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Ayurvedic and contemporary view of Vishaghana Mahakashya

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ABSTRACT

Charka Samhita is considered one of the oldest ancient medical books among all literary. *Charka* explained fifty *Mahakashya* in the fourth chapter of *Sutra-Sthan* namely *Shadvirechanshtashreeya*. Each *Mahakashya* are named according to their action, for example *Balya Mahakashya* increases strength. Each *Mahakashya* has ten drugs. Among the fifty *Mahakashya*. *Laghu, Ruksha, Aashu, Vishad, Vyavayi, Tikshna, Vikaashi, Sookshma, Ushna, Anirdeshyarasa*^[1] are the ten properties of poisonous drugs. Drugs which act against toxic effect of substances are called as *Vishaghna*.^[2] *Vishaghanamahakashya* shows the anti-toxic effect by treating of *Rakta* and *Pitta Dushti*. The term *Vishaghana* and detoxification are same functionally. *Vishaghana Mahakashya Dravya* denatures toxins, neutralise toxins and excretes toxins from the body. It includes *Haridra (Curcuma longa), Manjishtha (Rubia cordifolia), Suvahaa (Operculina turpethum), Sukshama Ela (Elettaria cardamomum), Paalindee (Hemidesmus indicus), Chandan (Santalum album), Kataka (Strychnos potatorum), Shirish (Albizia lebeck), Sinduvaara (Vitex negundo) and Shleshmaataka (Cordia dichotoma)*. *Vishghanamahakashya* has large area of therapeutic uses. The objective of this review article includes discussing different aspect of *Vishghanamahakashya* in *Ayurvedic* and contemporary aspects.

Key words: *Vishaghana Mahakashya, Detoxification, Mahakashya*

INTRODUCTION

Agad Tantra is a branch of *Ayurveda* that deals with medicine with anti-poisonous effects. *Visha* means the *Dravya* which causes *Vishaad*. *Visha* has ten properties (*Laghu, Ruksha, Aashu, Vishad, Vyavayi, Tikshna, Vikaashi, Sookshma, Ushna, Anirdeshyarasa* are the ten properties of poisonous) that can be neutralised by

Vishaghana Mahakashya.

MATERIALS AND METHODS

The various classical and modern texts, research papers, review papers and internet material related to *Mahakashya* was reviewed.

Table 1: Ayurvedic properties of Vishaghana Mahakashya.^[2]

SN	Vishaghana drugs	Botanical Name & Family	Properties (Ras Panchak)
1.	Haridra (Turmeric)	Curcuma longa (Zingiberaceae)	Rasa - Tikta, Katu; Guna - Ruksha; Virya - Ushna; Vipaka - Katu Kaphavatahara
2.	Manjishtha (Indian Madder)	Rubia cordifolia (Rubiaceae)	Rasa - Madhur, Tikta, Katu; Guna - Guru; Virya - Ushna; Vipaka - Katu

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			<i>Kaphaghna</i>
3.	<i>Suvaha</i> (Rasna)	<i>Pluchea lanceolata</i> (Compositae)	<i>Rasa - Tikta; Guna - Guru; Virya - Ushna; Vipaka - Katu</i> <i>Vatakaphashamaka</i>
4.	<i>Ela</i> (Lesser Cardamom)	<i>Elettaria cardamomum</i> (Zingiberaceae)	<i>Rasa - Katu, Madhura; Guna - Laghu, Snigdha, Sugandhi, Sukshma; Virya - Shita; Vipaka - Madhur</i> <i>Kaphavataghna</i>
5.	<i>Palindi</i> (Turpeth)	<i>Operculina turpethum</i> (Convolvulaceae)	<i>Rasa - Katu, Tikta, Madhura, Kashaya; Guna - Guru, Ruksha, Teekshna; Virya - Ushna; Vipaka - Katu</i> <i>Pitta Kapha Sanshodhana</i>
6.	<i>Chandan</i> (Sandalwood)	<i>Santalum album</i> (Santalaceae)	<i>Rasa - Tikta, Madhura; Guna - Laghu, Ruksha; Virya - Sheeta; Vipaka - Katu</i> <i>Kaphapittashamaka</i>
7.	<i>Katak</i> (Clearing nut)	<i>Strychnos potatorum</i> (Loganiaceae)	<i>Rasa - Madhura, Kashaya, Tikta; Guna - Laghu; Virya - Shita; Vipaka - Madhur</i> <i>Vatakaphashamaka</i>
8.	<i>Shirisha</i> (Shirisha)	<i>Albizia lebeck</i> (Leguminosae)	<i>Rasa - Madhura, Tikta, Kashaya; Guna - Laghu; Virya - Ushna; Vipaka - Katu</i> <i>Tridoshaghna</i>
9.	<i>Sindhuvaar</i> (five leaves chaste)	<i>Vitex negundo</i> (Verbenaceae)	<i>Rasa - Tikta; Guna - Laghu, Ruksha; Virya - Ushna; Vipaka - Katu</i> <i>Kaphvatshamaka</i>

