



ISSN 2456-3110

Vol 6 · Issue 4

July-Aug 2021

Journal of
**Ayurveda and Integrated
Medical Sciences**

www.jaims.in

JAIMS

An International Journal for Researches in Ayurveda and Allied Sciences



Maharshi Charaka
Ayurveda

Indexed

Role of *Panchakarma* in *Visha Chiktisa*

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ABSTRACT

Disease and death due to poisoning is a burning issue in worldwide. The term Poisoning not only limited upto animal and vegetable poisons, it can include *Dooshivisha*, *Garavisha* and various radiations. Ayurveda has described different methods of treatment in poisoning. *Panchakarma* therapy has great importance because it can remove toxins from deeper tissue level. *Panchakarma* procedures are used depending upon the route of entry of poison and absorption. This article concludes how *Panchakarma* procedures are useful in *Visha Chiktisa* as a detoxification therapy.

Key words: *Poisoning, Panchakarma, Dushivisha.*

INTRODUCTION

Ayurveda is an ancient science. In *Ayurveda*, we deal every disease from root. Poisoning is a condition in which an organism becomes chemically harmed by a toxic substances or venom of an animal.^[1] Poisoning is very common now days due to heavy industrialization, air pollution, water pollution, soil pollution. Excessive use of packing food material, junk food also cause poisoning because these foods cannot eliminate completely from the body and residue can produce toxicity inside body.^[2] *Acharya Sushruta* said because it produces sorrow, it is called poison or *Visha*.^[3]

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Submission Date: 14/07/2021 Accepted Date: 16/08/2021

Access this article online

Quick Response Code



Website: www.jaims.in

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Poisoning can be classified into acute and chronic poisoning. Acute poisoning is exposure to a poison for a short period of time. Chronic poisoning is long term repeated exposure to a poison where symptoms do not occur immediately. In *Ayurveda Visha* is of two types *Sthaavara* and *Jangama* known as *Svabahavik* (natural) *Visha*^[4] and Artificial poison is of two types *Garavisha* & *Dushivisha*.^[5]

Agadtantra is one of branch of *Ashtang Ayurveda* known as toxicology. *Agadtantra* is also known as *Visha Tantra*, *Damshttraa-chikitsa*,^[6] *Visha Vidya*, *Vishavaidyaka*, *Vishagara Vairodhika Prashamana*,^[7] *Jangulika*.^[8] This branch deals with diagnosis of symptoms of poisoning of snake, insects, spider & mouse etc, and treatment of complications produces by artificial & combination poisons.^[9] *Agad Tantra* also includes the negative effects of bad food habits and drug, which could lead to chronic poisoning symptoms.^[10]

Ayurveda is the solution for all types of disease and poisoning. It not only mentions measures to treat diseases but also to prevent them. *Ayurveda* has to maximum extent narrated such therapies and therapeutic measures which are conservative and do

not involve much invasive techniques. Acute poisoning is one of the common reasons for hospitalization in our country.

So, *Panchakarma* can be the best answer for all of these consequences. The Purification therapy is described classically in terms of *Sanshodhan* by *Panchakarma* procedures. The five procedures of *Panchakarma* have been applied in almost all diseases. *Ayurvedic Chiktisa* mainly consist of *Samshodhan* and *Sanshaman Chiktisa*. *Panchakarma* is *Ayurveda Samsodhana* or detoxification treatment. It not only helps to remove deep routed stress and illness causing toxins from all the micro-channels of the body but also creates equilibrium among the *Doshas*.^[11] *Sushrut Acharya* has invested whole of the *Kalpastahana* were describing about the poisons and its treatment. Similarly, *Visha* and *Visha-Chiktisa* is also ardently described in *Astanga Samhita* and *Astanga Samgraha*. In *Ayurveda*, treatment is classified into *Shaman Chiktisa* and *Shodhan Chiktisa*. These treatments include *Vamana* (Emesis), *Virechana* (Purgation), *Raktamokshana* (Blood Letting), *Snehana* (Oleation), *Swedana* (Fomentation/ Steam therapy) mainly and *Nasya* (Instillation of Nasal Drops), *Lepa* (Topical application of drugs), *Anjana* (Application of Collyriums to Eyes), *Dhooma* (Medicated smokes) etc.

