

A REVIEW ON DASHANGA GUTIKA

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ABSTRACT

Dashanga agada is a formulation comprising of 10 drugs among which 9 are herbal and one is mineral. It is one of the most widely used *Ayurvedic* formulations indicated in *keetavisha* (insect bite). *Dashanga agada* is now prepared in the form of *vati* or *Gutika* named as. *Dashanga gutika* (tablet). *Vati* is an *upakalpna* of *kalka kalpana* (paste form). Most of the *Ayurvedic* formulations are not palatable because of its *tikta* (Bitter) and *kashayarasa* (Astringent) *pradhanyata* where as if the same formulation is made into *vati* / *Gutika* (Tablet) it is more easy for administration make it more palatable restore efficacy and can increase the shelf life of the drug.. The first reference of *Dashanga agada* is from *Kashyapa samhita visha adhikaara*. The same formulation has been taken up in *Ashtanga hridaya uttatantra* 37th chapter. Few more references are available from *Ashtanga Sangraha*, *Chakradatta*, *Yoga ratnakara*, *Bhaishajya ratnavali*. This paper is an attempt to make a review on the formulation *Dashanga agada* from various literatures of *ayurveda*.

Keywords: *Vati, Dashanga agada, Tikta, kalka kalpana*

INTRODUCTION

Agadatantra being one of the *ashtangas* (Eight branches) of *Ayurveda*. *Gada* literally means disease and *agada* means any agent which makes the body free from disease. This branch of medicine dealing with toxicology has got wide scope as it explains about emergency conditions like snake bite, dog bite, poisoning along with their antidotes. There is also

explanation about different formulations which are indicated in serious condition like *visha* manifestation. *Dashanga agada* is one such formulation which was mentioned in *keeta visha adhikara*¹ for the treatment all types of *keeta damsha* (Insect bite)

Dashanga agada, prepared in the form of *Vati/Gutika* (Tablet) has got ten components

among which nine are herbal and one is mineral. This formulation was first narrated by *acharya kashyapa* and the same is mentioned in *Astangahridaya*, *Chakradatta*³, *Bhaishajyaratnavali*⁴ and *Yogaratanakara*⁵ and is followed till now. This *yoga* is highly practiced by most of the traditional *visha vaidhyas* in Kerala. Inflammation is the first response of the host defence system. Hence *dashanga agada* can be indicated in all cases of inflammations including scorpion sting, as it has combined effect of Anti inflammation, analgesic and wound healing property. This review work explains about the ingredients method of preparation, uses and utility of Dashanga gutika.

REVIEW OF LITERATURE

Name of the *Yoga*; *Dashanga gutika*

Classical reference of this formulation is mentioned as *Dashanga Agada*

Dashanga agada was first mentioned by Acharya Kashyapa in *visha adhikaara* for the treatment of *Keeta visha*. But *Kashyapa Samhita* about *visha chikitsa* is not available now completely. Same formulation is mentioned by different other texts like *Ashtanga sangraha*¹, *Ashtanga Hridaya*², *Chakradatta*³, *Bhaishajya Ratnavali*⁴, *Yoga Ratnakara*⁵ and *Vanga sena*⁶. And they have clearly said that this is prepared by Acharya Kashyapa.

There is no difference of opinion about the formulation among different Acharyas where as *Indu* commentary for *Ashtanga Sangraha* has clearly explained the mode of administration for *dashanga agada*¹.

Table 1: Ingredients of *Dashanga gutika* and Botanical Name

DRUG	BOTANICAL NAME	FAMILY
<i>Vacha</i>	<i>Acorus calamus</i>	Araceae
<i>Hingu</i>	<i>Ferula northex</i>	Umbelliferrae
<i>Vidanga</i>	<i>Embelia ribes</i>	Myrsinaceae
<i>Saindhav</i>	<i>Rock salt</i>	Rock salt
<i>Gajapippali</i>	<i>Scindaspus officinalis</i>	Araceae
<i>Patha</i>	<i>Cissampelos pereira</i>	Menspermaceae
<i>Prativisha</i>	<i>Aconitum heterophyllum</i>	Ranunculaceae
<i>Shunthi</i>	<i>Zinziber officinale</i>	Zinziberaceae
<i>Maricha</i>	<i>Piper nigrum</i>	Piperaceae
<i>Pippali</i>	<i>Piper longum</i>	Piperaceae

