

EFFECT OF PADMAKAAGADALEPA IN CONTACT POISONING OF BHALLATAKA- A SINGLE CASE STUDY

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ABSTRACT

Ayurveda is the ancient science of life has eight main branches that are in many ways parallel to areas of specialization in modern western medicine. *Danstrachikitsa* is a Ayurved toxicology branch it deals with the science of poison. It is also known as Agadtantra. According to Agadtantra- there are two main types of poison –natural and artificial. Natural poison further divided into two types- *Sthawar* and *Jangam*. *Bhallataka* (semicarpusanacardium) is one of the *sthawar* poisons. The poisoning of *Bhallataka* generally seen externally i.e. contact poisoning. A 45 year old male patient comes in OPD of Government Ayurved Collage and Hospital, Nagpur complying of black patch present at right sole region on posterior side with severe burning and pain was treated by local application of *Padmaka Agada lepa* described in Ashtanghridaya Uttarsthana for one month. Patients condition was accessed on the basis of symptoms. Study shows that external application of *Padmaka Agada Lepa* is highly effective in the management of contact poisoning of *Bhallataka*.

Keywords: *Bhallataka*, *Padmakaagada*, Contact poisoning etc

INTRODUCTION

Ayurveda is an immortal science which is God's gift to human being. The two main objective of this science is to maintain the health of healthy person and to cure the person who is suffering from disease. The foundation of Ayurveda is based on Ashtanga Ayurveda (eight main branches). Among these branches Agadtantra is one of the branch in which

treatment of various poisoning is described. There are two main types of poison –natural and artificial^[1]. *Bhallataka* is a *Upavisha*^[2] (mild poison) and *sthawarvisha* (plant poison).^[3] *Bhallataka* called as marking nut^[4,5,6] used for marking the cloths by washer men. As it is irritant poison, toxicity of *Bhallataka* is internally much less irritant than ex-

ternal poisoning^[7]. The poisoning of *Bhallataka* shows black vesicles on skin and itching, blisters in throat, GIT irritation, dyspnoea, tachycardia, coma, death.

In present study 45 year old patient came at Government Ayurveda Collage and Hospital Nagpur with a history of *Bhallataka* contact at right sole region before 1 month. Then there found a blister. After that blackening of skin at that site. An internal treatment of had taken at *Twakrogvibhag* OPD but didn't get relief. So refer to *Agadtantra* OPD at Government Ayurveda Collage and Hospital Nagpur. In this case study only application of *Padmaka Agada Lepa* gives significant relief to the patient.

Aim –

To study the effect of *PadmakaAgadaLepa* on contact poisoning of *Bhallataka*.

Objective –

- To study changes in signs and symptoms by local application of *PadmakaAgadaLepa*.
- To study the effectiveness of *PadmakaAgadaLepa* as single treatment without any internal medications on contact poisoning of *Bhallataka*.

Materials and methods-

Place of study-

Agadtantra OPD, Government Ayurved Collage and Hospital Nagpur, Maharashtra, India.

CASE REPORT

The present case study is successful management of case of *Bhallataka* contact poisoning by *PadmakaAgadaLepa*. A 45 year old male patient came to Government Ayurveda Col-

lage and Hospital, Nagpur, with chief complaints of –

Black patch over right sole region at posterior sight with severe burning and pain since 1 month.

Associate symptoms- mild *Mukhpaka* (stomatities).since 2 days.

Difficulty in walking due to pain at right sole region. Since 15 days.

History of present illness-

The patient was normal since 1 month he was came in contact with *Bhallataka*. There present a blister after 1 day., then black patch over right sole region of about 3 cm with severe burning and pain at that site. Internal medication of was taken but didn't get relief. Hence he came to *Agadtantra* OPD Government Ayurved Collage Nagpur.

Past history- not significant

Pathological test done-

- CBC
- HbsAg
- HIV
- BSL

Personal history-

A 45 year old male patient came in Agadtantra OPD, Government Ayurved Collage and Hospital Nagpur, Maharashtra, India with Black patch over right sole region at posterior sight with severe burning and pain since 1 month, mild *Mukhpaka* (stomatities).since 2 days and Difficulty in walking due to pain at right sole region. Since 15 days. His temperature, pulse respiration and blood pressure was normal and prakruti was *pittawataj*.

Ashtvidhpariksha-

1. *Nadi* (pulse)-80/min
2. *Mala* (stool)- normal
3. *Mutra* (urine)-Normal
4. *Jivha* (tounge)-niram (no cotation)
5. *Shabda* (speech)- clear

6. *Sparsha* (touch)-normal
7. *Druka* (eyes)-normal
8. *Akruti* (built)- *madhhyam*

Treatment plan-

Patient was treated on OPD basis.

