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Review Article

### Vishaharayogas in Sahasrayoga: A review

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#### ABSTRACT

Ayurveda pharmaceuticals deals with preparation of medicines. The formulations are in different forms with a variety of ingredients that are herbal, mineral, marine, etc. in origin. These formulations, based on the ingredients and the forms are mentioned in different conditions including in the management of poisons. Sahasrayoga is a book that is a compilation of different formulations that are mentioned in various diseases. A review of this book has put light on the yogas that are mentioned in the management of various poisons. In this book, for the management of poisons different dosage forms are mentioned like kashaya, churna, leha, ghrita, etc. The formulations mentioned are not just for management of visha but are also indicated in other disorders.

**Keywords:** Visha, Yogas, Vishaghna, Ayurveda, formulations

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#### INTRODUCTION

Rasashastra and Bhaishajya kalpana is the subject that deals with preparation of formulations that are herbal, herbo-mineral, marine, etc. in origin. The formulations are prepared in different dosage forms like kashaya (decoction), churna (powder), ghrita kalpas (ghee preparation), taila kalpas (oil preparation), vati (tablets), lehya (confectionary), etc. The form in which the drug is made also has an effect on the formulations and not just the ingredients used. These formulations are indicated in broad spectrum of diseases. The formulations selected are based on the ingredient and the dosage form suitable for a particular condition. Sahasrayoga is a book that has a compilation of different yogas indicated in various disorders.

A literary review through the text book of Sahasrayoga has thrown light on the various kalpana that are used as vishaghna (anti poisonous). Different dosage forms are mentioned that have vishaghna (anti-poisonous) property. The formulations mentioned for the treatment of poisons are kashaya (decoction), churna (powder), gutika (tablets), ghrita (ghee preparation) and lehya yogas (confectionary).

Among the primary preparations that are mentioned are: in kashaya kalpana- Visarpakulakadi kashaya<sup>1</sup> and in Churna kalpanas- Pruthunimba churna<sup>2</sup> and Naracha churna<sup>3</sup> are explained. Ghrita kalpana explained are Kalynaka ghrita<sup>4</sup>, Mahakushmanda ghrita<sup>5</sup> and Panal Patiryaadi Ghrita<sup>6</sup>, lehya

yoga is Dashamulaharitaki leha<sup>7</sup>, the gutikas mentioned are Bilwadi gutika<sup>8</sup>, Suchimukha rasa<sup>9</sup>, Dashanga gutika<sup>10</sup> and Mrutasanjivani gutika<sup>11</sup> for the treatment of various poisons.

Among the formulations mentioned, the yogas indicated in garavisha are more. They are Dashamula Haritaki lehya, Pruthunimba churna, Naracha churna and Bilwadi gutika.

**Visarpakulakadi Kashaya-** A kashaya prepared with patola (*Luffa acutangula*), vasa (*Adhathoda vasica*), chirayata (*Swertia chirata*), nimba (*Azadirachta indica*), katuki (*Picrorhiza kurroa*), vibhitaki (*Terminalia bellirica*), haritaki (*Terminalia chebula*), amalaki (*Phyllanthus emblica*), chandana (*Santalum album*) and added with guggulu (*Commiphora wightii*) and taken is said to be beneficial in visha vikara (disorders because of poison), jwara (fever), visarpa (erysipelas), daha (burning syndrome), bhrama (giddiness), vedana (pain) and trushna (morbid thirst).

**Pruthunimba churna-** Ingredients are nimba twak (*Azadirachta indica*), twak sara, beeja, pushpa and patra and all the drugs are taken in equal quantity, pounded separately and made into a powder form and mixed homogenously. In this the powders of trikatu (*Zingiber officinale*, *Piper nigrum* and *Piper longum*), haridra (*Curcuma longa*) and triphala (fruits of *Terminalia chebula*, *Terminalia bellirica* and *Phyllanthus emblica*) are added and is said to be taken with milk, ghee, honey or warm water. It is indicated in kasa (cough), garavisha (artificial poison), prameha pidaka

(diabetic ulcers) and kushta (obstinate skin diseases including Leprosy).

