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# Role of *Panchashirisha Agada* in Dermatological Toxicity w.s.r. to *Visha* - A Review

Dr. Bhargavi S. Lakkakula<sup>1</sup>, Dr. Rajendra D. Lambat<sup>2</sup>

<sup>1</sup>Post Graduate Scholar, <sup>2</sup>Head of Department, Dept. of Agadtantra Evam Vyavahara Ayurveda, Govt. Ayurved College, Nagpur, Maharashtra, INDIA.

## ABSTRACT

Ayurveda consists of many branches of which *Agada Tantra* is one of them, which deals with toxicology. Any substance which comes in contact with skin gets easily absorbed. So, in case, if any *Visha* (Toxin) comes in contact then for sure there will be consequences. My aim is to study these Dermatological manifestations occurring due to various *Visha*. For its management, various formulations are mentioned in *Samhita*. Among which *Panchashirisha Agada* is considered to be best in treating any *Vishajanya* condition. It has both *Vishaghna* and dermatological properties like *Kushthghna*, *Kandughna*, *Twachya*, *Varnya*, *Shothaghna*. It can be used both internally and externally. This review is an attempt to explore the role of *Panchashirisha Agada* in dermatological toxicity.

**Key words:** *Visha*, *Shirisha*, *Panchashirisha Agada*.

## INTRODUCTION

Filters are great, but great skin is better. Isn't it? Yes beautiful skin has been admired in all the cultures, races and ages since the creation of universe. It is strong and uniform protective covering to the entire surface of the body. It is the largest organ of body forming 8% of the total body mass and its surface area varies with height and weight. It is the major site of contact between body and environment. In *Ayurveda*, skin is known as *Twaka*. It is known to be formed by *Paka* of *Rakta Dhatu* by its *Dhatwagni* in foetus.<sup>[1]</sup> It has *Bhrajaka* Pitta in it which absorbs any drug applied on it and which controls body temperature.

### Address for correspondence:

Dr. Bhargavi S. Lakkakula

Post Graduate Scholar, Dept. of Agad Tantra Evam Vyavahara Ayurveda, Govt. Ayurved College, Nagpur, Maharashtra, INDIA.

E-mail: bhargavilakkakula15@gmail.com

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Toxin in short is poisonous chemical which alters the normal physiology and leads to deterioration of health. Whenever this toxin enters the body it vitiates *Rakta Dhatu* mainly.<sup>[2]</sup> As *Rakta* and *Twaka* are connected to each other, effect of *Visha* on *Rakta Dhatu* can be directly seen on skin leading to *Raktapradoshaj Vyadhi* mentioned in *Charaka Samhita Sutrasthana*. This may further lead to dermatological toxicity.

Toxins can enter body in the form of *Sthvara Visha*, *Jangama Visha*, *Dushi Visha*, *Gara Visha*, *Amavisha*. Bacterial skin manifestation, drug induced skin toxicity, occupational skin manifestation. This toxicity can be treated only by using *Agadas* internally and externally. I have chosen *Panchashirisha Agada* where all five parts of this plant are used; they are fruit, root, skin, flower and leaves. It can be used internally and externally. It is considered as one of the best medicine in treating toxicity. *Shirisha* has properties like *Vishaghna*, *Kushthaghna*, *Kandughna*, *Tridosahara* which shows it has the capacity of treating dermatological manifestation caused due to *Vishas*. It is also been used in many *Vishahara Yogas*. This review is an attempt to explore the therapeutic effect of *Panchashirisha Agada* in skin toxicity.

## MATERIALS AND METHODS

The references regarding the venomous bites and stings, skin manifestation due to minerals, medicines, etc will be collected from ayurvedic texts and available information and presented in this article.

### Sthavara Visha

- **Corrosives:** There may be excoriation of lips, corrosive stains on skin, in case of nitric acid skin later appears yellow in colour, there may be necrosis and gangrene of the local area.<sup>[3]</sup>
- **Irritants:** Erythematous patches, ulcers over affected skin, in case of arsenic poisoning- Rain-drop appearance of skin, Milk and Roses complexion of skin occurs, In case of Mercury poisoning, Pink disease acrodynia occurs, inflammation, oedema, vesication, burning sensation of skin.<sup>[4]</sup>

