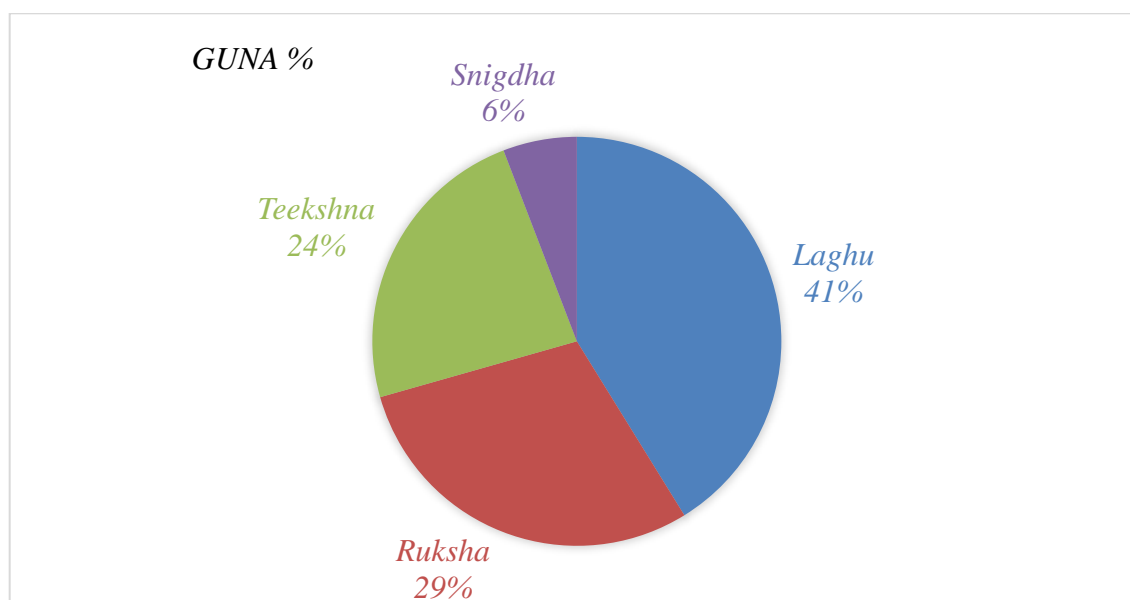


Diagram 2: Analysis of *Guna* (properties) of ingredients

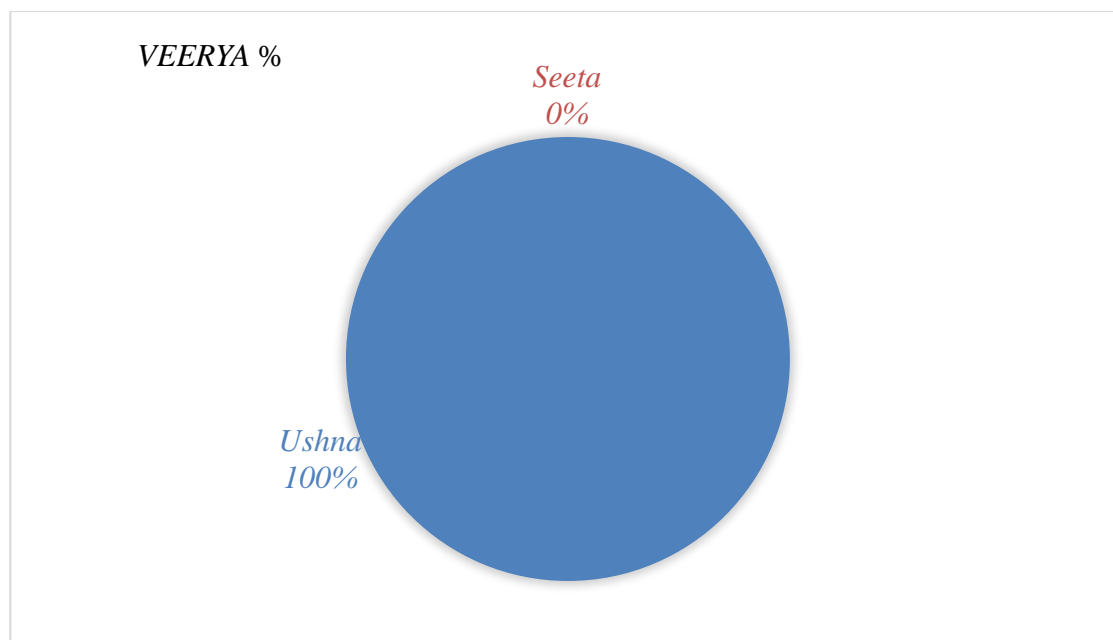


Diagram 3: Analysis of *Veerya* (potency) of ingredients

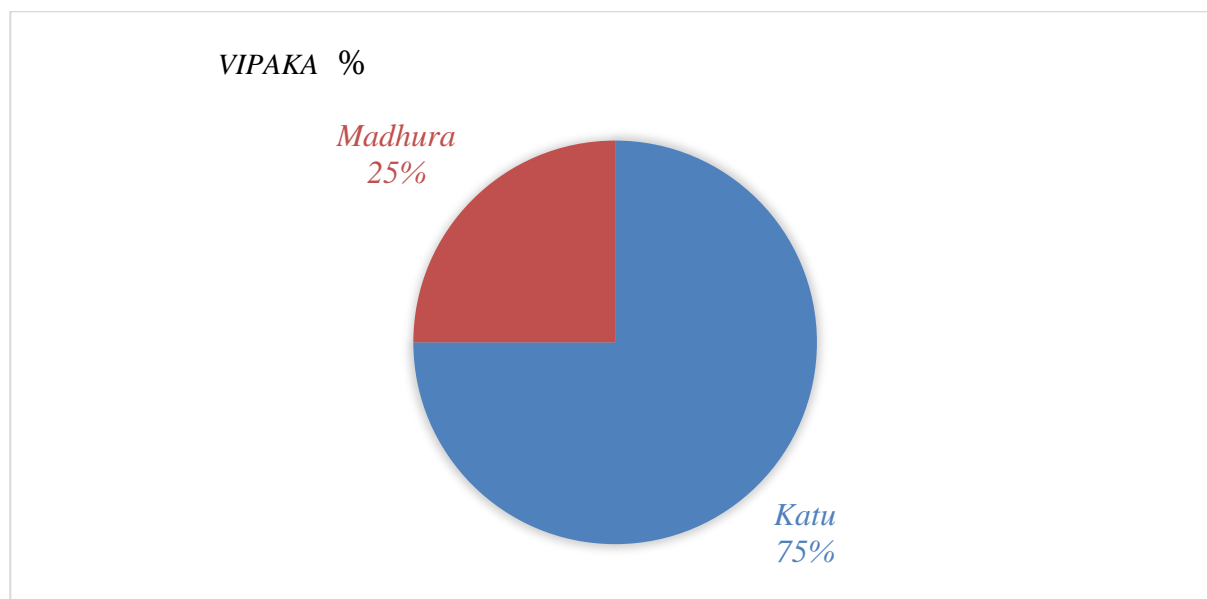


Diagram 4: Analysis of *Vipaka* of ingredients

Result and discussion

Ceriya vilwadi gulika, a potent formulation practiced by *visha vaidyas* for snakebite envenomation, comprises eight herbal components along with goat's urine. With a predominant taste profile of *katu* (pungent) and *tikta* (bitter), it primarily targets the *kapha-vatahara* (pacifying *kapha* and *vata*) effects. Properties like *ushna veerya* (hot potency) and predominance in *katu vipaka* impart quick action to this, formulation. Notably, the inclusion of *Haridra* and *Tulasi* directly counters the effects of venom. Additionally, *Basta mootra*, being *kashaya madhura* and *pathya*, aids in dispelling morbid *doshas*, thereby enhancing their therapeutic efficacy¹³.

Conclusion

Snakebite management is a critical medical emergency requiring prompt diagnosis and intervention. *Ceriya vilwadi gulika* has emerged as an effective remedy for snakebite envenomation, supported by *rasa panchaka* analysis. As mentioned in *Kodeserymargam*, this formulation proves its efficacy in managing such emergencies. Comprised of easily accessible ingredients, it offers a promising solution to a pressing healthcare issue. However, further clinical research is imperative to comprehensively understand and validate its efficiency in snakebite management.

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