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A Single Drug Protocol for *Bhinnavisha* (fragmented poison)

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ABSTRACT

Concepts like *Garavisha* (artificial poisons), *Dooshivisha* (cumulative toxins), *Jangamavisha* (poison of animal origin), *Sthavaravishas* (poisons of plant origin), *Virudhaahara* (incompatible food) are much familiar to the ayurvedic world. The idea of *Bhinnavisha* (fragmented poison) is not acquainted to the budding ayurvedic physicians so far. Many textual references are available for this topic in traditional Malayalam *Vishachikitsa* texts. The modern conceptual world is with less knowledge on such topics though its applicability is very high. *Bhinnavisha* is a condition in which the *Visha* gets scattered and settles in *Sandhipradesha* (joints), resulting in symptoms like weakness of joints, pains, *Kampa* (tremors), *Daha* (burning sensation) and different kinds of manifestations in the course of time due to certain reasons. We are provided with many treatment methodologies for *Bhinnavisha* (fragmented poison) textually. Here is an attempt to reveal a much-practiced methodology for the treatment of *Bhinnavisha* (fragmented poison) with a widely available single drug *Physalis minima*. Linn used in *Kashaya* (decoction), *Ksheerapaka* (decoction in milk) and *Ghrita* (ghee) forms.

Key words: *Bhinnavisha*, *Ghrita*, *Ksheerapaka*, *Physalis minima*, *Visha Chikitsa*.

INTRODUCTION

Though the concept of *Visha* (poison) is explained in different contexts, its notion seems to be unique in Ayurveda. Concepts like *Garavisha* (artificial poisons), *Dooshivisha* (cumulative toxins), *Jangamavisha* (poison of animal origin), *Sthavaravishas* (poisons of plant origin), *Virudhaahara* (incompactable food) are much familiar to the ayurvedic world. The idea of *Bhinnavisha* (fragmented poison) is not acquainted to the budding ayurvedic physicians so far. Details on *Bhinnavisha* (fragmented poisons) are clearly

explained in *Agada* literatures like *Prayoga Samuchaya*,^[1] *Visha Vaidya Jyotsnika*,^[2] *Kriya Koumudi*,^[3] *Visha Vaidya Sara Samuchaya*,^[4] *Keraleeya Visha Chikitsa*.^[5] *Bhinna Visha or Sthambha Visha* (fragmented poison) is a condition in which the *Visha* gets scattered in the body, due to certain reasons and on special occasions it manifests as systemic disorders.

Tankaree, with botanical name *Physalis minima*. Linn, family Solanaceae and English name Native gooseberry (*njottanjodiyam* in Malayalam)^[6] is used as a single drug, in this condition in the form of herbal decoction, medicated ghee and decoction in milk aiming at specific actions like *Aamapachana* (for proper metabolism), to regain normal function and as *Rasayana* (rejuvenation). This article is meant to throw light on the effect of *Physalis minima* in treatment of *Visha* with respect to *Bhinnavisha* (fragmented poison).

MATERIALS AND METHODS

Bhinnavisha (fragmented poison)

In *Visha Chikitsa*, equal emphasis is given to the present as well as the anticipated symptoms in

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succeeding *Dhatu*, as *Visha* spreads quickly due to its *Theekshna* property (severe property). In some instances, the medicine administered internally may not be sufficient to counteract the poison. In both these conditions, the *Visha* gets scattered and settles in *Sandhipradesha* (joints), resulting in symptoms like weakness of joints, pains, *Kampa* (tremors), *Daha* (burning sensation) and different kinds of manifestations in due course of time. This phenomenon of *Visha* is explained as *Bhinnavisha* (fragmented poison).^[7]

The term *Sthambha Visha* (fragmented poison) is used in some texts, with additional symptoms like heaviness of head, giddiness, burning sensation of abdomen, decreased vision, fever which occur after a certain period of time. Treatment protocol starting with *Shodhana kriyas* (purifactory methods) are mentioned along with internal administration of medicines, *Jaladhara* (pouring of water) depending on the *Dosha* predominance is explained.^[8]

Physalis minima Linn.^[9]

- Family : Solanaceae
- Sanskrit name : *Tankaree, Mridukunchika, Cirapotha, Lakshmanapriya*
- English name : Native gooseberry
- Malayalam name : *Njottanjodiyam*
- Part used : Whole plant

Physalis minima is profoundly growing on the bunds of fields, wastelands, around the houses, on roadsides, seen in the sub Himalayas up to altitude of 1,650 metres.^[10] *Tankaree* possess the properties like *Thikta Rasa, Laghu Guna* and is *Mootrala, Virechaka, Sothahara, Udararogahara, Vatakaphahara* and *Deepani*.^[11]

