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Conceptual Study of Role of *Panchakarma* (Detoxification) Therapy in *Visha Chikitsa* (Poisoning Management)

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ABSTRACT

Agadtantra is a branch which deals with *Visha* (poison), its manifestation & its treatment. Two types of *visha* i.e., *Akritrim visha* & *Kritrim visha* are explained in *Agadtantra*. *Sthavar visha* (plant origin) & *Jangam visha* (animal origin) are two types of *Akritrim Visha* (natural poison). *Dushivisha* & *Garavisha* (cumulative poison) are two types of *kritrim visha* (artificial poison) which are formed from the combination of poisonous and non-poisonous substances, respectively. Such types of *Visha* after getting entry into the body produces toxicity and many other diseases after vitiating the *Dosha*. It is a need to remove and neutralise these toxins, and there are various techniques mentioned in *Ayurvedic Samhita's* for the same. *Panchakarma* therapy has great importance among these techniques. because other techniques remove toxins superficially or locally but toxins at deeper tissue level can be removed by *Panchakarma* procedures. Drugs used in *Panchakarma* therapy also helps to neutralise toxins in the body. *Acharya Charaka* has also explained *Chaturvimshati Upakrama* (twenty four modality of poison) in *Chikitsasthana*² which is considered as general line of treatment of poisoning. *Vamana*, *Virechana*, *Raktamokshana* and *Nasya* these *Panchakarma* procedures are included in *Chaturvimshati Upakrama*. Depending upon the route of entry of poison and absorption of poison in body, these *Panchakarma* procedures are used. In *Sthavar* and *Jangam* type of poisoning *Sadya* (instant) *Panchakarma* procedures can be done according to conditions. Likewise in *Dushivisha* and *Garavisha* type of poisoning *Panchakarma* can be done with



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Purvakarma. This review article concludes the *panchakarma* therapy as a sole detoxification therapy.

KEYWORDS

Agadtantra, Panchakarma, Sthavar visha, Jangam visha, Garavisha, Dushivisha



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INTRODUCTION

Ayurvedic Chikitsa (treatment) mainly consist of *Sanshodhan* (elimination) and *Sanshaman* (pacifies) *Chikitsa*. *Sanshodhan* by *Panchakarma* therapy is unique to *Ayurveda*. *Panchakarma* therapy is one of the best therapies to remove poison and toxins from the body. There are many chemical compounds are presents in environment which act as toxins. For example herbicides, pesticides, fungicides, synthetic hormones etc. These chemicals enter our body through food, water and air and enter into blood circulation. These toxins slowly accumulate in body channels. When these toxins accumulates in large quantity enough to disturb the systems of body it causes various diseases even death also. This type of accumulated toxicity is known as *Dushivisha* and *Garavisha* in *Ayurveda*. It is the form of toxin which can be plant origin, animal origin or artificial origin that has not been completely eliminated or neutralised because these toxins accumulate at deeper tissue level. So *Panchakarma* plays important role in removal of toxins which accumulate in body channels and helps in detoxify the body and normalise the physiological process of body.

In *Ayurvedic Samhita's* like *Charaka*, *Sushruta*, *Ashtang Sangraha* and

Ashtang Hridaya are explained *Visha* (poison), its manifestation and treatment in the form of *Vega* (phases). As we go down the *Visha Vega*, severity of poison increases as poison goes deeper and deeper tissue level. Different *panchakarma* procedures are done according to *visha vega*.

AIM

To study the efficacy of *Panchakarma* Therapy in management of *Visha Chikitsa*.

OBJECTIVES

- 1) To study the efficacy of *Panchakarma* therapy in context of *Agadtantra*
- 2) To study *Chaturvimshati Vishopakrama* explained by *Acharya Charaka*.
- 3) To study the *Panchakarma* procedures in detail.

REVIEW OF LITERATURE

Panchakarma procedures are explained according to literature.