10.	<i>Shleshmatak</i> (Sebestan)	<i>Cordia dichotoma</i> (Boraginaceae)	<i>Rasa - Madhura; Guna - Snigdha, Guru, Pichchila; Virya - Ushna, Vipaka - Katu</i> <i>Vatapittashamaka, Kaphavardhaka</i>
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Table 2: Chemical composition of each drug of Vishghana Mahakashya

SN	Vishghana Dravya	Chemical Composition
1.	<i>Haridra</i>	Curcumin, curcnone, curcumenone, cineole, eugenol ^[4]
2.	<i>Manjistha</i>	Mangistin, alizarin, garancin, mollugin, furomollugin ^[5]
3.	<i>Suvaha</i>	Pluchine, quercetin, isohamnetin, hesperidin ^[6]
4.	<i>Ela</i>	Pinene, sabinene, myrcene, limonene ^[7]
5.	<i>Palindi</i>	Turpethin
6.	<i>Chandan</i>	Santalol, Sesquiterpene,
7.	<i>Katak</i>	Brucine
8.	<i>Shirish</i>	Saponins and Tannins
9.	<i>Sindhuvaar</i>	Malic acid
10.	<i>Shleshmatak</i>	Tannin

Uses of Vishghana drugs in poisoning

- 1. Haridra:** Ghee cooked with *Haridra* is best to treat artificial poison.^[8] It is locally used in rat bite.^[9] Fresh turmeric rhizome, *Ankolam* root and *Nirgundi* paste applied locally on dog bite.^[10] Paste made of fresh turmeric rhizome and *Moringa oleifera* bark is applied on injured portion of dog bite. It is used for an external application with human milk in leech poisoning.^[11] Application of

Haridra with *Gomutra* cures sea snake bite.^[12] Decoction of *Haridra* with milk cures all types of poisons.^[13] Intake of *Haridra* with *Gomutra* cures all animate and inanimate poisons.^[14] Turmeric mixed with *Saindhav*, honey and Ghee is useful for poisoning by root poison and also in person wounded by poisoned weapon.^[15]

- 2. *Manjistha*:** *Rubia cordifolia* shows antioxidant activity against lead nitrate and radiation induced toxicity.^[16] Purpurin constituents of *Rubia cordifolia* shows antigenotoxic activity.^[17] According to *Bhavaprakash*, *Manjistha* is able to bind itself *Amavisha* and *Garavisha*.
- 3. *Rasna*:** It is used in *Lepa* for poisoned hands.^[18] It is used in treatment of spider bite.^[19]
- 4. *Ela*:** It is used in lead poisoning.^[20] The aqueous cardamom suspension can enhance detoxifying enzyme and decrease peroxidation of lipid.^[21]
- 5. *Sariva*:** It is used in hepatotoxicity.^[22]
- 6. *Chandan*:** Useful for an external application on cardiac region in poisoning by fumes.^[23] Consumption of *Chandan* and *Amalaki* mixed with honey in morning cures artificial poisoning.^[24]
- 7. *Katak*:** It is used in *Lepa* for massage by poisoned oil.^[25] *Katak* is used as *Lepa* in *Vataj Loota Visha*.^[26] It is an antidote for hot honey.^[27]
- 8. *Shirish*:** *Shirish* is the best drug of choice of poisoning.^[28] It is used in *Pradeha* for poisoning by poisoned ornaments.^[29] Three times macerated seeds of *Shirisha* in calotropis latex mixed with *Pippali* powder are useful in insect, spider, snake, scorpion and rat bite.^[30] It is useful in anointing the swollen gums due to poisoned tooth-brush.^[31]
- 9. *Sinduvar*:** it is useful in *Darvikar Visha* for internal administration.^[32] *Sinduvaradi Kwath* useful in rat poisoning.^[33]
- 10. *Shleshmantak*:** It is useful in all types of spider poisoning.^[34] It is present in *Pradeha* useful in poisoning by feet and seat.^[35] It reduces adverse effect of Adriamycin.^[36]

