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## *Anjana Yogas in Visha Chikitsa: A Review*

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### ABSTRACT

Agada tantra is an ashtanga of Ayurveda that deals with toxicology. The substance which causes sadness to the world just at the sight of it, is called visha. Poison is a substance which when introduced into or applied to the body is capable of injuring health or destroying life. It causes damage to tissues, illness or death to the organism. For the management of poison many procedures have been explained by Charaka as Chaturvimshati upakrama. Anjana and nasya are some of the measures which are mostly used in the emergency management of poisoning when the patient is in unconscious state. This article highlights the three important anjana yogas mentioned in visha vaidya jyotsnika.

### KEYWORDS

*Visha, Anjana, Visha Vaidya Jyotsnika, Poison*



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## INTRODUCTION

Agada tantra is a branch of Ayurveda that deals with management of various poisons. Toxicology deals with various types of poisons- plant, animal origin poisons, etc. and its management. In treatment of visha, acharya Charaka has explained the chaturvimsati upakramas (24 treatment procedures). Anjana is one among the chaturvimsati upakrama mostly used in the management of poison in state of unconsciousness. A literary review in Visha vaidya Jyotsnika has put light on the following anjanas:

- Mrityunjaya anjanam
- Garudanjanam
- Dasabeejananam

### Mrityunjaya Anjanam:<sup>1</sup>

It consists of four mineral drugs, three herbal drugs and eggs of ant. The mineral drugs are Tuttha (Copper sulphate), Gandhaka (Sulphur), Parada (Mercury), Sasyaka (Copper sulphate). The herbal drugs are Swetha gunja (*Abrus precatorium*), Purana mulaku (*Capsicum annum*) and Bakula (*Mimusops elengi*)

**Table 1** Properties of Mrityunjaya anjanam

Drug	Rasa	Guna	Veerya	Vipaka	Karma
Tuttha <sup>2</sup>	Katu (pungent), Kashaya (astringent), Madhura (sweet), Kshara	Laghu (light), Ushna (Hot)	Ushna (Hot)	Katu	Balya (strengthens body), Rasayana (rejuvenative), Garaghna (anti-Psychosis), Krimighna (anti- microbial)
Sasyaka	Katu (pungent), Kashaya (astringent), Madhura (sweet), Kshara	Laghu (light), Ushna (Hot)	Ushna (Hot)	Katu	Balya (strengthens body), Rasayana (rejuvenative), Garaghna (anti-Psychosis), Krimighna (anti- microbial)
Gandhaka <sup>3</sup>	Katu, Tikta, Kashaya	Ushna (Hot), Sara (mobile)	Ushna (Hot)	Madhura	Vishahara (anti-poisonous), Jantughna, Krimihara (anti-microbial), Rasayana (rejuvenate), Balavirya vardhaka (strengthening), Netraroga (useful in eye disorders)
Parada <sup>4</sup>	Shadrasa (All six taste)	Snigdha (unctuous), Sara (mobile)	Ushna (Hot)	Madhura	Rasayana (rejuvenate), Vrishya (aphrodisiac), Balya (strengthens body), Ayushkara, Pushtikara (nutritious), Sarvamayahara (useful in all disorders)



Swetha gunja	Tikta (bitter), Kashaya (astringent)	Laghu (light), Ruksha (dry)	Ushna (Hot)	Katu	Chakshushya (useful in improving eye sight), vishahara (anti toxic)
Purana mulaku	Katu (pungent)	Ruksha (dry), Laghu (light), Teekshna (Sharp)	Ushna	Katu	Vedanasthapana (analgesic)
Bakula	Katu (pungent), Kashaya (astringent)	Guru (heavy)	Sheeta	Katu	Vishahara (anti toxic)

### Garudanjanam:<sup>5</sup>

It consist of seven mineral drugs namely Anjana (Stybnite), Saindhava lavana (Rock salt), Tuttha (Copper sulphate), Tankana (Borax), Parada (Mercury), Tamra (Copper), Shankha (Calcium carbonate)

and seven herbal drugs Shunti (*Zingiber officinale*), Maricha (*Piper nigrum*), Pippali (*Piper longum*), Nili (*Indigofera tinctoria*), Nagadanti (*Baliospermum montanum*), Shigru (*Moringa oleifera*) and Jambeera (*Citrus lemon*).

