A review on Kottam Thagaradi Agada Lepa in Mandalivisha Sopham

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ABSTRACT

Ashtanga Hrudaya Uttarasthana explained about the classification of Sarpa as Darvikara, Mandal, and Rajimantha based on their predominant Dosh Vata, Pitta, Kapha respectively. Kottam Thakaradi Agada Yoga for Mandal Vishaja Sopha is explained in Vishavaidya Jyothyshnika by Karattu Namboothiri. Here an attempt is made to carry out a review on the action of Kottam Thakaradi Agada Lepa in Mandal Vishaja Sopham.

Key words: Kottam Tagaradi, Mandal Visha Sopha, Lepa, Visha Vaidya Jyotsnika.

INTRODUCTION

The most important envenomations by snakes are from the Elapidae and Viperidae families. Viperidae family causes skin manifestations are local swelling, bruising, blistering and necrosis. The symptoms caused by a viper snake and the Mandal Visha Sarpa Lakshana are similar. Mandal Visha is more of Pitta predominant. When it bites, produces Paittika Sopha (swelling) and Ushnata in bitten area.

Kottam Takaradi Agada is mentioned in the context of Mandali Visha Chikitsa, which is particularly useful in treating Mandal Visha Sopham as a Lepa (external application). There are 24 Upakrama given for treating poisonous cases. Lepa is one among them, and it is used for treating local action of poison. Poison should be removed from the bite site by applying Lepa locally at that site. Vishaghna Lepa is used as anti poisonous Lepa which are described by various Samhitas. Applied on the skin in the thickness of ¾ inch.

REVIEW OF LITERATURE

Name of Yoga: Kottam Thagaradi Agada

This Agada mentioned in Visha Vaidya Jyothnnika, Visha Vaidya Sara Sangraham, Prayogasamuchayam and Kriya Koumudhi in Mandal Visha context. Here an attempt is made to carry out a review on Kottam Tagaradi Yoga by Karattu Namboothiri in Visha Vaidya Jyotsnika.

Ingredients of Kottam Thagaradi Agada and Botanical name

<table>
<thead>
<tr>
<th>Drug</th>
<th>Ayurvedic Name</th>
<th>Botanical Name</th>
<th>Family</th>
</tr>
</thead>
<tbody>
<tr>
<td>Kottam</td>
<td>Kushta</td>
<td>Saussurea lappa</td>
<td>Asteraceae</td>
</tr>
<tr>
<td>Thagaram</td>
<td>Tagaram</td>
<td>Valeriana walllichi</td>
<td>Valerianaceae</td>
</tr>
<tr>
<td>Ramacham</td>
<td>Useera</td>
<td>Vettiveria zizanoids</td>
<td>Graminae</td>
</tr>
<tr>
<td>Chandanam</td>
<td>Chandanam</td>
<td>Santalam album</td>
<td>Santalaceae</td>
</tr>
</tbody>
</table>

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Table of Ingredients and Properties

<table>
<thead>
<tr>
<th>Drug</th>
<th>Rasa</th>
<th>Guna</th>
<th>Veerya</th>
<th>Vipaka</th>
<th>Dosha Karma</th>
<th>Rogagnata</th>
</tr>
</thead>
<tbody>
<tr>
<td>Kushta</td>
<td>Katu, Madhura, Tiktha</td>
<td>Laghu</td>
<td>Ushna</td>
<td>Katu</td>
<td>Vatakapha hara</td>
<td>Kushta, Visarpa, Visha, Kandu, Dadruigna, Kantikrut</td>
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<tr>
<td>Tagaram</td>
<td>Katu, Tiktha, Kashaym</td>
<td>Laghu, Snigdha</td>
<td>Ushna</td>
<td>Katu</td>
<td>Tridoshahara</td>
<td>Apasmara, Soola, Visha, Netra Roga</td>
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<tr>
<td>Chandanm</td>
<td>Tiktha, Madhura</td>
<td>Laghu, Rooksa</td>
<td>Seetha</td>
<td>Katu</td>
<td>Pittahara</td>
<td>Visha, Asrapitita, Chardi, Trushna, Jwara, Vranahara, Vrushya, Netra</td>
</tr>
<tr>
<td>Madhukam</td>
<td>Madhura</td>
<td>Guru, Snigdha</td>
<td>Seetha</td>
<td>Madhura</td>
<td>Pittavata hara</td>
<td>Visha, Vrana, Sopha, Chardi, Trushna, Glani, Kshaya, Sukrala, Kesya, Swarya</td>
</tr>
<tr>
<td>Sariba</td>
<td>Madhura, Tiktha</td>
<td>Guru, Snigdha</td>
<td>Seetha</td>
<td>Madhura</td>
<td>Tridosha hara</td>
<td>Visha, Agnimandya, Aruchi, Swasa, Kaasa, Aama, Asrapradara, Jwara, Atisara, Sukrakara</td>
</tr>
</tbody>
</table>

Method of preparation Kottam Tagaradi Yoga

Ingredients of the Kottam Thagaradi Yoga were taken in equal quantities and made Churnam (powdered). This Churna (powder) should be mixed with lukewarm water and applied as Lepa over the affected area.

Signs and symptoms of Mandal Damsa

According to Visha Vaidya Jyotsnika - Sopham, Ushnata and Peeta Varna over the affected area.

Discussion

Swelling occurs as a result of elevated capillary hydrostatic pressure, reduced plasma oncotic pressure, increased capillary permeability, and lymphatic system obstruction. To alleviate inflammation, anti-inflammatory medications obstruct cyclooxygenase (COX), an enzyme that produces prostaglandins - compounds responsible for causing inflammation.

In Ayurveda, Vata getting vitiated, brings the vitiated Pitta Rakta and Kapha, into the external channels and getting obstructed by them, produces Sopham (swelling). Nidana of Vishaja Sopham determines the Dosha. Predominant Dosha of Mandal Vishaja Sopha is Pitta Dosha and cause Vishaja Sopham. Ingredients of Kottamtagardi Yoga are Kushta, Tagara, Usheera, Yashtimadhu, Chandana, Sariva. The analysis of the drugs, Rasa Panchaka reveals that Madhura Rasa constitutes 100%, Tikta Rasa constitutes 50%, and Katu Rasa constitutes 16.67%. The distribution of Veerya is 66.67% Sheeta Veerya and 33.3% Ushna Veerya. The drugs possess Gunas that are proportionally distributed among Laghu, Snigdha, and Guru, each.
constituting 50%. The Dosha Karma is distributed among 83.33% Pittahara Karma and 33.3% Tridosha Hara.[10] As all the drugs have a Vishahara nature, with predominant Madhura Rasa, Sheeta Veerya, and Pittahara Karma, they can be effectively applied through Lepa to alleviate Mandalivisha Sopha.

CONCLUSION

Kottamtagaradi Lepa is one among the Yoga which is mentioned in Visha Vaidya Jyothsnika for Mandalivisha Sopham. The Lakshana of the Vishaja Sopham is Pitha and Rakta predominant. Karma and Guna of Kottamtagaradi Agada Lepa is Pitta Rakta Samaka, Sophagnam and Visha Hara.

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