**Naracha churna-** Ajamoda (*Apium graveolens*), hapusha (*Juniperus communis*), dhanyaka (*Coriandrum sativum*), shatapushpa (*Pimpinella anisum*), ela (*Elettaria cardamomum*), krishna jeeraka (*Carum carvi*), pippali mula (*Piper Longum*), ajagandha (*Cleome gynandra*), shati (*Hedychium spicatum*), vacha (*Acorus calamus*), chitraka (*Plumbago zeylanica*), trikatu (*Zingiber officinale*, *Piper nigrum* and *Piper longum*), swarnaksheeri (*Argemone mexicana*), triphala (fruits of *Terminalia chebula*, *Terminalia bellirica* and *Phyllanthus emblica*), sarji kshara (alkali), yavakshara (alkali of *Hordeum vulgare*), pushkara mula (*Inula racemosa*), kushta (*Saussurea lappa*), pancha lavana (all five salts), vidanga (*Embelia ribes*) - all are taken one part each. Danti mula (*Baliospermum montanum*) is 3 parts, trivrut (*Operculina turpethum*) is 2 parts, indravana is 2 parts and stala is taken 4 parts. All these drugs are powdered separately and are mixed well to get a homogenous powder.

This churna is indicated in various conditions with different anupana (adjuvant). In case of udara roga (obstinate abdominal diseases including ascites; abdominal enlargement), gulma (tumour), vata roga (disorders because of vata), malabaddhata (constipation), ajeerna (indigestion), bhagandara, pandu (anaemia), kasa (cough), shwasa, galagraha, hrudroga (heart ailments), grahani, kushta (obstinate skin diseases including leprosy), agnimandya (loss of appetite), jwara (fever), mula visha (poison from roots of herbs) and garavisha (artificial poison). In case of visha (poison) it is said to be given after snehana (oleation therapy) for the purpose of virechana (purgation).

**Kalyanaka ghrita-** The ingredients are triphala (fruits of *Terminalia chebula*, *Terminalia bellirica* and *Phyllanthus emblica*), indraravuni (*Citrullus colocynthis*), ela (*Elettaria cardamomum*), devadaru (*Cedrus deodara*), elavaluka (*Prunus avium*), sariva (*Hemidesmus indicus*), krishna sariva (*Cryptolepis buchanani*), haridra (*Curcuma longa*), daruharidra (*Berberis aristata*), shalaparni (*Desmodium gangeticum*), prishnaparni (*Uraria picta*), priyangu (*Callicarpa macrophylla*), tagara (*Valeriana wallichii*), bruhati (*Solanum indicum*), kushta (*Saussurea lappa*), manjishta (*Rubia cordifolia*), nagakesara (*Mesua ferrea*), dadima (*Punica granatum*), vidanga (*Embelia ribes*), talisa patra (*Abies webbiana*), ela (*Elettaria cardamomum*), malati (*Aganosma heynei*), mukula (*Pterocarpus chrysothrix*), utpala (*Nymphaea stellata*), danti (*Baliospermum montanum*), padmaka (*Prunus cerasoides*) and chandana (*Santalum album*)- all one tola (12g) each are taken as kalka dravya and ghrita is prepared with one prastha (768 g) of ghrita (ghee).

This is indicated in pandu (anaemia), kushta (obstinate skin diseases including leprosy), visha (poisons), garavisha (artificial poison), etc. This formulation is said to give bala (strength), ayu (life span), kanti (gives luster), soubhagya, pushti dayaka (nutritious) and smriti (increase memory).