**Table 2** Properties of Garudanjana

Drug	Rasa	Guna	Veerya	Vipaka	Karma
Anjana <sup>6</sup>	Tikta (Bitter), Kashaya (astringent), Katu (pungent)	Snigdha (unctuous)	Sheeta (Cold)	Madhura (sweet)	Visharoga (anti-poisonous), Netraroga (useful in eye disorders), Karnaroga (useful in ear disorders)
Saindhava lavana	Madhura (Sweet)	Snigdha (unctuous), Laghu (light)	Sheeta (Cold)		Deepana (increases appetite), Hridya (cardioprotective), Chakshushya, Vrishya (aphrodisiac), netraroga (useful in eye disorders), Vranahara (wound healing)
Tuttha	Katu (pungent), Kashaya (astringent), Madhura (sweet), Kshara	Laghu (light), Ushna (Hot)	Ushna (Hot)	Katu	Balya (strengthens body), Rasayana (rejuvenate), Garaghna (anti-Poisonous), Krimighna (anti-microbial)
Tankana <sup>7</sup>	Katu (Pungent)	Ruksha (dry), Teekshna (Sharp)	Ushna (Hot)		Tridosahara (pacifies the doshas), Hrudya (beneficial to Heart), Vishaghna (anti- poisonous)



Parada	Shadrasa (All six taste)	Snigdha (unctuous), Sara (mobile)	Ushna (Hot)	Madhura (sweet)	Rasayana (rejuvenative), Vrishya (aphrodisiac), Balya (strengthens body), Ayushkara (gives longevity), Pushtikara (nutritious), Sarvamayahara (useful in all disorders)
Tamra <sup>8</sup>	Kashaya (astringent), Tikta (bitter), Madhura (sweet), Amla (sour)	Sheeta (cold), Laghu (light), Sara (mobile)	Ushna (Hot)	Katu (pungent)	Hrid vishodhana, Garahara (anti- Psychosis), Rasayana (rejuvenation of body), useful in visha dosha
Shankha <sup>9</sup>	Kshariya (alkaline taste)	Sheeta (cold)	Sheeta (cold)		Vishaghna (anti- poisonous), kshayaghna, useful in eye diseases, sangrahani
Shunti	Katu (pungent)	Guru (heavy) Ruksha (dry)	Ushna (Hot)	Madhura (sweet)	Hrudya (cardiac tonic), vrushya (aphrodisiac)
Maricha	Katu (pungent)	Laghu (light), Teekshna (Sharp)	Ushna (Hot)	Katu (pungent)	Krimighna (anti- microbial)
Pippali	Katu (pungent)	Laghu (light), Teekshna	Ushna (Hot)	Madhura (sweet)	Vrishya (aphrodisiac), rasayana (rejuvenation of body)
Nili	Tikta (Bitter)	Laghu (light), ruksha (dry)	Ushna (Hot)	Katu (pungent)	Vishaghna, (anti- poisonous)
Nagadanti	Katu (pungent)	Guru (heavy), Teekshna (Sharp)	Ushna(Hot)	Katu (pungent)	Vishaghna (anti- poisonous)
Shigru	Katu (pungent)	Laghu (light), Ruksha (dry)	Ushna (Hot)	Katu (pungent)	Krimighna (anti- microbial)
Jambeera	Amla (Sour), madhura (Sweet)	Laghu (light), Snigdha (unctuous)	Ushna (Hot)	Amla	Hrudya (beneficial to Heart), pushtikara

### Dasabeejanam<sup>10</sup>

It consist of four mineral drugs namely Tuttha (Copper sulphate), Tankana (Borax), Anjana (Stybnite) and Saindhava lavana (Rock salt). The ten herbal drugs are Neeli (*Indigofera tinctoria*), Tulasi

(*Ocimum sanctum*), Danti (*Baliospermum montanum*), Shigru (*Moringa oleifera*), Nimba (*Azadirachta indica*), Shireesha (*Albizia lebbeck*), Maricha (*Piper nigrum*), Bakula (*Mimusops elengi*), Gunja (*Abrus*



precatorius) and Karanja (Pongamia pinnata).

