

## REVIEW ARTICLE-HIMAVAN AGADA IN MANDALI SARPAVISHACHIKITSA

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### ABSTRACT

*Agadatantra* is one among the *Ashtangas* of *Ayurveda*, which deals with all cases of poisoning. Among all *visha*, *sarpavisha* has foremost importance as it is a condition which needs emergency management. Snakes are categorized into three groups in *Ayurveda*, based on their *dosha* predominance and structural appearance. Anti-Snake Venom is the main treatment protocol for the poisonous snake bite in modern science. But in our *samhithas* *Acharyas* gave description about various *agadayogas* which are useful for management of snake bite cases. *Himavanagada* is one among them. It contains 14 ingredients and indicated for *mandalivisha*, *visarpa*, *shwayathu*, *visphota*, *jwara* and *daha*. By using the *agadayogas* told by our *Acharyas*, we can try to treat *sarpavisha* cases without ASV.

**Keywords:** *Himavanagada*, *Mandalivisha*

### INTRODUCTION

*Agadatantra* is one among the *Ashtangas* of *Ayurveda*. It mainly deals with the treatment of poisoning.

Roughly 11,000 fatalities occur in India each year due to snake bite<sup>1</sup>. *Sarpavisha* is a condition which needs emergency management to save the life of the victims. In *Ayurvedic* literature *sarpas* are mainly classified into three categories<sup>2</sup> i.e.

- *Darvikarasarpa*

- *Mandalisarpa*
- *Rajimanthasarpa*

*Mandalidamsavisha* produces symptoms like *shotha*, *jwara* etc. which are similar in nature of hemotoxic poison, commonly noted in viper snake bite cases<sup>3</sup>.

Snake bite is a significant health concern especially in rural populations. High mortality is due to poor health services in rural areas and getting delay for well-equipped health care

facility, where ASV can be administered. In *Ayurvedicsamhitas* many *agadayogas* are described for management of *sarpavisha*. In emergency conditions, among these *Himavanagada* is one.

The scientific review and research works is required to utilize this formulation with more confidence, hence the review study has under taken to highlight in brief about its action.

### Review of Literature About *Himavanagada*

*Himavanagada* is one among the *agadayogas* which is described by *acharya* Vagbhata in *AshtangaHrudaya* in 36<sup>th</sup> chapter *Sarpavishapratisheda*, in the context of *Mandalisarpavishachikitsa*<sup>4</sup>. *Himavanagada* reference is also available in *Ashtanga Sangraha* 42<sup>nd</sup> chapter<sup>5</sup>. It is having fourteen ingredients.

#### Method of preparation<sup>4</sup>

Here all the fourteen ingredients are taken in equal quantity. Make *sookshmachurna*. Add *kshoudra* to this to get *lepa* consistency.

**Table 1:** Ingredients of *Himavan agada*<sup>4</sup>

Ingredients	Botanical name	Family
<i>Shirish</i> <sup>6</sup>	<i>Albizia lebbek</i> <sup>6</sup>	<i>Fabaceae</i>
<i>Pippala</i> <sup>7</sup>	<i>Ficus religiosa</i> .Linn <sup>7</sup>	<i>Moraceae</i>
<i>Vata</i> <sup>8</sup>	<i>Ficus benghalensis</i> <sup>8</sup>	<i>Moraceae</i>
<i>Plaksha</i> <sup>9</sup>	<i>Ficus lacor</i> <sup>9</sup>	<i>Moraceae</i>
<i>Vetasa</i> <sup>10</sup>	<i>Salix caspera</i> <sup>10</sup>	<i>Salicaceae</i>
<i>Vacha</i> <sup>11</sup>	<i>Acorus calamus</i> .linn <sup>11</sup>	<i>Araceae</i>
<i>Yashtimadhu</i> <sup>12</sup>	<i>Glycyrrhiza glabra</i> <sup>12</sup>	<i>Fabaceae</i>
<i>Nagapushpa</i> <sup>13</sup>	<i>Mesua ferrae</i> .linn <sup>13</sup>	<i>Guttiferae</i>
<i>Elavaluka</i> <sup>14</sup>	<i>Prunus cerassus</i> <sup>14</sup>	<i>Rosaceae</i>
<i>Jeevaka</i> <sup>15</sup>	<i>Melaxis musifera</i> <sup>15</sup>	<i>Orchidaceae</i>
<i>Rushabhaka</i> <sup>16</sup>	<i>Microstylis wellich</i> <sup>16</sup>	<i>Orchidaceae</i>
<i>Sheeta(chandana)</i> <sup>17</sup>	<i>Santalum album</i> <sup>17</sup>	<i>Santalaceae</i>
<i>Padmaka</i> <sup>18</sup>	<i>Prunuscerasoides</i> <sup>18</sup>	<i>Rosaceae</i>
<i>Utpala</i> <sup>19</sup>	<i>Nymphaea alba</i> <sup>19</sup>	<i>Nymphaeaceae</i>
<i>Kshoudra</i>		
<i>Sita(sugar)</i>		

