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Lodra Sevyadi Agada in Lootha Visha Chikitsa - A Review

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ABSTRACT

There are numerous number of *Agada* formulations widely practised by *Visha Vaidyas*. *Lodra Sevyadi Agada* is one of the practically used medicine in the treatment of *Lootha Visha* (spider poisoning). This formulation is explained in two literatures namely *Ashtanga Hridaya Keeta Visha Adhyaya* and *Prayoga Samuchayam* by *Kochunni Thamburan*. It comprises of 10 ingredients and can be administered for *Pana* (internal administration), *Nasya* (nasal instillation) and *Anjana* (collirium). The internal administration of *Lodra Sevyadi Agadam* in *Kashaya* form is clinically practiced in the present era. This paper is an attempt to make a review on the formulaton *Lodra Sevyadi Agada*.

Key words: *Visha Vaidya*, *Lootha Visha*, *Spider Poisoning*, *Lodra Sevyadi Agada*.

INTRODUCTION

Agada Tantra is one among the eight *Anga* of Ayurveda. This science deals with the signs and symptoms, antidotes and emergency management of all types of *Visha* conditions i.e *Jangama Visha* (animal origin), *Sthavara Visha* (plant origin) and *Krithrima Visha* (artificial poison). There are numerous *Agada* preparations explained in different text books of *Agada Tantra*. One such formulation is *Lodra Sevyadi Agada* in *Keeta Visha Adhikara*. It is used in all types of *Lootha Visha*. It is still in practice mainly by the *Visha Vaidyas* of Kerala. It has got ten herbal ingredients. It is mentioned in *Astanga Hrudaya*

Uttara Tantra^[1] and also in *Ashtama Paricheda "Lootha Visha Samanya Chikitsa"* chapter of *Prayoga Samuchaya*.^[2] This review work explains about ingredients, method of preparation, uses and utility of *Lodra Sevyadi Agada*.

REVIEW OF LITERATURE

Name of *Yoga*: *Lodra Sevyadi Agada*.

Classical reference for this *Yoga* is mentioned in *Ashtanga Hridaya Keeta Visha Adhyaya*^[1] as *Lodra Sevyadi Agada*. The reference is also mentioned in the *Ashtama Paricheda "Lootha Visha Samanya Chikitsa"* chapter of *Prayoga Samuchaya*^[2] written by *Kochunni Tamburan*. Only 9 ingredients were explained by *Prayoga Samuchayam* and author excluded *Haridra (Curcuma longa L.)*. He has also clearly explained about the mode of administration either in the form of *Pana* (internally), *Nasya* (nasal instillation) and *Anjana* (collirium).

Table 1: Ingredients of *Lodra Sevyadi Agada* and Botanical name^[3]

Drug	Botanical Name	Family
<i>Lodra</i>	<i>Symplocos racemosa roxb</i>	Symplocaceae
<i>Usira</i>	<i>Vetiveria zizanioides Linn.</i>	Graminae

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<i>Kaliyakya (Haridra)</i>	<i>Curcuma longa</i> L.	Zingiberaceae
<i>Padmaka (Patranga)</i>	<i>Caesalpinia sappan</i> Linn.	Casalpinaceae
<i>Shwetha chandana</i>	<i>Santalum album</i> Linn.	Santalaceae
<i>Raktha chandana</i>	<i>Pterocarpus santalinus</i> Linn.	Fabaceae
<i>Kanthapushpa (Priyangu)</i>	<i>Callicarpa macrophylla</i> Vahl.	Laminaceae
<i>Dugdinika (Alabu)</i>	<i>Lagenaria vulgaris</i> Ser.	Cucurbitaceae
<i>Padmrenu (Lotus stamen)</i>	<i>Nelumbo nucifera</i> Gaertn.	Nelumbonaceae
<i>Mrunala (Lotus stalk)</i>	<i>Nelumbo nucifera</i> Gaertn.	Nelumbonaceae