STEPS OF PANCHAKARMA THERAPY-

There are three steps of *panchakarma* procedure are mentioned in *Ayurvedic Samhita's*.

PURVAKARMA – It includes *Snehana* and *Swedana*



- **SNEHANA (internal oleation)** – It is done by administering some quantity of medicated oil or ghee internally. It is determined by a physician depending upon the condition of patient & disease. It is adopted to soften the channels so that toxin gets easily detached during main *panchakarma* procedure.

- **SWEDANA (sudation)** – After *Snehana*, *Swedan* is performed by steaming the body. It relieves stiffness in body channels as a result toxins & waste materials are brought into *Kostha* (abdomen). From *Kostha* these waste products are easily expelled by main techniques of *Panchakarma*.

Both these karma are useful in softening channels of body, loosening the toxins & waste products from channels and thus drawing these into *Kostha* from where these are eliminated by *panchakarma* procedures. These *Purvakarmas* need not be performed in acute poisoning as there is an emergency & poison is not absorbed within body. These *karmas* should be performed in chronic type poisoning & when there is no emergency.

1) **PRADHANA KARMA** – These five procedures of *panchakarma* i.e *Vamana*, *Virechana*, *Basti*, *Raktamokshana* & *Nasya* are *pradhana karmas*. These are Detoxification therapies.

3) **PASCHAT KARMA** – The lifestyle which has to be followed after *panchakarma* procedures which includes strict diet & activities. In this stage digestive power of patient is brought back to normal state. In acute type of poisoning there is no need to follow *Paschat karma*.

VAMANA –

DEFINITION - It excretes poison, toxin and vitiated *Dosha* from stomach through oral route.

DRUGS COLLECTION –

- 1) *Madanphalpippali* (10-12),
- 2) *vachayashtimadhu yog* (2-3),
- 3) *madnphaladi yog* [*madanphal* (3gm), *vacha* 92gm), *Yashtimadhu* (1gm)] like *vamak yog* can be used.

INDICATIONS -

- 1) It is indicated within 1-2 hrs of poisoning when poison is present in stomach.
- 2) It is used in 1st & 2nd *vega* of *sthavar visha* (inanimate poison)^{2,4,5}
- 3) *Jangam visha- Darveekar sarpadamsha* (2nd, 4th, 5th & 6th *visha vega*)
Mandali sarpadamsha (3rd *vega*)
Rajiman sarpadamsha (2nd, 4th & 5th *vega*)^{6, 7, 8}
- 4) In *Dushivisha*^{9, 10}
- 5) In *Garavisha*^{11, 12} – *Vaman* with *Tamraraj*¹¹



6) When *visha* present at seat of *kapha dosha*¹³

7) *Luta* poisoning (in exaggerated stage or *kaphaj luta* bite) - *Vaman* by *Yashtimadhu*, *Madanphal*, *Ankol*, *Jalini*, *Nirgundi kalk* with *Triphala Kwath* or *Shirish* (leaves, stem, root & fruits), *Ankol* root *kalk* with *Triphala Kwath*¹⁴

8) In insect bite¹⁵

9) In *Mushak visha* (rat bite) – *Vaman* by *Jalini Kwath* or *Shirish Kwath* or *Ankoth Kwath* or *Shirish*, *Katutumbi mula*, *Madanphal* & *Devdaliphall* OR *Koshataki*, *Shirish*, *Jimutak*, *Madan* powder with *Dadhi*(cheese) OR *Vacha*, *Madanphal*, *Jimutak* & *Kushtha*^{16,17,18} OR *Nishpav*, *Kadalimul*, *Bandhujivphal* OR *Suvarchala*, *Ramath*, *Swarjika*, *Ativishadvaya* OR *Shyama*, *karnikamul*¹⁹

10) *Savishanna Amashayagat* (when poisoned food is present in stomach) – *Vaman* by *Madanphal*, *katutumbi*²⁰.