S N	Vishaghana drugs	Classification according to Charak	Sushruta	Vagbhat	Contemporary uses
1.	<i>Haridra</i>	<i>Kusthaghana Lekhaniya, Kandughana, Vishaghana, Shirovirechana</i>	<i>Haridradi Gana, Mustadi Gana</i>	<i>Haridradi Gana, Mustadi Gana</i>	Anti-inflammatory, anti-oxidant, antidiabetic, antihistaminic blood purifier, immunomodulator
2.	<i>Manjistha</i>	<i>Vishaghana, Jwarahara, Varnya</i>	<i>Priyangvadi Gana</i>	<i>Priyangvadi Gana</i>	Antimicrobial, antioxidant, astringent
3.	<i>Suvaha</i>	<i>Vayasthapan a,</i>	<i>Abhayadi Varga</i>	-	Anti-inflammatory, Antipsoriatic
4.	<i>Ela</i>	<i>Shwasahara, Shirovirechana, Angmardaprashmana</i>	<i>Eladi</i>	<i>Eladi, Trijatak, Chaturjat ak</i>	Antiseptic, antimicrobial, antispasmodic, antitoxic
5.	<i>Palindi</i>	<i>Bhedniya</i>	<i>Syamadi</i>	<i>Syamadi</i>	Anti-inflammatory, antihelminthic, purgative, antihistaminic
6.	<i>Chandan</i>	<i>Varnya, Kandughana, Dahaprashmana, Trishnanigrahana</i>	<i>Salasaradi, Sarivadi, Patoladi, Guduchyadi, Priyangvadi</i>	<i>Salasaradi, Sarivadi, Patoladi, Guduchyadi, Priyangvadi</i>	Diuretic, antiseptic, antitoxic
7.	<i>Katak</i>	<i>Vishaghana</i>	<i>Parusakadi</i>	<i>Parusakadi</i>	Antidiabetic, Antimicrobial, Antiarthritic
8.	<i>Shirisha</i>	<i>Vednasthapan a, Shirovirechana</i>	<i>Salasaradi</i>	<i>Asanadi</i>	Antiseptic, Antibacterial, Antisnake venom
9.	<i>Sinduvar</i>	<i>Krimighana</i>	<i>Surasadi</i>	<i>Surasadi</i>	Antiseptic, Antioxidant, Insecticidal
10	<i>Shleshmantak</i>	<i>Vishaghana</i>	<i>Phala Varga</i>		Diuretic, Anti-inflammatory, Antimicrobial

RESULT

After reviewing Ayurvedic and contemporary view of Vishaghana Mahakashya we can conclude that drugs of Vishaghana Mahakashya helps to treat all types of poisons like snake bite, rat bite, dog bite, Gara Visha, Dushi Visha, adverse drug reactions. So, we can claim that Ayurvedic drugs helps in toxicological studies as per modern scenario.

DISCUSSION

Drugs of Vishaghana Mahakashya having properties of Vishaghana. It includes Haridra (*Curcuma longa*), Manjistha (*Rubia cordifolia*), Suvaha (*Operculina turpethum*), Sukshama ela (*Elettaria cardamomum*), Palindi (*Hemidesmus indicus*), Chandan (*Santalum album*), Kataka (*Strychnos potatorum*), Shirish (*Albizia lebbek*), Sinduvaara (*Vitex negundo*) and Shleshmataka (*Cordia dichotoma*). These drugs show antitoxic effect by removing and neutralising toxins in the body at cellular level. As per modern scenario Vishaghana Mahakashya have properties like anti-bacterial, anti-fungal, anti-histaminic etc. so we can use this in our daily to daily life.

Action against poison in Vishaghana Mahakashya

1. *Haridra*: It cleanses and purifies Rakta. It works as Rakta Shodhan as well as Rakta Prasadhan. Gara Visha vitiates Rakta Dhatu, Haridra being Tikta Rasa counteracts Gara Visha localised in blood.
2. *Manjistha*: Manjistha is selected in Mahakashya mainly by its blood purifying property. It is having Tikta, Kashya and Madhur Rasa so it purifies Rakta Dhatu.
3. *Suvaha*: Trivrit is best indicated as mild laxative so it removes poison through purgation.
4. *Ela*: Ela has Madhur and Katu Rasa, Madhur Vipaka and cold potency, so having opposite qualities it works as Vishaghana.
5. *Palindi*: It has Madhur and Katu Rasa, Madhur Vipaka and cold potency.
6. *Chandan*: It has Tikta Rasa and cold potency Chandana counteracts with astringent and hot properties of Visha.

7. *Katak*: It increases the production of urine so it drains out poison through urine. Katak is Laghu, Vishada, Madhura, Tikta, Kashya and has cold potency.
8. *Shirish*: Shirish is best anti-poisonous drug. It is Vishaghana by its Prabhav.
9. *Sinduvar*: It is Laghu and Ruksha, Katu and Tikta in taste, Katu in Vipaka and hot in potency so it has Vata relieving property, it is used in Darvikaradi Vata aggravating Visha.
10. *Shleshmantak*: It is specially used in spider poisoning.

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