Table 2: *Lodra Sevyadi Agada* ingredients and properties

Drug	Rasa	Guna	Veerya	Vipaka	Karma
<i>Lodra</i> ^[4]	Kasaya, Tikta	Laghu, Ruksha	Sheeta	Katu	Kapha Pitta Hara, Grahi Chakshusya
<i>Usira</i> ^[5]	Tikta, Madhura	Ruksha, Laghu	Sheeta	Katu	Kapha Pitta Hara, Pachana, Stambana.
<i>Kaliyakya</i> ^[6]	Tikta, Kashaya	Laghu, Ruksha	Sheeta	Madhura	Kapha Vatahara, Vishgna, Krimighna,
<i>Padmaka</i> ^[7]	Kasaya, Tikta, Madhura	Ruksha	Sheetha	Katu	Kapha Pittahara, Vruna Ropana
<i>Shwetha Chandana</i> ^[8]	Tikta, Madhura	Laghu, Ruksha	Sheetha	Katu	Kapha Pittahara, Varnya, Dahaprashamana
<i>Raktha Chandana</i> ^[9]	Tikta, Madhura	Guru, Ruksha	Sheetha	Katu	Kapha Pitta Hara.

<i>Kanthpus hpa</i> ^[10]	Tikta, Kasaya, Madhura	Guru, Ruksha	Sheetha	Katu	Kapha Pitta Hara.
<i>Dugdinika</i> ^[11]	Tikta	Laghu, Ruksha	Sheetha	Katu	Kapha Pitta Hara, Vamaka, Vishghna
<i>Padmrenu</i> ^[12]	Kasaya,	Ruksha	Sheetha	Madhura	Pittahara Kshayahara Trishnagna, Varnya,
<i>Mrunala</i> ^[3]	Tikta, Kasaya,	Laghu, Snigdha, Pichhila	Sheetha	Madhura	Pittahara, Dahahara, Mutrakrichahara, Chardigna

Method of Preparation

Ashtanga Hrudaya has not mentioned its method of preparation. Whereas, *Prayoga Samuchaya* clearly explains it. All the drugs mentioned in the table should be taken in equal quantity and made into fine powder and by triturating with water, tablets are prepared which should be dried and stored.^[2] Presently this *Yoga* is available in the form of *Kashaya*. Since dosage is not mentioned in any textbooks Standard dosage of *Kashaya* i.e. 2 *Pala* (app. 96ml) is taken internally in empty stomach is currently practised.

Diagram 1: Analysis of Rasa (taste) of ingredients of *Lodra Sevyadi Agada*.

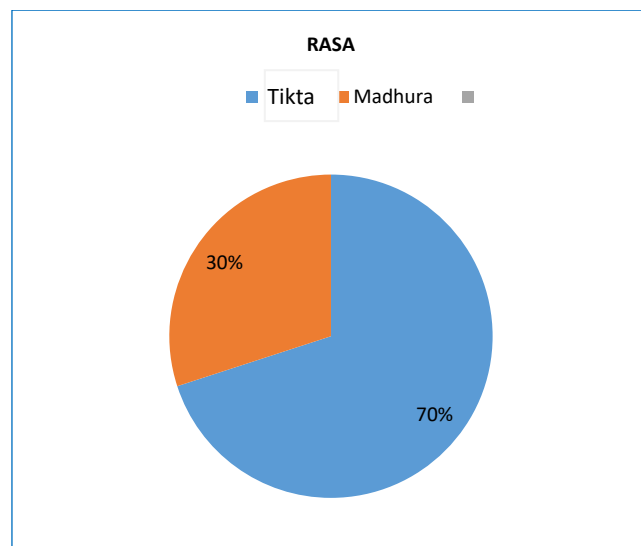


Diagram 2: Analysis of Guna (Properties) of ingredients of Lodra Sevyadi Agada

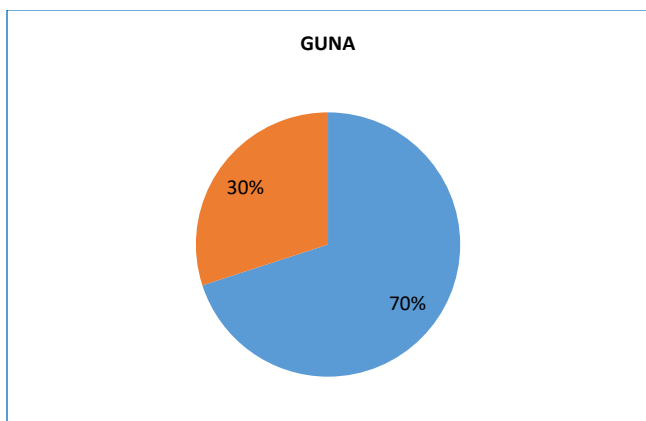


Diagram 3: Analysis of Virya (potency) of ingredients of Lodra Sevyadi Agada.

