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Kottam Ramachadi Agada in Lootha Visha Chikitsa - A Review

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ABSTRACT

Folklore *Visha Vaidhyas* have explained numerous *Agada Yogas* which can be given in *Visha* conditions. *Kottam Ramachadi Agada* being one among the *Yogas*, it has been explained in the context of *Lootha Visha Chikitsa*. This formulation is mentioned in *Prayoga Samuchayam* by *Kochunni Thamburan* in the context of *Lootha Visha Chikitsa*. It has four ingredients and is administered as *Pana* (internal administration) with milk as *Anupana* and as *Lepa* (external application). *Lepana* (external application) is widely practiced among folklore *Visha Vaidhyas* even in this present era. This paper is an attempt to make a review on the formulation *Kottam Ramachadi Agada*.

Key words: *Visha*, folklore *Visha Vaidhyas*, *Lootha Visha*, *Kottam Ramachadi Agada*

INTRODUCTION

Visha is explained as the object which causes *Vishada* on the body both physically and mentally. *Acharyas* have divided *Visha* into two main types; *Sthavara* (plant origin) and *Janagma* (animal origin). Folklore *Visha Vaidhyas* have explained numerous *Yogas*, which can be given in both *Jangama* and *Sthavara Visha* conditions. *Kottam Ramachadi Agada* is one among them. This formulation is explained in the context of *Lootha Visha Chikitsa* in *Prayoga Samuchayam* by

Kochunni Thamburan.^[1] This *Agada* is still practiced folklore *Vaidhyas* of Kerala in treating *Lootha Visha*. It has four ingredients and it is mentioned in *Prayoga Samuchayam*, chapter 8, *Lootha Visha Chikitsa*. This review work explains about ingredients, method preparation, uses and utility of *Kottam Ramachadi Agada*.

REVIEW OF LITERATURE

Name of Yoga: *Kottam Ramachadi Agada*

The reference of *Yoga* can be found out in chapter 8 - *Lootha Visha Chikitsa* in *Prayoga Samuchayam* by *Kochunni Thamburan*.^[1] Total four ingredients are mentioned for preparation of this *Yoga*. The mode of administration is explained as *Pana* (internal administration) with milk as *Anupana* and *Lepa* (external application).

Table 1: Ingredients of *Kottam Ramachadi Agada* and Botanical Name

Drug	Botanical Name	Family
<i>Kottam</i> ^[2]	<i>Saussurea lappa</i>	Asteraceae

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Ramacham ^[3]	Vetivera zizanioidas	Graminae
Neeli ^[4]	Indigofera tinctoria	Fabaceae
Chandanam ^[5]	Sandalaum album	Santaaceae

Table 2: Kottam Ramachadi Agada ingredients and properties

Drug	Rasa	Guna	Virya	Vipaka	Karma
Kottam ^[2] [6][7]	Tikta, Katu, Madura	Laghu, Rooks ha, Teeks hna	Ushna	Katu	Kaphahara, Vatahara, Visarpa, Kasaghna, Kushtaghna Hikkahara, Jwarahara Sophahara
Ramach am ^[3] [8][9]	Tikta, Madhur a	Rooks ha, Laghu	Sheeth a	Katu	Vatapittah ara, Pacahana, Jwaraghna, Vishaghna, Kushtaghna Sthambana m, Granthinas hanam
Neeli ^[4] [10] [11]	Tikta	Laghu, Rooks ha	Ushna	Katu	Kaphavata hara, Vishaghna, Jwaraghna, Krimighna Sophahara
Chandan am ^[5] [12][13]	Tikta, Madhur a	Laghu, Rooks ha	Sheeth a	Katu	Kaphapitta hara, Raktaprasa dhanam, Dahahara, Vishaghna, Krimighna Sophahara

Lootha Visha

Lootha Visha is mentioned in detail all Samhita's and even in regional texts there is mentioning about it.

