

VISHA IN AYURVEDA & IMPORTANCE OF THEIR SHODHANA

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ABSTRACT

Visha Chikitsa (Treatment of Poison) describes how harmful substances affect body activities and how they harm human tissues. Through diet and environmental contamination of the air, water, and soil, humans are continually exposed to potentially harmful environmental pollutants. Despite their alleged negativity, Visha Dravyas are employed in many Ayurvedic formulations due to their quick effectiveness and very low dosage. Numerous Visha Dravyas of mineral, plant, or animal origins are described in Ayurveda. In the Ancient Samhitas, particular antidotes for poisons are recommended in order to reverse their effects. Charaka Samhitha, Sushruta Samhita, and Ashtanga Sangraha, among other ancient literature, offer substantial information on this branch of Ayurveda. A deadly poison, according to our ancient Acharya, can be transformed to treat chronic diseases. According to our old Acharya, if a poison is used correctly, it can transform into an extremely effective remedy. This assessment is a straightforward attempt to condense knowledge on the various Ayurvedic treatments for toxic and semi-poisonous medicines as they are portrayed in the Indian medical system (Ayurvedic Antidote).

INTRODUCTION

The substances which are not so lethal but produces certain toxic symptoms are categorised under Upavisha. In Atharvaveda two types of visha are found one is sthavara and other is jangama and their management through mantrachikitsa is narrated. In Ramayana Rama and Lakshmana were treated for poisoning by Vaidya Sushena with the help of Sanjeevani vidya along with four types of herbs from Himalaya. In Mahabharata, poisoned Bhima was treated by the sarpavisha. Further, a conversation between Kashyapa and Takshaka regarding treatment of poisoning (vishachikitsa) is also reported in Mahabharata. Brahmavaivarta Purana (3/51) also narrates the conversation between Dhanvantari and Nagadevi which gives information about use of Vishachikitsa at that time. A poison is commonly defined as a substance which when administered, inhaled or swallowed is capable of acting deleteriously on the body & hazardous damage to vital organs. Vishas are classified into 2 main categories like Nasiargika and Kritrima. Under kritrimavisha two types of poisons like Gara Visha and Dushi Visha.

Types of Visha		
Sr. No.	Akritrima	Kritrima
1.	<p>Sthavara</p> <p>a.Plant origin</p> <p>b.Khanija origin</p> <p>natural ← → artificially prepared</p>	Garvisha
2.	Jangama	Dushivisha

In Ayurveda, plants are primary source of medicine. A number of compounds have been isolated from medicinal plants and bring in use for mankind. However, most of these medicines have been withdrawn because of their toxicity or adverse effect. Various poisonous plants, like Bhang (Cannabis sativa linn) Ahiphen (Papaver somnifera linn), Vatsnabha (Aconitus ferox), Kupilu (Strichnos nuxcomica linn), Dhatura (Dhatura metel linn), and minerals like Parad (mercury), Arsenic have been used in Ayurveda as different plants having phytochemical area still use in crude form or after Shodhan process.

Charak also explains the importance of Shodhana while using plants as medicines and if used improperly is a fatal poison. In Rasashastra, Shodhana process is a part of Samaskara of drug, which is used to alter quality of drugs, hence in Rasashastra, Shodhana means not a process of purification but also involves the detoxification and enhancing the efficacy of drugs. Shodhana process described for various drugs depending on the Guna (nature) and Dharma (Properties) of the drug. In Agadtantra, one of the parts of Ashtangayurveda has specific importance regarding study of poisons, which helps to prevent persons from effect of poison. Also, these poisonous plants mainly called, Visha and Upvisha. Using as medicinal use must be used after process of purification (Shodhana), which helps to prevent the fatal effect of vishadravya and have important medicinal uses, so it is important to understand the process of Shodhana of Visha and Upvisha mentioned in Ayurvedic text.²

General Shodhana

- a) Gomutra Nimajjana.
- b) Swedna.
- c) Bharjana.
- d) Bhavana.
- e) Nisnehana
- f) Kshalana.
- g) Nistwachkarana.³

Shodhana Of Visha Dravya Vastanabha, (Aconitum ferox)

The roots of Vatsnabha were cut into small pieces and tied in pottali, it can be detoxified by placing it in cow’s milk or goat milk in Dolayantra for 3-6hrs. After that, pieces of Vatsnabha are washed with warm water and used for therapeutic purpose.