11) When *Gourav*, *Utklesh*, *Hrhullas* like symptoms occurs²¹.

CONTRAINDICATION-

It is contraindicated in case of corrosive poison, in convulsant drugs like strychnine, petroleum distillates, coma, severe cardiac and respiratory distress, advanced pregnancy etc.

VIRECHANA –

DEFINITION

It expelling the poison, toxin & vitiated dosha from stomach through anal route.

INDICATIONS – It is used in

1) *Sthavar visha* (2nd *Vega*)⁴

2) *Jangam visha* – *Darveekar sarpadamsha* (5th & 6th *vega*)

Mandali & *Rajiman sarpadamsha* (3rd & 5th *visha vega*)^{6,7,8}

3) *Dushivisha*¹⁰

4) It is indicated in person of *pittaj* constitution, bitten by snake of predominant pitta, bite site below umbilicus, poison present at seat of *pitta*²².

5) Poison of predominant of *vata*²³.

6) *Luta* poisoning – in exaggerated stage of *Dosha*^{24,25,14}

7) *Mushak* poisoning – *Virechana* by *Trivrutta*, *Nilini* & *Triphala*^{16,26,14}

8) Insect poisoning¹⁵

9) *Alarka visha* (dog bite) – *Virechana* by *Arka* juice^{27,28,29}.

10) *Savishanna Pakwashayagat* (when poisoned food is present in intestine) - *Virechana* by *Niliniphall*³⁰

CONTRAINDICATION-

It is contraindicated in intestinal obstruction, perforation, severe dehydration, Shock etc.

RAKTAMOKSHANA (Blood letting)-



DEFINITION- elimination of toxin, poison or vitiated *Dosha* from blood through skin route.

Blood is great media for spreading poison in the body. Due to blood as media poison is absorbed and circulated throughout the body speedily, which can lead to death. When we remove blood by *Raktamokshana procedure* then poison or toxin will also get remove with blood from body. Hence *Raktamokshana* is topmost treatment in poisoning. It can be done by *pracchana* (multiple incision), *shrunga* (horn like shape), *Jalouka* (leech therapy), *Alabu* or *Siravedha* (venesection). *Siravedha* is now commonly done. Bloodletting of veins at extremities and forehead is effective in removing toxins from blood.

DRUGS COLLECTION –

Vrudhipatra(sharp instrument), *shrunga*, *Jalouka*, *Alabu*, *Kutharika* (Blunt instrument), drugs for stopping blood flow, Scalp vein for venesection.

INDICATIONS –

- 1) when poisoned area becomes discoloured, swollen, rigid & painful³¹.
- 2) In unconsciousness it should be done at extremities & forehead³².
- 3) *Raktagat visha* (poison in blood)⁴.
- 4) *Darveekar*, *Mandali*, *Rajiman Sarpadamsha* (1st Vega)^{6,7,33}

- 5) Poison at seat of *Kapha Dosha*³⁵
- 6) In *Rajiman Sarpadamsha Raktamokshana* is done with *Alabu*⁶.
- 7) In *Dushivisha Panchsiravedhan* (five modes of *Raktamokshana*) is indicated³⁶.
- 8) In *Luta* poisoning^{24,37,38}
- 9) In *Mushak* (rat) poisoning. *Raktamokshana* is done by *Pracchhann karma*^{39,40,41}.
- 10) In *Alarka Visha* (dog bite)⁴²

CONTRAINDICATIONS –

It is contraindicated in pregnancy, children, and old persons.

NASYA (Nasal medication) –

DEFINITION – removal of poison, toxin & vitiated dosha by giving medication through nasal route.