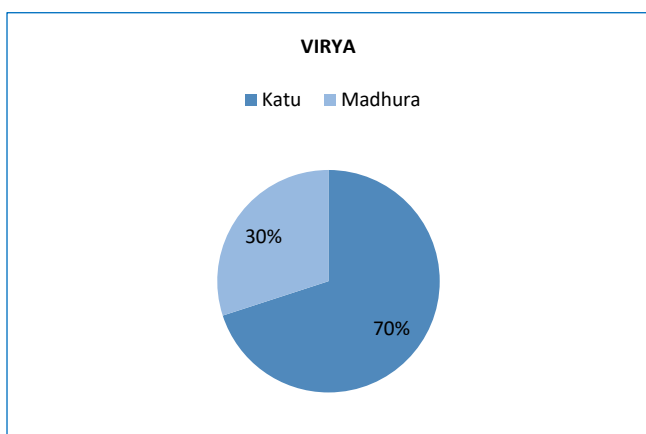
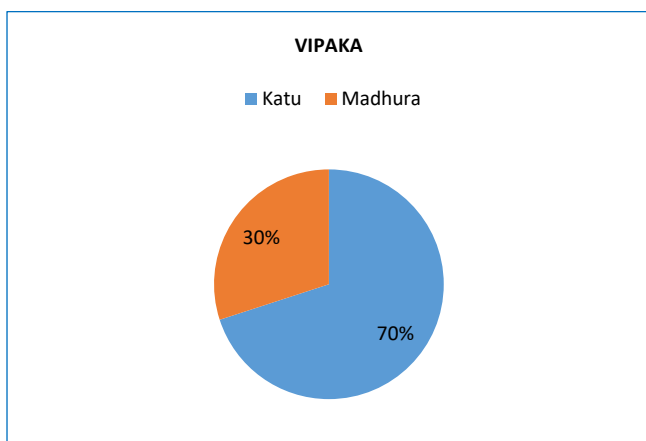


Diagram 4: Analysis of Vipaka of ingredients of Lodra Sevyadi Agada.



DISCUSSION

Lodrasevyadi Agada is a very effective formulation widely practised by many *Visha Vaidyas*. Among this 43% of the *Dravyas* are *Tikta Rasa* and 26 % are

Kashaya Rasa which helps in the pacification of *Pitta Dosh* and 30 % are *Madhura Rasa* which pacifies *Vatadosha*. 33 % are *Laghu Guna* and 38% *Rooksha Guna* which facilitates easy spreading of medicine. 9% are *Snigda* and 9% *Guru Guna* helps in pacifying *Vata Dosh*. Considering the *Veerya*, all the drugs have *Sheetha Veerya* which pacifies the *Pitta Dosh*. On analysing the *Vipaka*, 70% are *Katu Vipaka* which pacifies *Kapha Dosh* and 30% *Madhura Vipaka* which pacifies *Vatadosha* and *Pittadosha*. 90% of the drugs are *Kapha Pittahara*, and most of the drugs have *Vrana Ropana*, *Vishagna*, *Kushtanga* and *Varnya* properties. Clinically this *Yoga* is administered in *Lootha Visha* and other conditions where *Pitta Dosh* is predominant like *Visarpa*.

CONCLUSION

Lootha Visha is a very common condition which needs proper diagnosis and treatment. *Lodra Sevyadi Agada* is found to be very effective *Yoga* in the treatment of *Lootha Visha* and is widely practised by *Keraleeya Visha Vaidyas*. This *Yoga* is explained by *Ashtanga Hridayakara* in the treatment of *Lootha Visha*, there is reference of *Lodra Sevyadi Agada* in *Prayoga Samuchaya* - a well know Malayalam textbook. All the ingredients of *Lodra Sevyadi Agada* is easily available and easy to prepare and administer. Further clinical researches should be carried out for the better understating of its efficacy.

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