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Conceptual study of *Thookudhara* on *Mandali Vishaja Sopha*

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ABSTRACT

The most important envenomation's by snakes are from Elapidae and Viperidae families. Envenomation by the Viperidae induces necrosis of the skin and deep structures. Edema at the site of injury occurs very early and can be extremely intense. *Mandali Sarpa Visha* is *Pitta* predominant *Visha* and *Lakshanas* are *Daha* (burning sensation), *Ruk* (pain), and *Sopha* (swelling). *Thookudhara* drugs are *Pitta Rakta Shamaka* and it is indicated for *Mandali Vishaja Sopha*. *Keraleeya Vishachikitsa Grantha's*, *Visha Vaidya Jyotsnika* and *Prayoga Samuchayam* mentioned the *Yoga* in *Mandali Visha Chikitsa*.

Key words: *Mandali Sarpa*, *Thookudhara*, *Vishaja Sopha*, *Keraleeya Visha Chikitsa Granthas*

INTRODUCTION

Keraleeya Visha Chikitsa Grantha's, *Prayoga Samuchayam*^[1] written by Kochunni Thamburan and *Vishavaidya Jyotsnika*^[2] written by Karattu Namboothiri. *Prayoga Samuchaya* explained about *Thookudhara* in *Thritheeya Parichedam*. *Thookudhara* is a treatment indicated in *Vishaja Sopha*. Ingredient of *Thookudhara* is *Sheeta Veerya* and *Pitta Shamaka*. *Vishaja Sopha* caused by *Mandali Visha* is *Pitha Dosha* predominant and *Lakshanas* are *Daha* (burning sensation), *Ruk* (pain) and *Sopha* (swelling).^[3]

An estimated 5.4 million people are bitten by snakes each year with up to 2.7 million envenoming's. Around

81000 to 138000 people die each year because of snake bites and around three times as many amputation and other permanent disabilities are caused by snake bites annually.^[4] The Viperidae snakes are divided in to 2 main classes namely Pit vipers and pit less vipers. Viper snake bite induces intense inflammation, oedema and necrosis.^[5] *Mandali Damsha Visha* produces *Daha* (burning sensation), *Ruk* (pain), *Sopha* (swelling) which are similar to that of hemotoxic poison in viper snake bite cases.

REVIEW OF LITERATURE

Name of Yoga: *Thookudhara*

The reference of *Yoga* can be found out in *Prayoga Samuchayam*, *Thritheeya Parichedam*, *Mandali Samanya Visha Chikitsa* and *Visha Vaidya Jyotsnika*, *Mandali Visha Chikitsa*.

Ingredients:

1. *Karaskara pullunni* (*Loranthus ingiflorus*)
2. *Chandana* (*Santalum album*)
3. *Satavarai* (*Asparagus racemosa*)
4. *Kumari swarasa* (*Aloe vera*)
5. *Kushmanda latha* (*Benincasa hispida*)

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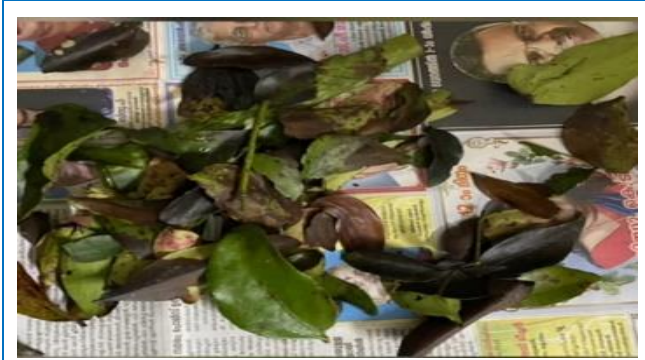
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6. *Eranda pathram (Ricinus communis)*



Karaskara pullunni



Shathavari



Kumari



Kushmanda latha



Eranda patra



Chandana

Table 1: Rasa Panchaka^[6]