Types

Based on Dosha Prakopa^[14]

- Vayavya
- Agneya
- Soumya
- Mishra

Based on Visha Prabhava^[15]

- Teekshna
- Madhyama
- Manda

Based on Sadhyasadhyatha^[16]

- Krurchasadhyatha
- Asadhyatha

Samanya Laskhnas - General Signs and Symptoms^[17]

- *Dadru Mandala* - appearance of round rash having the colors and texture as;
 - White
 - Mild red
 - Yellow
 - Blue
 - Soft and raised up
- *Madhya Krishna Avadha* - the center is either black or blue
- *Shyva Payentha Jalakaavrutha* - resembling a net at its ridges
- *Visarpa* - rashes
- *Sopha* - inflammation
- *Bahurvedhana* - severe pain
- *Jwara* - fever
- *Paka* - burning sensation
- *Vikhedha* - exudation
- *Kotha* - purification of tissues

- *Khedhanayath Sprasathyanga* - pus comes out of the wound
- *Vrana* - ulcer formation

Table 3: Lootha Visha Lakshna according to Doshas

Vata	Pitta	Kapha
<i>Daha</i> - burning sensation	<i>Kadina Sopha</i> - hard swelling	<i>Paruksha Sopha</i> - swelling is rough
<i>Trut</i> - thrist	<i>Pandu</i> - swelling will be white	<i>Shyava</i> - blue discoloration
<i>Shpoda</i> - formation of vesicles	<i>Kandu</i> - itching	<i>Pravabhedhathiruk</i> - - pain in joints
<i>Jwara</i> - fever	<i>Ruk</i> - pain	-

Method of preparation

Prayoga Samuchayam explains the preparation of *Kottam Ramchadi Agada* as; all the ingredients is taken equal quantity and made into *Choorna* (powder) form and stored. The mode of administration is *Pana* and *Lepa*. In the present era *Lepa* is more used when compared to *Pana* of this *Agada Yoga*. This *Choorna* is taken and mixed with luke warm water as applied as *Lepa* on and around the bite site.

Diagram 1: Analysis of Rasa (taste) of ingredients Of Kottam Ramachadi Agada

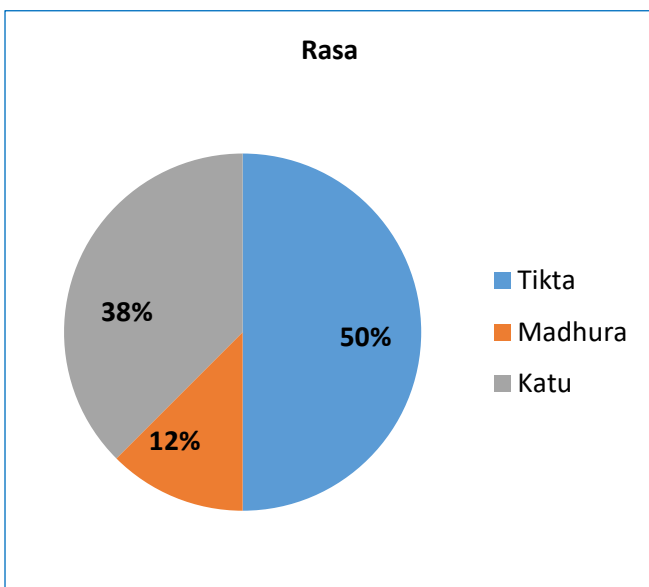


Diagram 2: Analysis of Guna (properties) of ingredients of Kottam Ramachadi Agada