### Jangama Visha

**Sarpa Visha** - Symptoms are mentioned according to Vegas<sup>[5,6,7]</sup>

- 1) **Darvikara Sarpa** - 1<sup>st</sup> Vega: Vitiating of *Rakta Dhatu* which leads to blackening of skin; sensation of ants crawling over skin. 2<sup>nd</sup> Vega: Vitiating of *Mansa Dhatu* which leads to more blackening of skin, swelling and cysts all over body. 3<sup>rd</sup> Vega: Secretions oozing out through wound.
  - 2) **Mandali Sarpa** - 1<sup>st</sup> Vega: Vitiates *Rakta Dhatu* which leads to yellowish colour of skin. 2<sup>nd</sup> Vega: Vitiates *Mansa Dhatu* and locally there is yellowish discoloration, burning sensation and swelling, pain, necrosis, gangrene and appearance of haemorrhage.
  - 3) **Rajiman Sarpa** - 1<sup>st</sup> Vega: Vitiates *rakta dhatu* which leads to hairupulation and whitening of skin. 2<sup>nd</sup> Vega: vitiating of *mansa dhatu* leading to yellowish discoloration and causing anasarca. 3<sup>rd</sup> Vega: oozing through wound.
- **Vrischik Visha** - Local irritation is characterised by redness, burning, pain radiating from the site, urticaria etc.<sup>[8]</sup>

- **Alarka Visha** - Locally loss of sensation, blackish discoloration of blood, itching, burning sensation, discoloration of skin, swelling, cysts etc occurs.<sup>[9]</sup>
- **Keeta Visha** - Pricking pain and throbbing pain at the site of bite. Oozing of sensation, burning sensation, Visarpa, sometimes resembling of wound as *Pakva Udumbar*.<sup>[10]</sup>
- **Mushaka Visha** - *Granthi, Shopha, Karnika, Mandala, Kitibha, Visarpa* etc <sup>[11]</sup>
- **Loota Visha** - *Kotha, Alpa Kandu, Shotha*.<sup>[12]</sup>

### Dooshi Visha

Poisons which constantly vitiates *Rasa-Raktadi Dhatu* due to the factors like *Desha, Kala, Anna, Divasvapa* etc is said to be *Dushi Visha*.<sup>[13]</sup> Whenever inanimate, animate or artificial poison doesn't get eliminated from the body because either its old or remains in the body for longer time or whose poisonous potency is reduced due to anti-poisonous drugs is known as *Dooshi Visha*. Because of its low potency it cannot cause sudden death as it is enveloped by *Kapha Dhatu*.<sup>[14]</sup> *Acharya Charaka* mentioned symptoms like *Rakta Dhatu vitiating, Kitibha, Kotha, Kandu on skin*.<sup>[15]</sup> *Acharya Sushrut* mentioned *Mandala, Kotha, Asyashopha, Vaivarnya, Kushtha*.<sup>[16]</sup>

Vast concept of cosmetic poisoning comes under cumulative poisoning which can be correlated with *Dooshi Visha*. Chemicals accumulate over a period of time causing side effects leading to cumulative poisoning. For example Hydroquinone used in skin lightening is carcinogenic as it includes mercury in it. Many cosmetics cause dermatitis, skin infection and lower immune system.

### Gara Visha

It is formed by combination of 2 or more than 2 poisonous or non-poisonous drugs which affects the body by vitiating the *Doshas* by acting fast or slow. It is mentioned in *Samhita* that human waste like *Sweda, Artava*, powder of insects, *Virudh Aushadh Bhasma* used to produce *Gara Visha* along with food. *Gara Visha Adhithana* can be *Anna, Pana,*

*Dantakashtha, Kasaya, Nasya, Dhuma, Anulepana, Utsadana, Parisheka, Anjana, Vastram, Shayya, Paduka* and dermatological symptoms occur according to *Adhishthana*.<sup>[17]</sup>

### Aamvisha

*Viruddh Ahaar, Adhyashan, Ajirna* are the causes of *Aamvdosha* which further leads to *Aamvish* and its symptoms are *Vishaj*.<sup>[18]</sup> Generally food whose qualities are similar to the qualities of *Sharirik Dosha* and opposite to *Dhatu vitiate Strotas*.<sup>[19]</sup> and indirectly disturbing *Raktavaha Strotas*. *Viruddh Ahaar, Adhyashana, Ajirna* leads to vitiation of *Raktadhatu* causing *Raktapradoshaj Vyadhi*.<sup>[20]</sup>

### Occupational Hazards

Food service, cosmetology, health care, agriculture, cleaning, painting, mechanics, printing, construction are some of the occupations in which dermatological manifestations can occur. Occupational dermatitis is one of the major health problems with an estimated annual incidence of 1.89 mill/yr. example: pesticide related dermatitis, cement dermatitis, ulceration in industry workers etc.<sup>[21]</sup>