#### All ingredients are in equal quantity

**Table 2:** Properties of ingredients of *HimavanAgada*

Drug	Rasa	Guna	Veerya	Karma
<i>Shirisha</i> <sup>6</sup>	<i>Kashaya, Tiktha, Madhura</i> <sup>6</sup>	<i>Laghu, Ruksha</i> <sup>6</sup>	<i>Ushna</i> <sup>6</sup>	<i>Tridosahara, varnya, vishagna, shothahara, vranaropana</i> <sup>6</sup>
<i>Pippala</i> <sup>7</sup>	<i>Kashaya, Madhura</i> <sup>7</sup>	<i>Guru, Ruksha</i> <sup>7</sup>	<i>Sheeta</i> <sup>7</sup>	<i>Kaphapittahara, varnya, vranashodhana, vranaropana</i> <sup>6</sup>
<i>Vata</i> <sup>8</sup>	<i>Kashaya</i> <sup>8</sup>	<i>Guru, Ruksha</i> <sup>8</sup>	<i>Sheeta</i> <sup>8</sup>	<i>Kaphapittahara, vvarnya, sthambhana, rakthapittahara, visarpahara</i> <sup>8</sup>
<i>Plaksha</i> <sup>9</sup>	<i>Kashaya</i> <sup>9</sup>	<i>Guru, Ruksha</i> <sup>9</sup>	<i>Sheeta</i> <sup>9</sup>	<i>Kaphapittahara, mutrasangrahaniya, rakthapittahara, vranah</i>

				ara <sup>9</sup>
Vetasa <sup>10</sup>	Kashaya, Tiktha <sup>10</sup>	Laghu, Ruksha <sup>10</sup>	Sheeta <sup>10</sup>	Jwaragna <sup>10</sup>
Vacha <sup>11</sup>	Katu, Tiktha <sup>11</sup>	Laghu, teekshna <sup>11</sup>	Ushna <sup>11</sup>	Kaphavatahara, lekhaniya, medya, jwaragna <sup>11</sup>
Yashtimadhu <sup>12</sup>	Madhura <sup>12</sup>	Guru, Snigha <sup>12</sup>	Sheeta <sup>12</sup>	Tridoshahara, vranashodha, visharogahara, rakthapittahara, dahagna <sup>12</sup>
Nagapushpa <sup>13</sup>	Kashaya, Tiktha <sup>13</sup>	Teekshna, Ruksha <sup>13</sup>	Ushna <sup>13</sup>	Kaphapittahara, vishahara, shodhahara, kushtagna, visarpahara, jwaragna <sup>13</sup>
Elavaluka <sup>14</sup>	Kashaya <sup>14</sup>	Laghu, Sheeta <sup>14</sup>	Sheeta <sup>14</sup>	Varnya, rakthapittahara <sup>14</sup>
Jeevaka <sup>15</sup>	Kahaya, Tiktha, Madhura <sup>15</sup>	Guru, Snigha <sup>15</sup>	Sheeta <sup>15</sup>	Jwaragna, dahagna <sup>15</sup>
Rshabhaka <sup>16</sup>	Kashaya, Tiktha <sup>16</sup>	Laghu, Sheeta <sup>16</sup>	Sheeta <sup>16</sup>	Jeevaniya, jwaragna <sup>16</sup>
Sheeta <sup>17</sup>	Tiktha, Madhura <sup>17</sup>	Laghu, Ruksha <sup>17</sup>	Sheeta <sup>17</sup>	Kaphapittahara, varnya, dahagna, jwaragna, visarpahara <sup>17</sup>
Padmaka <sup>18</sup>	Kashaya, Tiktha <sup>18</sup>	Laghu, Snigdha <sup>18</sup>	Sheeta <sup>18</sup>	Kaphapittahara, varnya, rakthapittahara, visarpahara, kushtagna <sup>18</sup>
Utpala <sup>19</sup>	Madhura, Kashaya, Tiktha <sup>19</sup>	Laghu, Snigdha <sup>19</sup>	Sheeta <sup>19</sup>	Tridoshahara, rakthapittahara, dahagna, jwaragna <sup>19</sup>
Kshoudra <sup>20</sup>	Kashaya, Madhura <sup>20</sup>	Sheeta, Laghu, Ruksha <sup>20</sup>	Sheeta <sup>20</sup>	Lekhana, varnya, kapha-pitta shamaka, vranashodanaropana, dahagna, kushtagna <sup>20</sup>
Sita(sarkara) <sup>21</sup>	Atimadhura <sup>21</sup>		Sheeta <sup>21</sup>	Vatapittahara, dahahara, jwaragna, chardigna <sup>21</sup>

