



AYURVEDA REVIEW ON *VISHA SAMPRAPTI*, *VISHA PRABHAVA* AND *VISHA CHIKITSA*

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Abstract

Visha makes terribly unwell of living organism by impairing their ability to function and in some circumstances even causing them to die. It causes sadness and unhappiness in the body and mind. *Visha* may be different types like *Garavisha* and *Dushivisha*, etc. first one is a poison made of virus, human waste and low-potency poisonous materials and imparts delayed harmful effects; the later one is poison that is imperfect, rotten, damaged or ruined. Ayurveda described different sources of *Visha* including plants, animal, mineral and food toxicity, etc. There are numerous symptoms of *Visha* including indigestion, vomiting, anorexia, intermittent fever, insanity, fainting, diarrhoea, epileptic attacks, abdominal distention, red patches in body and oedema, etc. The *Vishas* exerts effects by virtue of their properties like; *Ruksha*, *Ashu*, *Vishada*, *Vyavayi*, *Tikshna* and *Vikashi*, etc. Ayurveda mentioned several treatment modalities for reversing the effects of *Visha*. This article put emphasis on *Visha Samprapti*, *Visha Prabhava* and *Visha Chikitsa*.

Keywords: *Visha*, *Poison*, *Agad*, *Vyavayi*, *Vikashi*

Introduction

Visha is described as poison in modern science which imparts toxic effects in body. The spoiled food, animal, insect bites, reptile, poisonous metals and minerals, etc. are examples of *Visha*. Ayurveda described *Visha Chikitsa* in *Agada Tantra* that is considered equivalent science of modern toxicology. Several herbal medicines, antidotes and *Shodhana* therapy are considered useful for poisoning conditions. *Visha* causes *Vishanatva* and *Vishada* in body, sometimes fatal effects also observed if treatment not done at appropriate time.

Visha show symptoms such as diarrhoea, foul breath, impaired gustatory, unquenchable thirst, broken speech, vomiting grief and unconsciousness, etc. Prodromal signs include narcolepsy, yawning, bodyache and body heaviness, etc. There are numerous symptoms of intoxication, including indigestion, vomiting, discoloration, anorexia, fever, insanity, urticaria, fainting, epileptic attacks, abdominal distention, oedema and skin disorders, etc. The symptoms of a poisoned patient that indicate their impending demise include bluish lips, *Keshapathana*, *Angabhanga*, *Vikshepa* and loose teeth, etc. The various mode of treatment of *Visha* described in Ayurveda, some of them is depicted in **Figure 1**.

<i>Recitation of Mantras</i>	<i>Arishta</i>	<i>Utkartana</i>
<i>Nishpidana</i>	<i>Chushana</i>	<i>Parisheka</i>

Figure 1: Major therapeutic approaches for treating *Visha*

Stages of progression of *Visha*:

- 1. First Stage:** Vitiation of *Rasa dhatu* the patient suffers from morbid thirst, unconsciousness, tingling sensation in teeth, vomiting and salivation, etc.

2. **Second Stage:** In the second stage, because of the vitiation of *Rakta dhatu* the patient suffers from discoloration of the skin, trembling; fainting, tingling sensation in the limbs and yawning, etc.
3. **Third stage:** In the third stage, vitiation of *Mamsa dhatu* causes *Mandala*, pruritus and edema, etc.
4. **Fourth stage:** In the fourth stage, because of the vitiation of *Vayu* the patient suffers from burning sensation, vomiting, fainting and pain in the limbs, etc.
5. **Fifth stage:** In the fifth stage, the patient suffers from blue-vision, or dark- vision, etc.
6. **Sixth Stage:** In the sixth stage, the patient suffers from hiccup.
7. **Seventh stage:** In the seventh stage, the patient suffers from *Skandha-bhanga*.
8. **Eighth stage:** In the eighth stage, the patient succumbs to death.

Role of Visha Properties on body:

The characteristics of poison, according to the knowledgeable *Vaidyas*, are *Laghu*, *Ruksha*, *Ashu*, *Vishada*, *Vyavayi*, *Tikshna* and *Vikashi*. *Vayu* becomes worsened by the dryness property; *Pitta* becomes vitiated by the hot property of *Visha*; *Rakta* get vitiated by subtlety feature of *Visha*; it quickly permeates through the fluid and *Vyavayi guna* instantly disperses it throughout the body. *Marmas* are hurt by *Tikshna guna*, whereas the patient is killed by *Vikashi guna* of *Visha*. *Laghu guna* makes it challenging to treat; *Vaishadya guna* causes it to spread *Dosha* throughout the entire body without any barrier to blood flow. *Visha* causes a number of health issues depending on the patient's *Prakriti* and *Dosha* location.