### Drug Induced Skin Disorders

There are many drugs which shows skin manifestation such as – Erythematous eruption due to penicillin, anticonvulsant etc. Urticaria due to – NSAIDS, anticancer drugs. Vasculities – NSAIDS, Cephalosporins, sulphonamides, methotrexate etc.<sup>[22]</sup>

### Bacterial Infection of Skin

*Staphylococcus aureus* is the most common cause of cutaneous and systemic infections. Impetigo, the most common bacterial infection in children. Dermal infection like erysipelas, cellulitis, necrotising fasciitis.<sup>[23]</sup>

### Use of Shirisha in various Jangam Visha

- Snake poisoning - black pepper powder with *Shirish* flower juice for 7 days.<sup>[24]</sup>
- Rat poisoning - *Shirish* extract. Flower, fruit and bark with honey.<sup>[25]</sup>
- Topical application of paste prepared from *Shirish Beej, Pippali, Arka* is used in snake bite, spider

sting, insect poisoning, rat poisoning and scorpion sting.<sup>[26]</sup>

### Gunadharmas of Shirisha<sup>[27]</sup>

Rasa	Tikta, Kashaya, Madhura, Katu
Guna	Laghu, Tikshna, Rukshana
Virya	Sheeta
Prabhava	Tridosha,

### Properties of Shirisha In different Samhitas<sup>[28]</sup>

#### Dhanvantari Nighantu

Described in *Amradi Varga*

Properties- *Vishaghna, Tridoshaghna, Kushthaghna, Kandughna, Twacha Roga Nashak, Shwasaghna, Kasaghna*.

#### Shodhal Nighantu

*Arshoghna, Vishaghna, Swedaghna, Twacharoga Nashaka, Shophaghna, Visarpaghna*.

#### Kaidev Nighantu

Mentioned in treatment of *Visarpa, Shotha, Kasa, Vishaj Roga, Vrana*.

#### Bhavprakash Nighantu

Mentioned in *Shotha, Visarpa, Kasa, Vishahara*.

Pharmacological properties of *Shirisha* are anti-asthmatic, effect on anaphylactic shock, anti-tussive, antimicrobial, anti-inflammatory, analgesic, immunomodulatory activity.<sup>[29]</sup>

### Panchashirisha Agada

- Acharya Charaka* has mentioned *Panchashirisha Agada* as best in treating all types of *Visha*. It is used both internally and externally.<sup>[30]</sup>
- Acharya Sushruta* has mentioned *Panchashirisha Agada* for treating *Keetavisha*.<sup>[31]</sup>

### DISCUSSION

*Visha* (toxin) is nothing but a chemical substance that alters the normal physiology of body. *Acharya Vagbhat* has mentioned that *Visha* firstly enters in

*Rakt Dhatu*. *Twacha* being the by-product of *Rakta Dhatu* shows the consequences of *Visha* on itself leading to skin toxicity.

Skin toxicity can be due to *Sthavara Visha*, *Jangama Visha*, *Dooshi Visha*, *Gara Visha*, *Aamvisha*, occupational hazards or due to drugs. *Shirisha* and its parts are used in various *Agada Yoga* to overcome *Visha*. It has many properties like *Kandughna*, *Kushthaghna*, *Shothaghna*, *Tridoshghna*, *Vedanasthapana*. It helps in pacifying *Bhrajaka Pitta* situated in *Twacha* thus directly removes *Visha* and stops spreading of *Visha* into *Rakta*.<sup>[32]</sup>

Total *Agada Yoga* explained in *Samhita* with respect to *Shirisha* in *Visha Chikitsa* are 25 and in some context, they have not named the *Yoga* but explained as *Vishahara Aushadhi* for the management of both *Sthavara* as well as *Jangama Visha*.<sup>[33]</sup>

## CONCLUSION

Skin being major part of body especially in today's generation plays a major role for survival. So, skin toxicity will always be a curse if experienced by any individual. That is why its treatment is of greater importance. *Acharya Charaka* has mentioned *Shirisha* in *Vishaghna Gana* and titled *Panchashirisha Agada* as *Pravara* in all *Vishas*. It has been proved to have properties like anti-inflammatory, analgesic, immunomodulatory, anti-microbial which shows *Shirisha Dravya* has multiple properties along with its dermatological importance. Hence, I conclude that *Panchashirisha Agada* being *Pravara* in all *Vishas* has greater potency to overcome any skin toxicity caused by *Vishas*.

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