Table 2: *Dashanga Gutika* Ingredients And Their Properties

Drugs	Gana	Rasa	Guna	Veerya	Vipaka	Karma
<i>Vacha</i> ⁷	<i>SheetaprashamanSamjnyasthapana</i>	<i>Katu, Tiktha</i>	<i>Laghu, tikshna</i>	<i>Ushna</i>	<i>Katu</i>	<i>Vedanasthapana, Sanjnasthapana, Jwaragna, Krimigna</i>
<i>Hingu</i> ⁸	<i>Samjnyasthapana</i>	<i>Katu</i>	<i>Laghu, snigdha,</i>	<i>Ushna</i>	<i>Katu</i>	<i>Vedanasthapana, Sanjnasthapana,</i>

			<i>tikshna</i>			<i>Kandugna</i>
Vidanga ⁹	<i>Krumighna, kushtaghna, shirovirechana</i>	<i>Katu, Kashaya</i>	<i>Laghu, ruksha, tikshna</i>	<i>Ushna</i>	<i>Katu</i>	<i>Krimigna, Kushtagna, Shothahara</i>
Saindhav ¹⁰	<i>Aaharopayogi varga</i>	<i>Lavana Madhur</i>	<i>Laghu, snigdha</i>	<i>Sheeta</i>	<i>Madhura</i>	<i>Rochana, Deepana, Tridoshashmaka,</i>
Gajapippali ¹¹	<i>Pippalyaadi, Shirovirechana,</i>	<i>Katu</i>	<i>Laghu, Snigdha</i>	<i>Ushna</i>	<i>Katu</i>	<i>Shothahara, Vedanastahapana,</i>
Patha ¹²	<i>Jwarahara</i>	<i>Tikta</i>	<i>Laghu, tikshna</i>	<i>Ushna</i>	<i>Katu</i>	<i>Vrunaropana, Vishagna, Krimigna, Shothahara,</i>
Prativisha ¹³	<i>Lekhaniya,</i>	<i>Tikta, Katu</i>	<i>Laghu, ruksha</i>	<i>Ushna</i>	<i>Katu</i>	<i>Vishagna, Krimigna, Shothahara</i>
Shunthi ¹⁴	<i>ShulaprashamanaDeepaniya</i>	<i>Katu</i>	<i>Laghu, snigdha</i>	<i>Ushna</i>	<i>Madhura</i>	<i>Shoolahara, Shothahara, Jwaragna</i>
Marich ¹⁵	<i>ShulaprashamanaDeepaniya</i>	<i>Katu</i>	<i>Laghu, tikshna</i>	<i>Ushna</i>	<i>Katu</i>	<i>Shothagna, Krimigna, Kushtagna</i>
Pippali ¹⁶	<i>ShulaprashamanaDeepaniya</i>	<i>Katu</i>	<i>Laghu, snigdha, tikshna</i>	<i>Anushna sheeta</i>	<i>Katu</i>	<i>Shoolaprashamana, Krimigna</i>

METHOD OF PREPARATION

All the drugs mentioned in the table are taken in equal quantity. Powder all the drugs separately. Sieve through cloth and then mix together in specified proportions followed by *bhavana* (triturate) with *jala* (water) and prepare *gutika* after getting desired consistency. Dry it under shade. Pack in a tightly closed glass containers for further use¹⁷.

DOSAGE; In classics, the dose of *dashangaagada* has not been mentioned. In *Bhaishajyaratnavali* the dose of *Dashangaagada* is mentioned as 3gm in *choorna* (powder) form.