Previous treatment received-

Table 1: *Gandhakrasayan, Aarogyavardhinivati* and *Panchtiktakaghrita* were used for oral administration.

S. no	Name of medicine	Dose	Route	Kal	Anupan
1	Gandhak rasayan	250 mg two times a day	Oral	Adhobhakta (after meal)	Koshnajala (luke warm water)
2	Aarogyavardhini vati	250 mg two times a day	Oral	Adhobhakta (after meal)	Koshnajala (luke warm water)
3	Panchtiktaka ghrita	5ml twice a day	Oral	Prathkal (at morning) and nishi (at night)	Koshnajala (luke warm water)

Duration of treatment given-1 month

Patient had taken above Medicine for 1 month but patient didn't gate relief.

Selected external ayurvedic drugs-

Padmak Agada Lepa^[8] was selected for external application.

Preparation of PadmakAgadaLepa-

The fine powder of Priyangu, Haridra, DaruHaridra was taken 2gm and mixed with 2gm of *madhu* (honey) and 2gm of *ghrita*.

Dose for application-

This lepa applied twice a day, left for 20 min and rinsed off using Koshnajala (luke-warm water).

Duration -1month

Fallow up- after every 7 days

Table 2: *PadmakAgadaLepa* contains

Name of ingredients	Latin name	Dose	Properties
1. <i>Priyangu</i>	<i>Callicarpa macrophylla</i>	2gm	<i>Dahprashman, vednasthapan, vishaghna, raktshodhak</i> ^[9]
2. <i>Haridra</i>	<i>Curcuma longa</i>	2 gm	<i>Vishaghna, kandughna, raktaprasadan</i> ^[10]
3. <i>DaruHaridra</i>	<i>Barberisaristata</i>	2 gm	<i>Vranashodhak, vranaropak, vadrasthapak</i> ^[11]
4. <i>Madhu</i>	Honey	2gm	<i>Yogvahi, kaphagna,</i>
5. <i>Ghrita</i>	Ghee	2gm	<i>Pittashamak,</i>

Aahara and Vihara-(Diet and mode of life) advised during treatment-

Pathya- (Regimen to be fallowed)-

Madur rasa (sweet test) diet combined with *ghrita*.

Adequate sleep at night (8hours).

Apathya (Regimen to restricted)-

Oily snakes like chips etc., non-vegeterian food, eggs, fast food, tea and coffee, Night awaking (*ratrijagaran*), daytime sleeping and itching of boil (*pitika*).

Table 3: Observation-

Sign and symptoms	Before treatment	1 st follow up	2 nd follow up	3 rd follow up
1.Daha(burning)	4+	2+	1+	0
2.Ruja(pain)	4+	2+	1+	0
3.black colour patch	4+	4+	3+ (patch size less by 0.5cm)	3+(patch size less by 0.5cm)
4.mild mukhpaka (stomatitis)	2+	2+	1+	0

DISCUSSION

In *Susrutsamhita*, *Aachryasusruta* explain the *vishamarga* in *Kalpasthan*. *Sparsha* i.e. contact poisoning is one of *vishamarga*. When poisonous substance come in contact with a body parts, signs and symptoms get developed on contacted region. There are some *sthawarvisha* like *Bhallataka*, *Ark*, *Snuhi* etc. which when come in contact with body parts it causes local poisoning. According to *AachryaSusruta*, these plants contain *Kshir* (latex) which is poisonous. When *Bhallataka* come in contact causes redness, pain, blisters etc. in this case study, patient gave history of contact of *Bhallataka* to right sole region on posterior site before one month which causes burning sensation, pain and formation of black patch at that region. He has taken medication such as *Gandhakrasayan*, *Aarogyavardhinivati* and *Panchtiktaghrita*. But patient didn't get relief. After that patient comes *Agadatantra* OPD, all internal medication had stopped and only external application of *PadmakaAgadLepa* was started. The drug contents in *Padmak AgadaLepa* are *Priyangu*, *Haridra*, *Daruharidra*, *Madhu* and *Ghrita* which are mostly *dahaprashaman*, *vednashamak*, *vishaghna*, *vranaropaka* etc. directly acts on the skin which came contact with *Bhallataka*.

During complete duration of treatment, patient was instructed to follow *pathya* (do's) and

apathy (don't) as advised strictly. During first follow up it was found that there is significant relief in all sign and symptoms along with mild *mukhpaka* (stomatitis). This shows that if plan of treatment is selected according to principles of Ayurveda i.e. effect of *Padmaka AgadaLepa* on contact poisoning of *Bhallataka*, along with *pathya*, *apathya*, there is assurance of success in treatment as seen in this poisoning.

CONCLUSION

Hence it is concluded that external application of *PadmakaAgadaLepa* is highly effective in the management of contact poisoning of *Bhallataka*.

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