**Mahakushmanda ghrita-** The ingredients for kwatha dravya are kushmanda (*Benincasa hispida*), vidarikanda (*Pueraria tuberosa*), ikshu (*Saccharum officinarum*), vasa (*Adhathoda vasica*), amalaki (*Phyllanthus emblica*), shatavari (*Asparagus racemosus*), kadalikanda (*Musa paradisiaca*), gokshura (*Tribulus terrestris*), jeevanti (*Leptadenia reticulata*), vajigandha (*Withania somnifera*), mahabala (*Sida rhombifolia*) and sariva (*Hemidesmus indicus*) swaras- 1 prastha (768 g) each. Narikela jala (*Cocos nucifera*) is 1 prastha (768 ml) and goghrita is 2 prastha (1536ml), ajadugdha-1prastha (768 ml).

The kalka dravyas are- draksha (*Vitis vinifera*), kharjura (*Phoenix dactylifera*), dadima (*Punica granatum*), dhanyaka (*Coriandrum sativum*), jeeraka (*Cuminum cyminum*), chandana (*Santalum album*), yashtimadhu (*Glycyrrhiza glabra*), trijataka (*Cinnamomum zeylanicum*, *Elettaria cardamomum* and *Cinnamomum tamala*), mustaka (*Cyperus rotundus*), panchakola, lavanga (*Syzygium aromaticum*), vidanga (*Embelia ribes*), takkola (*Illicium verum*), padmaka (*Prunus cerasoides*), ushira (*Vetiveria zizanioides*), sugandhavala (*Andropogon vetiveria*), haridra (*Curcuma longa*), triphala (fruits of *Terminalia chebula*, *Terminalia bellirica* and *Phyllanthus emblica*), kushta (*Saussurea lappa*), sariva (*Hemidesmus indicus*), nagakesara (*Mesua ferrea*), renuka (*Vitex negundo*), ajamoda (*Apium graveolens*), vasa (*Adhathoda vasica*), maricha (*Piper nigrum*), krishna jeeraka (*Carum carvi*)- all in equal quantity.

After preparation of the ghrita 1 prastha (768 ml) of madhu has to be added and taken in the morning.

This is indicated in various conditions like jwara (fever), kasa (cough), kshaya (pthisis), shwasa (dyspnoea), vatarakta (gout), visha dosha (disorders from poison), rakta gulma (tumour), etc. This is said to increase the bala (strength) and dhatu.

**Panal Patiryaadi Ghrita-** Ghrita is said to be prepared with the kashaya, kalka and ghrita of the said drugs and this when administered after vama and virechana is beneficial in the management of alarka visha (dog bite). The kashaya is prepared with panala, patiri, karpasa (*Gossypium herbaceum*), pata (*Cissampelos pareira*), agnimantha (*Clerodendrum phlomidis*), garudapacha (*Trichopus zeylanicus*), shirisha (*Albizia lebeck*) panchanga, mahua (*Madhuca longifolia*), bilwamula (*Aegle marmelos*), vasuka (*Spermacoce hispida*), neeli (*Indigofera tinctoria*), triphala (fruits of *Terminalia chebula*, *Terminalia bellirica* and *Phyllanthus emblica*), sarpagandha (*Rauvolfia serpentina*), ushira (*Vetiveria zizanioides*), vyaghrapadi (*Gymnosporia montana*), apamarga (*Achyranthes aspera*), neyavalli, brahmi (*Bacopa monnieri*), bimbipatra (*Coccinia grandis*) and the dashapushpa namely, sahadevi (*Vernonia cinerea*), shashakarni, vishnukranta (*Evolvulus alsinoides*), durva (*Cynodon dactylon*), bhringaraja (*Eclipta alba*), kanphoda, tirutali, musali (*Chlorophytum borivilianum*), lajavanti (*Mimosa pudica*), pashana bhedi (*Bergenia ligulata*). The kalka is prepared with kamala beeja (*Nelumbo nucifera*), trikatu (*Zingiber officinale*, *Piper nigrum* and *Piper longum*), vacha (*Acorus calamus*), lashuna (*Allium sativum*), yashtimadhu (*Glycyrrhiza glabra*), hingu (*Ferula foetida*), jeeraka (*Cuminum cyminum*), krishna jeeraka (*Carum carvi*), ashwagandha (*Withania somnifera*), sheetalachini (*Piper cubeba*), draksha (*Vitis vinifera*), chandana (*Santalum album*), triphala (fruits of *Terminalia chebula*, *Terminalia bellirica* and *Phyllanthus emblica*) and aragwadha (*Cassia fistula*).