DRUGS COLLECTION –

- 1) *Kantakari*, *Beejpur*, *Jyotishmati*⁴³
- 2) *Mrutasanjeevani Agad*⁴⁵
- 3) *Shirishpushpa Yog*⁴⁶
- 4) *Paramagad*⁴⁷
- 5) *Ksharagad*⁴⁸
- 6) *Powder of pippali, hingu, vrishikali, manashila, shirishbeej, apamarga, Lavan*⁴⁹

INDICATIONS –

- 1) *Sthavar visha* (5th Vega)⁴
- 2) *Darveekar sarpadamsha* (3rd & 7th Vega), *Rajiman sarpadamsha* (6th Vega)^{6,7,8}
- 3) When effect of poison is seen in head



-Nasya by mula of Bandhujeev, Bharangi, krushna Tulasi OR Pippali, Hingu, Vrishikali, Manashila, Shirish beej, Lavan OR Pippali, Kshavak, Ativisha & Marich⁴⁹

4) If obstruction occurs at nose, eye, ear, tongue & throat due to poisoning⁵⁰.

5) If person is unconsciousness⁵¹.

6) In *Luta* poisoning - *Nasya* by *Shyama*, *Yavphal*, *Fanirjak*, *Shirisha*. These are grinding with *Vartak* juice OR with *Sarpimanda*²⁴.

7) In *Mushaka Visha*. *Nasya* is done by *Shirishphalsar*^{26,16,52}

DISCUSSION & CONCLUSION

In this way *Panchakarma* procedures are used in many conditions of poisoning. It is indicated in all type of poisoning because poison should be removed from body. So *Panchakarma* plays an excellent role in this context.

Sthavar visha (inanimate poison) & *Jangam Visha* (animate poison) are acute type of poisoning. These types of *visha* are explained in terms of *Visha Vega* (phases of poison). Different *panchakarma* procedures are mentioned for different *Vega* of *Visha* depending upon the position of *visha* in body & symptoms developed due to poisoning. *Garavisha* & *Dushivisha* are chronic type of poisoning, in which toxins

are stored in body channels. No any other technique like *Panchakarma* is helpful in removing such toxins from storage at deep cellular level.

Chaturvimshati vishopakramas (twenty four modality of poison) are described by *Acharya Charaka* in *Chikitsasthana* as a general line of treatment of poisoning. As per all *Ayurvedic* classics except *Basti* all *panchakarma* procedures viz. *Vamana*, *Virechana*, *Raktamokshana* & *Nasya* are included in above mentioned detoxification therapy. *Basti* is mainly regulating *Vata Dosha*. It is *Sanshaman* type of therapy. In cases of poisoning application of *Sanshodhan* therapy is merely important. Because of this, there might be *Basti* therapy is excluded from *Chaturvimshati Upakramas*. This is vast topic of Research. Yet this question is answerless.

By studying the principles of treatment of poisoning in *Ayurvedic Samhita*'s which are mentioned thousands of year ago. There are various methods to treat poisoning are described in *Ayurveda* in detail. Main aim of treatment is to remove these poison or toxins from body as soon as it precedes absorbing into body. Because after absorbing into body via blood it disturbs the harmony of *Dosha*, *Dhatu* & *Mala* & causes many diseases even death also. So among principles of



treatment, removal of unabsorbed poison is important. In this context *Panchakarma* procedure has important because it removes poison readily. In such way *Panchakarma* is helpful in acute type of poisoning when poison is not absorbed into body. In chronic type of poisoning when toxins are absorbed completely in body & stored at deeper tissue level, there is no any other technique is useful but *Panchakarma* therapy is efficient as detoxification therapy.

In chronic type of poisoning when poison is absorbed into body & stored in body channels by *Panchakarma* procedures with *purvakarma* these toxins are brought from deep body channels into *koshtha* (abdomen) from where these are removed out of body.

Depending upon the route of entry of poison in body these *Panchakarma* procedures can be done. Like *Vamana* is used for ingested poison within 2-3 hrs, *Virechana* is used for ingested poison after 3-4 hrs, *Nasya* is used for inhaled poison, *Raktamokshana* is used for injected poison when poison absorb into blood.



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