**Table 3** Properties of Dasabeejananam

<b>Drugs</b>	<b>Rasa</b>	<b>Guna</b>	<b>Veerya</b>	<b>Vipaka</b>	<b>Karma</b>
<b>Tuttha</b>	Katu (pungent), Kashaya (astringent), Madhura (sweet), Kshara	Laghu (light), Ushna (Hot)	Ushna (Hot)	Katu (pungent)	Balya (strengthens body), Rasayana (rejuvenate), Garaghna (anti-poisonous), Krimighna (anti-microbial)
<b>Tankana</b>	Katu (Pungent)	Ruksha (dry), Teekshna (Sharp)	Ushna (Hot)		Tridosahara (pacifies the doshas), Hrudya (beneficial to Heart), Vishaghna (anti-poisonous)
<b>Anjana</b>	Tikta (Bitter), Kashaya (astringent), Katu (pungent)	Snigdha (unctuous)	Sheeta (Cold)	Madhura	Visharoga (anti-poisonous), Netraroga useful in eye disorders), Karnaroga (useful in ear disorders)
<b>Saindhava lavana</b>	Madhura (Sweet)	Snigdha (unctuous), Laghu (light)	Sheeta (Cold)		Deepana (increases appetite), Hridya (cardioprotective), Chakshushya, Vrishya (aphrodisiac), netraroga (useful in eye disorders), Vranahara (wound healing)
<b>Neeli</b>	Tikta (bitter)	Laghu (light), Ruksha (Dry)	Ushna (Hot)	Katu (pungent)	Vishaghna (anti-poisonous)
<b>Tulasi</b>	Tikta (bitter), Katu (Pungent)	Laghu (light), Ruksha (Dry)	Ushna (Hot)	Katu (pungent)	Vishaghna (anti toxic)
<b>Danti</b>	Katu (Pungent)	Guru, Teekshna	Ushna (Hot)	Katu (pungent)	Vishaghna (anti toxic)
<b>Sigru</b>	Katu (Pungent)	Laghu (light), Ruksha (Dry)	Ushna (Hot)	Katu (pungent)	Krimighna (anti-microbial)
<b>Nimba</b>	Tikta (bitter), Kashaya (astringent)	Laghu (light), Ruksha (Dry)	Sheeta (Cold)	Katu (pungent)	Vishaghna (anti toxic)
<b>Shireesha</b>	Kashaya (astringent), Tikta (bitter)	Laghu (light)	Sheeta (Cold)	Katu (pungent)	Visarpa (erysipelas), Vishaghna (anti poisonous)
<b>Maricha</b>	Katu (Pungent)	Laghu (light), Teekshna	Ushna (Hot)	Katu (pungent)	Krimighna, Hridrogahara
<b>Bakula</b>	Katu (Pungent), Kashaya (astringent)	Guru (Heavy)	Sheeta (Cold)	Katu (pungent)	Vishahara (anti toxic)
<b>Gunja</b>	Tikta (bitter), Kashaya (astringent)	Laghu (light), Ruksha (Dry)	Ushna (Hot)	Katu (pungent)	Chakshushya (useful in improving eye sight), vishahara (anti toxic),



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<b>Karanja</b>	Tikta (bitter), Kashaya (astringent)	Laghu (light), Teekshna (Sharp)	Ushna (Hot)	Katu (pungent)	Krimighna (anti- microbial)
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## DISCUSSION

Anjana is one among the chaturvimsathi upakrama mentioned by Charaka. All the three anjanas are herbo-mineral preparations. It is applied in both eyes of patient in case of snake bite when patient is in altered state of consciousness. Once the patient regains consciousness other treatments should be carried out. The poison with its penetrating qualities damages the eyes which is dry and irritating. To counter this application of collyrium is suggested. Drugs like pippali, maricha, yavakshara, vacha, saindhava lavana, shigru are macerated with the bile of rohitaka fish and applied as collyrium to destroy the poison in the eyes. Sufficient quantity of ghee should be drunk to prevent dryness and irritation in the eyes<sup>10</sup>.

## CONCLUSION

Anjana is told as one of the chaturvimshati upakramas by Charaka. It is used in the treatment of visha specially in gaining the consciousness in snake bite cases. In Visha Vaidya Jyotsnika three anjana yogas are mentioned namely Garudanjanam, Mrityunjaya anjanam and Dasabeejanam. These anjanas are a combination of Herbal and mineral drugs.

Pippali, maricha, yavakshara, vacha, saindhava, sigru, etc. drugs are commonly used for anjana because of its teekshna property. Most of the drugs are having katu rasa, ushna veerya, laghu teekshna guna and properties like vishaghna, vrunahara, krimighna, hrudya, etc. properties.



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