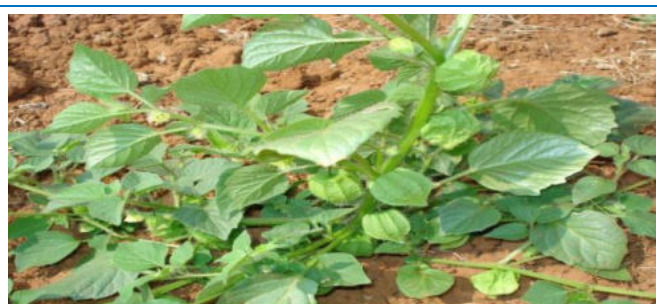


Fig. 1: Plant of *Physalis minima* Linn.

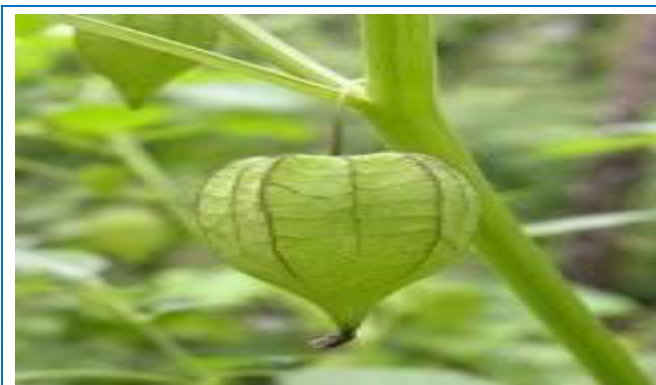


Fig. 2: fruit of *Physalis minima* Linn.

Medicine Administration

The single drug is administered in three forms - *Kashaya* (herbal decoction), *Ksheerapaka* (decoction in milk) and *Ghrita* (medicated ghee). Even though the textual reference elaborates its use as decoction in milk,^[12] another effective protocol is being followed in regular practice using the same drug. It is as follows;

Table 1: Administration of *Physalis minima* in different forms.

Phase	Condition of the patient	Mode of administration
I	Joint pain, weakness of limbs, tremors, burning sensation, heaviness of head etc. Symptoms which reveal the presence of <i>Ama</i> (improper digestion).	<i>Samoola Kashaya</i> ^[13] (herbal decoction with whole plant parts)
II	When all the symptoms are decreased but still general fatigue exists.	<i>Samoola Ksheerapaka</i> ^[14] (decoction in milk with whole plant parts)
III	The symptoms are completely relieved.	<i>Samoola Ghrita</i> ^[15] (ghee prepared with whole plant parts)

RESULT

An easy and effective protocol for treatment of *Bhinnavisha* (fragmented poison), being a least explored part of *Vishachikitsa*, is explained here.

DISCUSSION

The primary line of treatment for any latent poisons includes *Virechana* (purgation). *Kashaya* (herbal decoction) of the drug with *Virechaka* (purgative), *Mootrala* (evacuates excess *Doshas* in body) and *Deepani* (increases the metabolism) properties acts as *Amapachana* and further evacuates the *Visha* from the body. *Ksheerapaka* (decoction in milk) helps the *Dhatu*s to get back to its normal function. *Ksheerapaka* (decoction in milk) is most *Laghu* (light) among the *Kashayakalpanas* (forms of decoction) and can prepare the body to accept *Ghrita* (medicated ghee) given as *Rasayana* (rejuvenation). *Acharya Vagbhata* explains *Rasayana* (rejuvenation therapy) just after *Damshtalachikitsa* in the context of *Ashtangas* of Ayurveda.^[16] *Dhatupradoshajavikaras* (diseases affecting *Dhatu*s) are mentioned in context of *Visha* ^[17] while *Dhaturasayana* (giving nourishment to *Dhatu*s) is the purpose of *Rasayana* (rejuvenation therapy).^[18] All these facts elucidate the importance of *Rasayana* (rejuvenation) therapy in *Vishachikitsa*. Proper elimination of *Vishas* and normalizing the *Dhatu*s by giving ample nourishment is essential to prevent the recurrence of symptoms.

The symptoms of *Bhinnavisha* (fragmented poison) are very common in the concurrent world due to the altered lifestyles. The present medical world is witnessing many chronic diseases which are in turn termed as idiopathic. The original cause can be clarified and conquered with this kind of concealed knowledge. The effective treatments for many such 'idiopathic' diseases are available in our texts which are yet to be explored and accepted. Here these methods of administration of the single drug are found to be much easier and effective.

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