Panchakarma and other procedures in Poisoning

In *Charak Samhita* its *Chiktisa Sthana Adhyaya 23* has stated *Chiktisa Upakramas* for *Visha*.^[12]

In this *Upakramas* major *Panchakarma* procedures *Vamana*, *Virechana*, *Nasya* and *Raktamokshana* are included in these and other allied procedures included are *Agnikarma*, *Parisheka*, *Avagaha*, *Dhoompana*, *Lepa*, *Abhyanga*, *Udvartana* and *Arishthabandhana* etc.

Vamana

After ingestion of poison, it enters in stomach and absorption of poison starts. Emesis helps in the elimination of poison by upward directions.^[13]

Table 1: *Vamana Chiktisa* mentioned in *Sushruta* and *Vagbhata*.

SN	Types of poisoning	<i>Sushruta</i>	<i>Vagbhata</i>
1.	<i>Sarpadamsha Chiktisa</i>	In the 4 th , 5 th and 6 th stages of bite of <i>Darvikara</i> . ^[14] In the 2 nd to 5 th stages of bite of <i>Mandali</i> . ^[14] In the 2 nd , 4 th and 5 th stages of bite of <i>Rajimana</i> . ^[14]	In case of bite by <i>Darvikara</i> , in the 2 nd stage. ^[16] In case of bite by <i>Mandali</i> , in the 3 rd stage. ^[17,18]
2.	<i>Akhu Damsa</i> (Rat poisoning)	The patient should be made to vomit. ^[15]	Vomiting should be induced. ^[19]
3.	<i>Sthaavara Visha Chiktisa</i>	Not mentioned	In the 1 st , 2 nd , 3 rd stage of poisoning. ^[20, 21]
4.	<i>Gara Visha Chiktisa</i>	Not mentioned	The patient of <i>Gara visha</i> should be made to vomit. ^[22]
5.	<i>Dushi Visha Chiktisa</i>	Not mentioned	Emesis and purgation. ^[23, 24]
6.	<i>Vrischika Damsa Chiktisa</i> (scorpion bite)	Not mentioned	In all cases of severe degree of poisoning. ^[25]
7.	<i>Luta Damsa Chiktisa</i> (Spider bite)	Not mentioned	In Aggravated <i>Doshas</i> . ^[26]
8.	<i>Musika Visha Chiktisa</i>	Not mentioned	Emesis. ^[28]
9.	<i>Haritala Visha</i>	Not mentioned	First the person should be purified by emesis. ^[29]

B) *Virechana*: *Acharya Charaka*: In the second stage of poisoning.

Table 2: Virechana Chikitsa mentioned in Sushruta and Vagbhata.

SN	Types of poisoning	Sushruta	Vagbhata
1.	<i>Sarpadamsha Chikitsa</i> (snake bite)	In <i>Darvikara</i> bites 5 th and the 6 th stages. ^[14] <i>Mandali</i> bite 3 rd , 4 th , 5 th Stage. ^[14] <i>Rajimana</i> bite 3 rd , 4 th , 5 th Stage. ^[14]	Not mentioned
2.	<i>Sthaavara Visha Chikitsa</i>	Not mentioned	In the 2 nd and 3 rd stage. ^[20,21]
3.	<i>Haritala Visha</i>	Not mentioned	Purgation indicated. ^[21]
4.	<i>Dushi Visha Chikitsa</i>	Not mentioned	Administered purgation. ^[22,23]
5.	<i>Luta Damsha Chikitsa</i>	Not mentioned	Purgation should be done. ^[30]
6.	<i>Alarka Visha Chikitsa</i>	Purgative drugs mixed with <i>Dhatura Arka</i> . ^[32]	Administered a purgative drug along with milky sap of <i>Arka</i> quickly. ^[31]

Table 3: Nasya Chikitsa mentioned in Sushruta and Vagbhata.