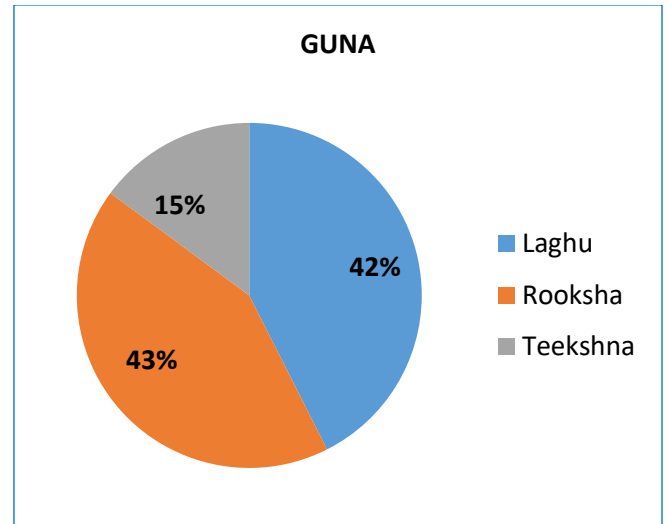


Diagram 3: Analysis of Virya (potency) of ingredients of Kottam Ramachadi Agada

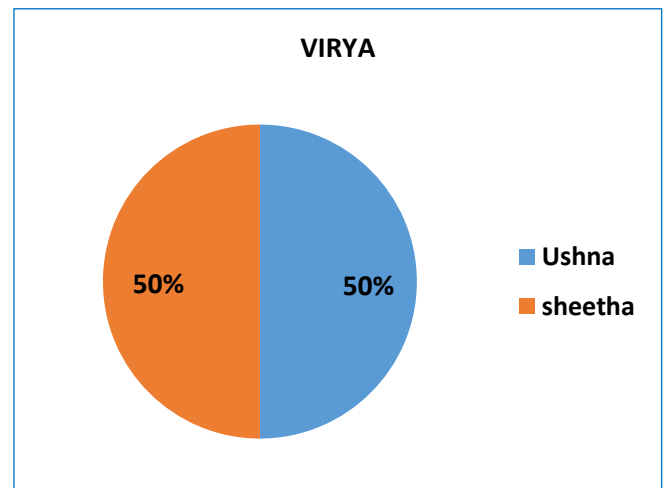
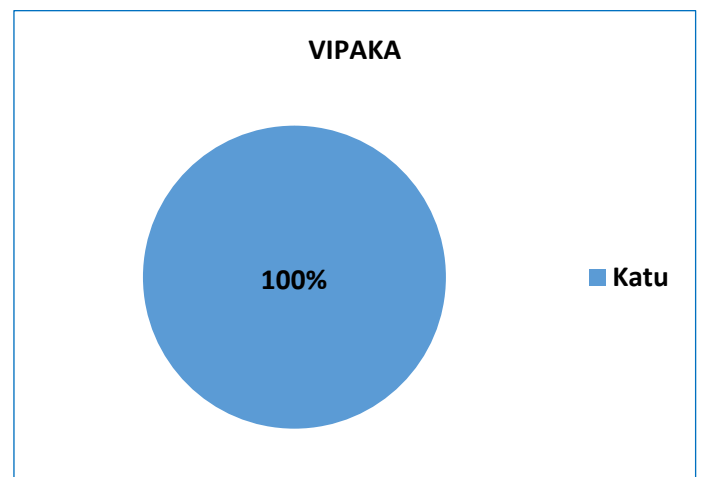


Diagram 4: Analysis of Vipaka of ingredients of Kottam Ramachadi Agada



DISCUSSION

Kottam Ramachadi Agada is widely used formulation among folklore *Visha Vaidhyas* in *Lootha Visha*. The action of the formulation can be explained as;

Action on *Dosha* and that helps in reducing symptoms related to that specific *Dosha* as mention in table - 3

- 50% of *Dravyas* have *Tikta Rasa*, 38% have *Katu Rasa* and 12% have *Madhura Rasa*, because of this different concentration of *Rasas*, *Pitta* and *Vata Dosha* will get pacified.
- 43% of *Dravyas* have *Rooskha Guna*, 42% have *Laghu Guna* and 15% have *Teekshna Guna*, because of this the medicine spreads more easily in the body.
- *Virya* of the *Dravyas* are in 50% equal for *Ushna* and *Sheeta*, so the pacification of *Pitta* and *Kapha Dosha*.
- All the *Dravyas* have *Katu Vipaka* which helps in pacification of *Kapha Dosha*.
- 90% of *Dravyas* are having *Kaphahara* property in them.

According to the signs and symptoms in *Lootha Visha*, the majority of them are;

- *Jwara* - Fever
- *Daha* - Burning Sensation
- *Sopha* - Inflammation
- *Ruk* - Pain

In this *Agada* we can see

- 90% of *Dravyas* have *Vishaghna* property in them.
- 50% of *Dravyas* have *Kushtaghna* property in them
- 90% of *Dravyas* have *Jwaraghna* property in them.
- 50% of *Dravyas* have *Dahahara* property in them.

CONCLUSION

The number of *Lootha Visha* - spider envenomation is more common when compared to other poisonous insects. The significance of this *Agada Yoga* is in the availability of the ingredients. The four ingredients

mentioned in *Kottam Ramachadi Agada*, is easily available in the normal surroundings. Along with this the properties of *Dravyas* also contribute to the wide usage of this *Agada Yoga*. Mode of administration of this *Yoga* is more practicable in acute cases. Due to this qualities *Kottam Ramachadi Agada* mentioned in *Prayoga Samuchayam* by *Kochunni Thamburam* is widely practiced among folklore *Visha Vaidhyas*. Further detailed information can be found out through proper clinical research works.

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