INTRODUCTION

The substance that causes sadness to the world is called visha (poison). As the world becomes despair at the sight of it, it was called visha¹ (poison). 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 organism². Ancient visha vaidyas (physicians who treated poisonous cases) treated poisonous cases by dhyana (meditation), mantra (chanting of hymns), oushada (medicine), etc., which they learned from their gurus. It has been a tradition of visha chikitsa that the knowledge was passed on through the teacher to the pupil called as guru shishya sampradaya. Rare books were available during that time that dealt with the management of visha, and one among that is Vishavaidya Jyotsnika. Vishavaidya jyotsnika reconfirms its relevance as it narrates about the ancient tradition of visha vaidya sampradaya along with mantra chikitsa which was written in the local language Malayalam. The word meaning of vishavaidya jyotsnika is moonlight that gives the eternal happiness from heart³. This book deals with various yogas (formulations) for the management of poisons bites and stings. Among these formulations Ghrita kalpas hold an important place as they protect the heart from the ill effects of poison.

Table 1: Ghrita yogas in Visha Vaidya Jyotsnika

<table>
<thead>
<tr>
<th>Sl. No</th>
<th>Name of the Formulation</th>
<th>Ingredients</th>
<th>Indications</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Ekanayaka mooladi neiyi¹</td>
<td>Kashaya dravya (drugs for decoction) - Saptachakra (Salacia chinesis), Durva (Cyndon dactylon), Malati (Jasminium grandiflorum) leaves, lemon (Citrus limon) juice. Same drugs for kalka (paste) also</td>
<td>Vishaja vranas (ulcer due to poison) due to mandali sarpa damsha (viper snake bite)</td>
</tr>
<tr>
<td>2</td>
<td>Pankthiprasoonadi neiyi¹</td>
<td>Kashaya dravya (drugs for decoction) - Sahadevi (Vernonia cinerea), Akkuvaru (Ipomea reniformis), Vishumkanti (Evolutus alsinoides), Durva (Cyndon dactylon), Bhringaraja (Eclipta alba), Lakshmana (Ipomea obscura), Musali (Curculigo orchioides), Samanga (Biophytum sensitivum), Bhadra (Aerva lanata), Indravalli (Cardiospermum halicacabum) Kalka dravyas (drugs for paste)- Kupili (Strychnos nic- vonica) leaves, Haridra (Curcuma longa), Dineshavalli (Ventilago madraspatana), Tamboola patra (Piper betel), Yashthamadhu (Glycyrrhiza glabra), Sariva (Hemidesmus indicus), Aghori (Faucourtia indica), root of Nili (Indigofera tinctoria), Vacha (Acorus calamus), Chandana (Santalum album), Rakthachandana (Pterocarpus santalinus)</td>
<td>Vrana (wound) shodhana and ropana (cleansing and healing of wound) Kalka of the ghrita is used for external application in mandali sarpa damsha (Viper bite)</td>
</tr>
<tr>
<td>3</td>
<td>Nilikadi ghrita²</td>
<td>Nili leaves (Indigofera tinctoria), Tanduelyaka (Amaranthus amara)</td>
<td>Gara visha (artificial poison)</td>
</tr>
<tr>
<td>4</td>
<td>Analppori ghrita¹</td>
<td>Kashaya dravya (drugs for decoction) - Sarpagandha (Rauwolfia serpentina), Eswari moola (Aristolochia indica) Kalka (drugs for paste)- Trikatu paste (Paste of Black Pepper (Piper nigrum), Long Pepper (Piper longum) and the rhizomes of Ginger (Zingiber officinale))</td>
<td>All types of poison</td>
</tr>
</tbody>
</table>
DISCUSSION

The practice of Visha chikitsa (treatment of poisons) has its presence in Kerala since centuries. In the landscape of the state the snakebite was common and hence visha chikitsa flourished in this part of the world. A wide range of literature are available concerned with visha chikitsa reveals its truth10.

In this book ten ghrita yogas (formulations of ghee) are explained for the management of visha (poison). The ghrita preparations are not just mentioned for the management of visha but are also indicated in many other conditions. Like Patadi ghrita is indicated in conditions of apasamra (epilepsy), pandu (anaemia), kamala (jaundice), etc. Commonly used drugs for the ghrita preparations in these yogas are nili (Indigofera tinctoria), paata (Cyclea peltata), brahmi (Bacopa monnieri), kutuki (Picrorhiza kurroa), chandan (Santalum album), eswaramool (Aristolochia Indica), yashithmadhu (Glycyrrhiza glabra), vacha (Acron calamus), musta (Cyperus rotundus), kutata (Holarrhena antidysenterica), karanja (Pongamia glabra), haridra (Curcuma longa), durva (Cynodon dactylon), etc.

Most of the drugs are having sheeta veerya (cold potency), kashaya tikta rasa (astringent and bitter taste) that helps to reduce the pitta dosha in case of mandali sarpa damsha (viper bite). Ghrita (Ghee) has madhura rasa (sweet taste), guru (heavy) and snigdha guna (unctuous property) and sheeta veerya (cold potency). These properties are opposite to the properties of poison and probably help in acting as antagonist to the poison.

In all types of poisons, administration of ghrita helps in relieving the visha gunas and thereby will be useful in the management of visha (poison).

CONCLUSION

Ghrita (ghee) plays a significant role in the management of visha. In all types of poisons use of ghee can be considered as the first line of treatment. Because of the penetrating action, poison weakens the heart; in order to protect it, ghee is administered or mixture of ghee and honey or anti-poisonous recipes mixed with ghee by this kapha gets increased in the heart10.

For the management of poison in vishavidhya jyotsnika ten ghrita yogas are mentioned. A few yogas (formulations) mentioned are also indicated in other diseased conditions and not just in cases of poison. In all types of poisons, administration of ghrita (ghee) helps in relieving the visha gunas (properties of poison) and thereby will be useful in the management of visha (poison). As not much clinical documentation has been carried on these formulations, there remains a wide scope for research.

REFERENCES

1. Dr. P.V.N.R. Prasad, Illustrated Agada Tantra, Choukambha Sanskrit series office Varanasi, 3rd edition, 2016, pg no; 2
2. Dr. P.V.N.R. Prasad, Illustrated Agada Tantra, Choukambha Sanskrit series office Varanasi, 3rd edition, 2016, pg no; 3
3. Dr. Aiswarya, Visha Vaidhya Jyotsnika- A review through the moonlight, 18 May 2016
4. C.M Sreekrishnan, Visha Vaidhya Jyotsnika an English translation, Department of Agada Tantra Vaidyaratnam P.S Varry Ayurveda College Kottakkal, 3rd edition, pg no; 63
Cite this article as:

http://dx.doi.org/10.7897/2321-6328.06490