SN	Type of poisoning	Sushruta	Vagbhata
1.	<i>Sarpadamsha Chikitsa</i>	Bite by a <i>Darvikara</i> . In the 3 rd and 7 th stage. ^[14] Bite of <i>Mandali</i> , in the 7 th stage. ^[14] <i>Rajimana</i> bite, in the 3 rd , 4 th , and 5 th stages. ^[14]	<i>Darvikara Visha Vyantara Visha Chikitsa</i> . ^[33] <i>Vega Chikitsa</i> , in the 3 rd and 7 th stage. ^[17] <i>Rajimanta Visha Vega Chikitsa</i> 6 th stage. ^[34]
2.	<i>Akhu Damsa</i> (rat poisoning)	<i>Shiro-Virechana</i> . ^[35]	Not mentioned
3.	<i>Alarka Visha</i>	Bite by rabid	Not mentioned

	<i>Chikitsa</i>		
		animal. ^[32]	
4.	<i>Haritala Visha</i>	Not mentioned	<i>Nasya</i> . ^[29]
5.	<i>Luta Damsa Visha Chikitsa</i>	Not mentioned	Feeling of heaviness of the head, swelling, salivation, lock jaw etc. ^[36]
6.	<i>Musika Visha Chikitsa</i>	Not mentioned	For <i>Shirovirechana</i> , <i>siris sara</i> and fruit is used. ^[28]
7.	<i>Sthavar Visha Chikitsa</i>	Not mentioned	In the 3 rd <i>visha vega</i> . ^[37]
8.	<i>Vrischika Damsa Chikitsa</i>	Not mentioned	In all cases of scorpion poisoning. ^[25]

Table 4: Rakta Mokshana Chikitsa mentioned in Sushruta and Vagbhata.

SN	Type of poisoning	Sushruta	Vagbhata
1.	<i>Sarpadamsha Chikitsa</i>	In the case of <i>Darvikara</i> , <i>Mandali</i> and <i>Rajimana</i> bite bleeding by opening the veins should be resorted to in the 1 st stage of poisoning. ^[14] Puncture veins around the site of bite. ^[38] Tourniquet should be applied four fingers above the site of bite. ^[39]	When the poison has spread to distant areas, venesection should be done.
2.	Poisoned Wound	Snake bite or Spider bite. ^[40]	Not mentioned
3.	<i>Alarka Visha Chikitsa</i>	Bite by rapid animal. ^[32]	Not mentioned
4.	<i>Vrischika Damsa Chikitsa</i>	Not mentioned	In all severe degree cases of Scorpion

			poisoning. ^[25]
5.	<i>Luta Damsa Chikitsa</i>	Not mentioned	Blood should be taken out from other parts of body. ^[37]
6.	<i>Akhu Damsa Chikitsa</i>	Not mentioned	Cut the veins immediately to let out blood. ^[42]
7.	<i>Musika Visha</i>	Not mentioned	Vein should be cut urgently after washing the wound. ^[43]

DISCUSSION AND CONCLUSION

Though, *Panchakarma* procedures are used in many cases of poisoning. *Sthavar Visha* and *Jangam Visha* are explained in terms of *Visha Vega*. These are acute type of poisoning. Different *Panchakarma* procedures are mentioned in *Vega* of *Visha*. *Dushivisha* and *Garavisha* are chronic type of poisoning. *Panchakarma* is helpful in removing such type of toxins from storage at deep cellular level. As a general line of treatment of poisoning, *Acharya Charak* in *Chikitsasthana* described *Chaturvimshati Vishopakramas*. *Basti* is excluded from *Chaturvimshati Upakramas*.

Main aim of treatment of poisoning is to remove these poison or toxins from body as soon as possible, because after absorbing into body via blood it disturbs the harmony of *Dosha*, *Dhatu*, *Mala* and causes many diseases and death. So, with these principles of treatment, removal of unabsorbed poison is important. *Panchakarma* is equally useful in acute and Chronic poisoning. In chronic poisoning when poison is absorbed into body and stored in body channels by *Panchakarma* procedures, *Purvakarma* brought these toxins into *Kostha*, from where these are removed out of body.

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How to cite this article: Indramani, Amita Jhunjunwala, RC Tiwari, Manisha Dikshit, Ved Bhusan Sharma. Role of Panchakarma in Visha Chiktisa . J Ayurveda Integr Med Sci 2021;4:154-158.

Source of Support: Nil, **Conflict of Interest:** None declared.