**Dashamulaharitaki leha-** Dashamula kwatha is prepared with 16 pala (4800g) of dashamula and 16 parts of water and reduced to 1/4<sup>th</sup>. In the same kwatha the haritaki (*Terminalia chebula*) (100 in number) is steamed. To the filtered kwatha, guda (jaggery) is added and heated to attain the paka lakshana (till the mixture turns like a bolus and when the jaggery syrup is put on water it sinks). To this trijata, trikatu (*Zingiber officinale*, *Piper nigrum* and *Piper longum*), yavakshara, - 1 pala (48 g) each and haritaki is added and mixed well. After it cools 32 tola (384 ml) of madhu (honey) is added and mixed well.

It is indicated in garavisha and also other diseased condition like shotha (oedema), jwara (fever), prameha (obstinate

urinary diseases including diabetes), amavata (rheumatism), amlapitta (dyspepsia), mutra vikara (urinary diseases), etc.

**Table 1: Vishaghna formulations in vati form**

Sl. No.	Name of the Gutika	Ingredients	Indications
1	Bilwadi gutika	Bilwa moola ( <i>Aegle marmelos</i> ), tulasi ( <i>Ocimum sanctum</i> ), karanja ( <i>Pongamia pinnata</i> ), nata ( <i>Valeriana wallichii</i> ), surahwa ( <i>Cedrus deodara</i> ), triphala ( <i>Terminalia chebula</i> , <i>Terminalia bellerica</i> <i>Embica officinalis</i> ), vyosha ( <i>Zingiber officinale</i> , <i>Piper longum</i> and <i>Piper nigrum</i> ), haridra ( <i>Curcuma longum</i> ), daruharidra ( <i>Berberis aristata</i> ) bhavana to be given with gomutra (Cow's urine)	Sarpa visha (snake bite), loota (spider), mushika (rat poison), vruschika (scorpion sting), gara visha (artificial poison), visuchika (Gastro-enteritis with piercing pain), ajeerna (indigestion), jwara (fever), bhutabadha nashaka (psychological disorder)
2	Suchimukha rasa	Parada (mercury), gandhaka (sulphur), haratala (yellow arsenic), manashila (realgar), makshika (chalcopyrite), tuttha (blue vitriole), jayapala ( <i>Croton tiglium</i> ), vatsanabha ( <i>Aconitum ferox</i> ), tankana (borax) and katuphala- all are taken in equal quantity and bhavana (trituration) is given with sarpa pitta	Applied on brahma randra is useful in unmada (insanity), jwara (fever), visha dosha (disorders from poison), prameha (obstinate urinary diseases including diabetes) and dhanurvata (tetanus)
3	Dashanga gutika	Vacha ( <i>Acorus calamus</i> ), hingu ( <i>Ferula foetida</i> ), vidanga ( <i>Embelia ribes</i> ), saindhava (rock salt), gajapippali ( <i>Scindapsus officinalis</i> ), pata ( <i>Cissampelos pareira</i> ), ativisha ( <i>Aconitum heterophyllum</i> ), trikatu ( <i>Zingiber officinale</i> , <i>Piper nigrum</i> and <i>Piper longum</i> )- all equal quantity and bhavana is given with gomutra	Keeta visha (insect poisons)
4	Mrutasanjivani gutika	Yashtimadhu ( <i>Glycyrrhiza glabra</i> ), chandana ( <i>Santalum album</i> ), rudraksha ( <i>Elaeocarpus ganitrus</i> ), mrugashringa, vacha ( <i>Acorus calamus</i> ), rasanjana ( <i>Berberis aristata</i> ), aklari ( <i>Lodoicea maldivica</i> ), jeeraka ( <i>Cuminum cyminum</i> ), ela ( <i>Elettaria cardamomum</i> ), gorochana, sheetalachini ( <i>Piper cubeba</i> ), karpura ( <i>Cinnamomum camphora</i> ), jayapala ( <i>Croton tiglium</i> ), javitri ( <i>Myristica fragrans</i> ); the horn of vrusha, horn of Krishna mruga, cow's horn, gunja ( <i>Abrus precatorius</i> ), pravala (Coral), mukta (Pearl), the eye part of the peacock's feather, rajata (ash of silver), swarna (ash of gold), triphala, swarna gairika (red ochre), trikatu ( <i>Zingiber officinale</i> , <i>Piper nigrum</i> and <i>Piper longum</i> ), and kasturi all 1 part each. Shankhapushpi ( <i>Convolvulus pluricaulis</i> ), krishna jeeraka ( <i>Carum carvi</i> ) and ambara ( <i>Spondias pinnata</i> )- 2 parts each. Bhunaga-1/8 <sup>th</sup> part, all are triturated with stanya (breast milk)	Sannipata, apasmara (epilepsy), manovibhrama (delirium) and visha vikara (disorders from poison)