Drug	Rasa	Guna	Veerya	Vipaka	Karma	Indication
Karaska ra pullunni	Tikta	Laghu Ruksh a	Sheet a	Katu	Grahi, Mutrala	Srama, Kashta Artava
Chanda na	Tikta, Mad hura	Laghu , Rooks ha	Sheet a	Katu	Kapha Pitha Shaman a	Daha, Raktapit ha, Jwara
Satavari	Mad hura, Tikta	Guru, Snigd a	Sheet a	Madh ura	Vata Pitha Shaman a	Seethapit ha, Arsas, Atisara
Kumari	Tikta	Guru, Pichil a	Sheet a	Katu	Vathapi tha Shaman a	Rechana, Raja Pravarth aka
Kushma nda Latha	Mad hura	Laghu	Sheet a	Madh ura	Balya	Mutragh ata, Mutrakrs cha, Prameha

Eranda Pathra m	Mad hura, Katu	Snigd a, Teeks hna	Ushna	Madh ura	Vajikar ana, Vrsya	Mutrakr hra, Gulma
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Method of Preparation

All the drugs are grounded, squeezed and filtered through a cloth. The *Swarasa* is poured in to a *Dhara* pot and left hanging with the help of a rope. It is placed half inch above affected area of the patient and continuously poured. This *Prayoga* is very effective for reducing *Vishaja Sopha*.

Indication

Daha, *Sopha*, *Visha*, *Pitha Vikaras* arising due to *Manadali Visha*

Action of Thookudhara on Vishaja Sopha

In *Vishaja Sopha* there is *Pitha Raktha* vitiation. The *Lakshanas* of *Vishaja Sopha* are *Mrdu* (soft), *Chala* (movable), *Avalambi* (drooping down), *Sheegra* (quick to manifest), *Daha Rujakara* (causing burning sensation and pain).^[7] Drugs in *Thookudhara* are having *Seetha Virya*, *Madhura Vipaka* and *Pitha Raktha Samaka* property. *Nidana* of *Vishaja Sopham* determine the *Dosha*. Predominant *Dosha* of *Mandali Vishaja Sopham* is *Pitta Dosham* and cause *Vishaja Sopham*. *Thookudhara* drugs are *Pitta Samaka* and *Seetha Veerya*.

Action of swelling in viper bite

Snake venoms are complex mixtures of proteins that exert a wide range of toxic action. Venoms from the snakes of the family *Viperidae* causes local effects and systemic manifestations. Due to increased capillary hydrostatic pressure, there will be decreased plasma oncotic pressure therefore the increased capillary permeability causes the obstruction of the lymphatic system and causes the swelling.^[8] Swelling may become apparent within 15 minutes and become massive in 2-3days.^[9]

DISCUSSION

Visha Vaidya Jyotsnika explained about treatment of *Mandali Vishaja Sopha*. On analysis of the symptoms, it reveals that *Mandali* produces *Sopha* and *Daha* over

the bitten area. *Mandali* being a *Pitha* predominant snake, *Mandali Damsha Lakshanas* leads to *Pitha Raktha Dushti*. Formulations adopted for *Mandali Visha* are *Sheetha Veerya*, *Pitha Samana*, *Raktha Prasadana* and *Visha Hara* in nature. *Thookudhara* explained in *Visha Vaidya Jyotsnika*, *Prayoga Samuchayam* contains *Sheetha Veerya* drugs like *Karaskara Pullunni*, *Chandana*, *Sathavari*, *Kumari*, *Kusmanda Latha*, *Eranda*. It is found to be very effective for reducing burning sensation, swelling, and feeling of extreme heat

CONCLUSION

Mandali Sarpa Visha is *Pitta* predominant *Visha*. All the constituents of this *Yoga* are easily available and having anti-poisonous properties. Further studies have to be conducted to prove its clinical efficacy.

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