Symptoms as per Doshas and Prakriti:

- If a person with *Vatika prakriti* has *Visha* at the *Vata sthana*, they would experience extreme thirst, *Moha*, *Arati*, *Moorchha* and *Galagraha*, etc.
- A person with *Paittiika prakriti* will experience the symptoms of *Jwara*, *Vamadhu*, *Klama*, *Daha*, *Tama* and *Atisara*, etc.
- A person with *Kapha prakriri* will have *Shwasa*, *Galagraha*, *Kandu* and *Laalavamana*, etc.

Visha Samprapti:

Vikasi, Ushna, Ruksha, Sukshma, Apaki and Tikshna properties of *Visha* cause *Vishada* in body. *Visha dravya* by virtue of their *Vishada guna* causes vitiation of *Doshas* and association of *Dhatus* break by *Vikasi guna* of *Visha dravya*. The depletion of *Dhatus*, obstruction of channels, vitiation of *Doshas* and aggravation of *Vayu*, etc. are major consequences arises due to the *Visha*. The *Dushya Rakta* affects whole body and causes impairment in functioning of heart and other vital organs.

✓ **Effects of *Visha* on *Amashaya*:**

Derangement of *Kapha* and *Vata*, unconsciousness, vomiting and diarrhoea, etc.

✓ **Effects of *Visha* on Intestine:**

Disorders of the *Vata* and *Pitta doshas*, such as anaemia and burning sensation.

✓ **Effects of *Visha* on *Rasadi Dhatu Rasa*:**

Lack of appetite, anorexia, weariness, fever, excessive salivation and indigestion, etc.

✓ **Effects of *Visha* on Skin:**

Raised moles, *Nilika, Tilakalaka, Vyanga* and alopecia, etc.

✓ **Effects of *Visha* on *Mamsa Dhatu*:**

Haemorrhoids, *Adhimamasa* and goitre, etc.

✓ **Effects of *Visha* on *Shukra Dhatu*:**

Sperm motility and impotence, etc.

Treatment of *Visha*:

Burning from *Agnikarma* (cauterization) causes the poison present in the skin and flesh to burn. Emesis, or *Vamana*, aids in the removal of poison that has been consumed orally. Purgation plays a crucial part in removing the *Visha* from the body.

In the second step poisoning, the heart should be safeguarded, and a covering should be made based on the drugs that are readily available. For heart protection, the patient should be given *Payas, Gairikam, Gomaya rasa*, boiled sugar cane juice and juice squeezed out of crow flesh. The patient can receive urgent treatment using ashes, dirt, or goat, cow, or other animal blood diluted with water.

Ksharagada, which has the ability to reduce edoema and has the property of *Lekhana*, can be used to treat the patient in the third stage along with honey and water.

In the fourth step, the patient should have cow dung juice in addition to *Kapita rasa*, honey, and *Ghee*.

In the fifth stage, the patient received *Aschothana*, *Anjana*, and *Nasya* together with *Shireesha* and the juice of *Kakanda*.

Samjnasthapana medications should be given to the patient at the sixth stage, these drugs helps to regaining consciousness. *Gopitta* mixed with *Rajani*, *Manjishta*, *Maricha* and *Pippali* should be given to the patient in this stage.

If the patient is suffering from an oral poison, he/she should be made to be bitten by a toxic animal. If the patient is suffering from a poison induced by a bite, he should be given poison to drink.

Modern perspective:

Poisons can have local (hives, blisters, inflammation) or systemic consequences (hemorrhage, convulsions, vomiting, and diarrhea, clouding of the senses, paralysis, respiratory or cardiac arrest).

Pathogenesis:

The four components of poisoning are the poison, the poisoned organism, cell damage, and symptoms and indicators of death. Poison delivers harmful substance to the target due to which cell structure or cellular function may get disrupted. The hazardous agent's interactions with certain endogenous substances interfere with cellular, molecular and/or tissue-level processes leading to the pathological consequences.

Management

- Restoring adequate cardiopulmonary functioning at initial stage of poisoning.
- Decontamination; gastric decontamination can be done by whole bowel irrigation and uses of emetics, etc.
- Activated charcoal prevents poison absorption.

- Cathartics decrease absorption and increases expulsion of the poison from the body.
- Nasogastric aspiration used for liquid ingestions where activated charcoal is ineffective.
- Some examples of antidotes are Acetylcysteine, atropine and carbamates.

Conclusion

The qualities of *Teekshna*, *Ushna* and other substances present in *Visha* causes toxicity. The *Vyavayi*, *Vikashi* and *Ashukari* characteristics of poison causes acute poisoning. Skin lesions like *Kitibha* and *Kota* are brought on by *Visha*, due to the vitiation of *Dhatu* and *Doshas*. *Visha* induces symptoms such as foul breath, thirst, broken speech, vomiting, yawning, bodyache, heaviness, indigestion, discoloration, anorexia, fever, fainting, epileptic attacks and oedema, etc. Ayurveda described several therapies for treating *Visha* like; *Swedana* and *Vamana* along with medicines such as; *Jatamamsi*, *Lodhra*, *Pippali* and *Musta*, etc.

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