## DISCUSSION

In total eleven yogas are mentioned for the management of poisons. Among the formulations, the yogas mentioned for garavisha are more. Bilwadi gutika is mentioned in all types of visha, Dashanga gutika in keeta visha, Mrutasanjivani gutika, Suchimukha rasa, Visarpakulakadi Kashaya and Mahakushmanda ghrita in vikaras of visha, Dashamulaharitaki leha, Bilwadi gutika, Kalynaka ghrita, Pruthunimba churna are indicated in gara visha. Naracha churna is said to be given after snehana for the purpose of virechana in case of visha of mula and garavisha.

The formulations namely Mrutasanjivani gutika has pravala, mukta and swarna gairika, Suchimukha rasa has parada, gandhaka, haratala, manashila, makshika, tuttha and tankana. These two formulations are herbo mineral in origin and the rasa dravyas present in it are said to have anti-toxic or vishaghna effect<sup>12</sup> and hence are used in the compound formulation to give the desired result.

The drugs mentioned in Kalyanaka ghrita are said to have properties like anti- poisonous, cardio protective, blood purifying, etc. It is also mentioned to have an important role

in visha chikitsa as it does ojevridhi and reduces the visha gunas in the body<sup>13</sup>.

Bilwadi agada is said to be more beneficial in the management of scorpion sting in comparison to conventional management<sup>14</sup>. Dashanga agada is said to be useful in keeta visha and the ingredients in it namely prativisha and pata are having vishaghna action, vacha, hingu and pippali are having vedanasthapana action which is said to act on the keeta damsha<sup>15</sup>.

The formulations in the form of lehya have prakshepaka dravyas that increases the bioavailability of the drug. The ghrita yogas are said to be a choice for formulating visha yogas. It is said that in all types of poisons the use of ghee can be considered as the first line of treatment as it protects the heart that is weakened because of poison<sup>16</sup>.

## CONCLUSION

Formulations explained for management of vishas are of different types and their dosage forms also vary. Both primary preparations and secondary preparations like lehya, ghrita are mentioned in management of visha. These

formulations are made keeping in mind the absorption and bioavailability of the drug as well. These are not mentioned for just the management of the poison but also for the treatment of the ill effects it causes as well. Only a few formulations are in practice clinically. These can be used adopted in management of various conditions. A lot of scope remains in revalidating the efficacy of these drugs.

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