Shodhana Of Upvisha Dravya (Sub-Poisonous Drug)

1) Ahiphena (Papaver somniferum linn) -

The exudate is dissolved in water, filtered with cloth, and then mixed with Godughda (cow's milk), which is heated over a low flame. Ginger juice is then added to the paste, which is then thrice through and dried in the shade.

2) Bhallataka (Semicarpus anacardium linn) (Seed) -

The top portion of Bhallataka fruits should be removed with a knife and mixed with brick powder before being placed in a potalli (bag) and tied at the mouth with thread. When the brick powder becomes wet with oil, this is gently rubbed by hands, and the skin of the Bhallataka is unwrapped and washed with hot water to produce shudh Bhallataka.

3) Bhang (Cannabis sativa linn) (Except Seed) -

Leaves are tied in a cloth and soaked in water; the process must be repeated until the discharge of a greenish hue stops.

4) Dhatura (Dhatura Metal Linn) -

Seeds are preserved in potallis and Swedana (Fomented) in Dolayantra by adding Godughda (cow's milk) or Gomutra (cow's urine) for three hours. Once that, seeds are washed with warm water and dried in the sun. The seeds are used after the seed coat has been removed.

5) Gunja (Abrus precatorius linn)- Seeds are tied in two layers of fabric and suspended in Godughda, Gomutra, or kanji—any of these—

for Swedan taken in Dolayantra. The suspension is then boiled with Gunja seeds, which are then removed, cleaned in hot water, dried, and preserved.

6) Jaipala (Croton tiglium)-

Remove the physical imperfections of seeds by washing them with water, drying them in the shade afterward, and removing the outer covering. Next, the cotyledons are gently divided to remove the radicle with a knife. Seeds are knotted in potalli and put through three rounds of Swedana using Godugadh (cow's milk).

7) Swedana technique is used to purify the roots of Karveera (Nerium indicum).

The roots are cleaned with water and dried in Dolayantra after being soaked in Godugdh (cow's milk) for three hours after Shodhana.

8) Langli (Glosiosa superoba Linn)-

Fresh Langli roots and seeds are soaked in cow's urine for 24 hours before being washed with lukewarm water to detoxify them.

9) Snuhi (Euphorbia nerrifolia Linn)-

Snuhi milk is gathered, combined with Imli (tamarind) juice, placed in a container, and let to dry in direct sunlight. Once properly dried, it should be used.

10) Kuchla (Strychnus nuxvomica)-

For seven nights, the seeds of the Kuchala plant must be submerged in fresh cow urine (Gomtra).

It is then taken off and rinsed with water.

The seed coat and embryo are removed, and the cotyledons are placed in Goghrit (cow's ghee) and powdered cells before the seeds are further detoxified by Swedana boiling with Godughda (cow's milk) in Dolayantra for three hours.⁴

DISCUSSION

In Ayurveda, toxicity of any drug is well versed. Along with that precaution from that toxicity and its treatment is also said in various texts and books. Dose description is also explained to avoid the hazardous effects of medicines. Anupana and sahpana also play a very important role to get rid of noxious effects of different drugs of toxic effects after Shodhana. Poisons can be used as a catalyst to increase the drug action with which they are taken because they are highly potent and fast acting drugs.

But To lessen the fatality of the toxin, they should be cleansed before utilising. These Visha & Upvisha can cure various diseases which are difficult to treat.

CONCLUSION

Toxic alkaloids of various medicines are being detoxified and removed from the plants with the help of easily available medias. Ayurveda emphasized on the use of these plants after purification especially in case of internal use. Sometimes, on external application purification is not a mandatory step before use as medication. So for chronic and life threatening diseases, use of poisons is proved to be beneficial.

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Conflict of Interest

None.

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