Size of *gutika*–Standard dosage of *vati* preparation is 1 *karsha* (12gm)¹⁷

In practice *dashangagutika* is prepared as 1 gm pills

Diagram 1: PROBABLE MODE OF ACTION

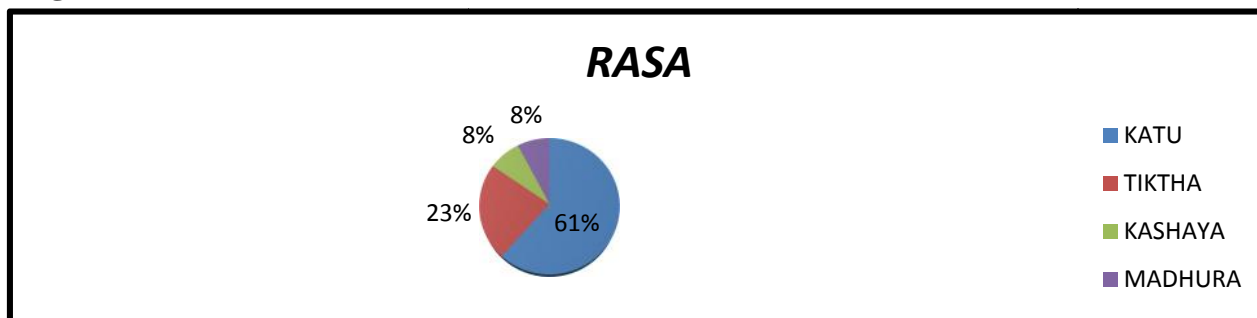


Diagram 2

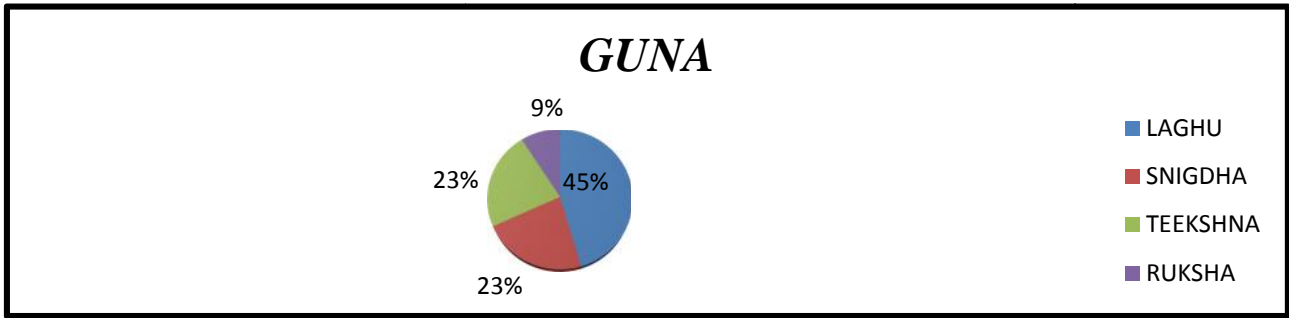


Diagram 3

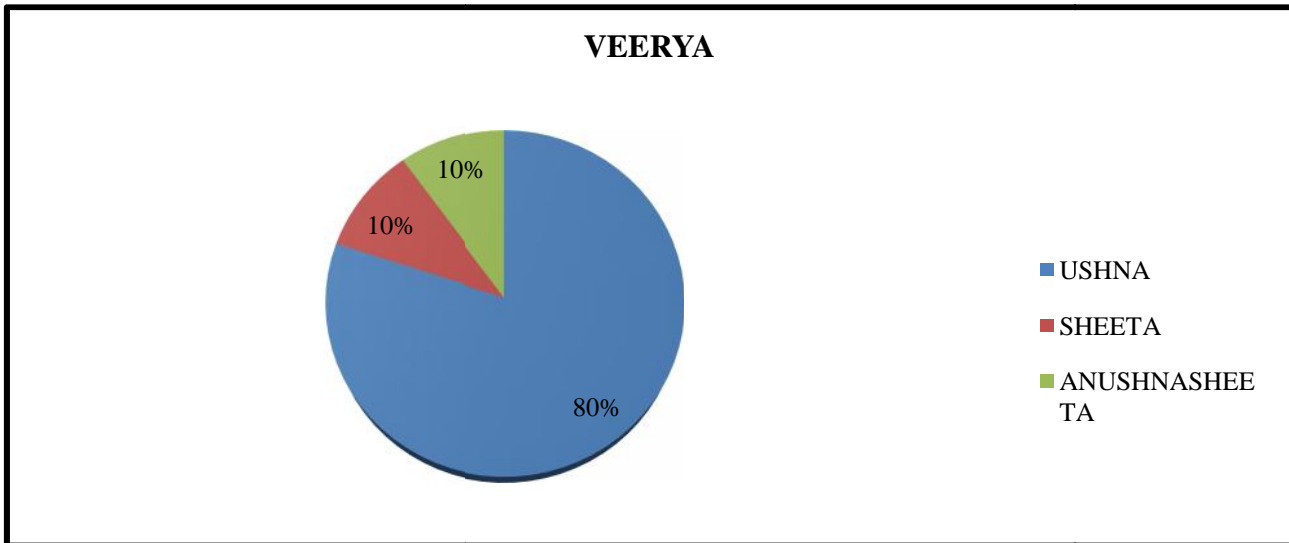
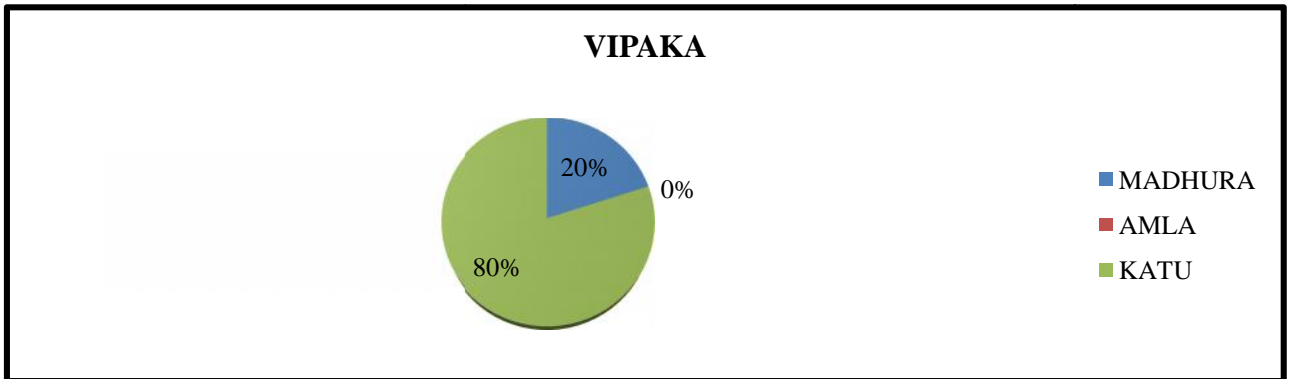


Diagram 4



DISCUSSION

Dashanga gutika is very effective formulation and widely practiced by many of the *visha*

vaidyas. It is having combined effect of Anti inflammatory analgesic and wound healing action. By virtue of its pharmacodynamics it

can be used in *sarva keeta visha*. Inflammation is the body's attempt to self protection; the aim being to remove harmful stimuli including damaged cells, irritants, or pathogens. In any type of insect bite inflammation is one of the major symptoms seen clinically¹⁸. Especially in case of poisonous insect bite, the exogenous substance induced by the insect triggers the initial response of the body and causes inflammation at the bite site.

Dashanga agada is one such formulation which is indicated in *keetavisha*.

- *Vacha*, *Hingu* and *Pippali* are having *vedanasthapana* action which will act on the *keeta damsha*.
- *Vidanga*, *prativisha*, *Maricha* and *patha* are having *shotha hara* action.
- *Prativisha* and *Patha* are having *vishaghna* action.
- Most of the drugs are having *ushna veerya* which may act quickly in emergency condition like *visha*
- Whereas pain, Swelling and redness are the primary symptoms of *keetadamsha* as well as inflammation.

CONCLUSION

The traditional practice of toxicology is still practiced by different families of *vishavaidhyas* who are specialized in toxicology all over the country. *Dashanga agada* is an effective formulation mentioned in *Kashyapasamhita* for the treatment of *keeta visha*. In *ashtangasangraha* it is mentioned that *choorna* of the drugs has to be mixed with water and given for drinking it¹ Presently in practice it is given in the form of *vati/gutika* for the convenience of the easy administration.

All the ingredients of *dashanga agada* are abundantly available except *patha* (*Cissalpinia perira*), instead of that *Rajapatha* (*Cyclia peltata*) is used as a *pratinidhi dravya*. And the action of both the drugs is almost same. Some *vaidyas* also use *dashanga agada* to treat inflammatory joint diseases (*amavata*) in the form of *lepa* as *dashanga agada* is having anti-inflammatory analgesic and wound healing property.

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