### Administration of Himavan agada<sup>22</sup>

Externally-lepa form

### Anupana

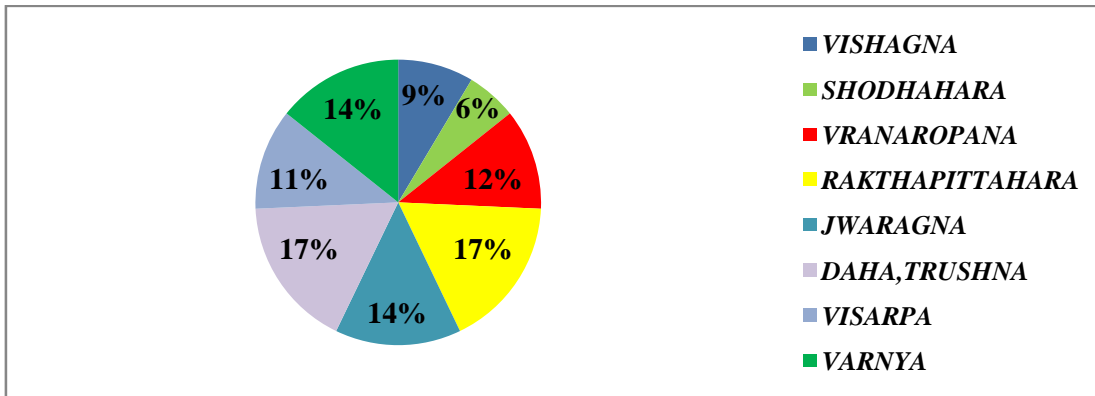
No specific anupana mentioned

### Indication<sup>23</sup>

- Mandalivisha

### Probable mode of action

### Diagram-1



- Shwayathu
- Visarpa
- Visphota
- Jwara
- Daha

Diagram-2

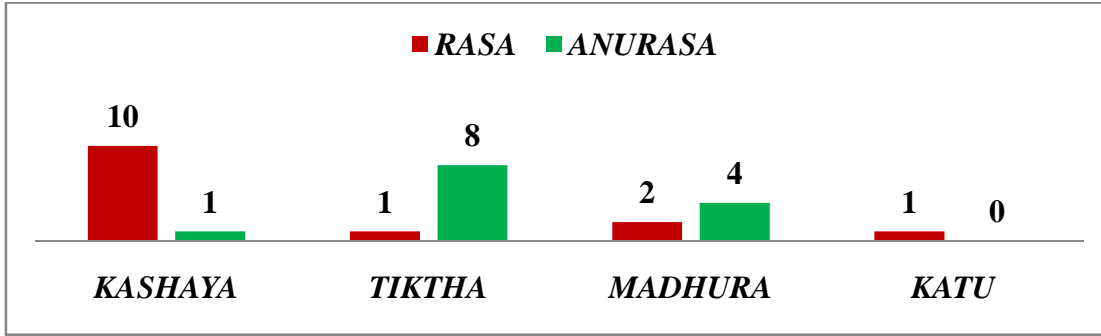
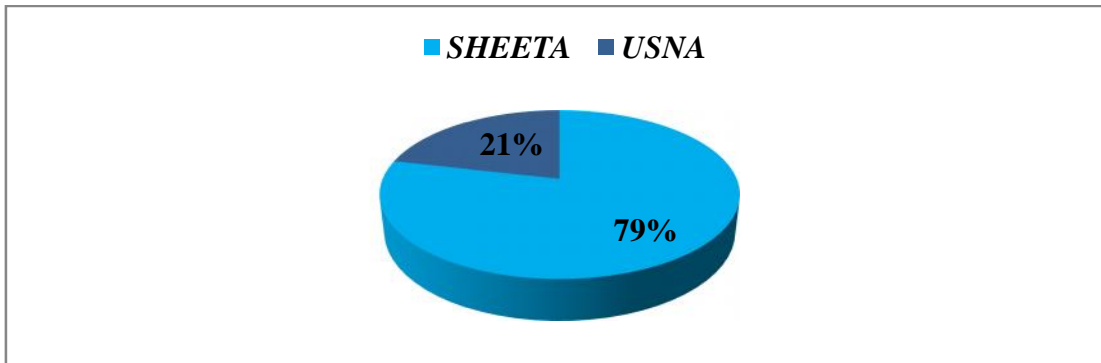


Diagram-3



## DISCUSSION

Acharyas mentioned different and specific *agadayogas* for each category of *sarpadamsa*. The real challenge in this is to understand why these have been indicated specifically for each condition.

In *mandalivishadamsa* local symptoms are more compared to systemic symptoms, within 1-2hrs after bite. Systemic symptoms are seen in progressed stage. Local symptoms like *sho-tha* (swelling), *daha* (burning sensation), etc. and in progressed stage *jwara* (fever), *sho-tha* (swelling), *daha* (burning sensation), *trushna* (thirst) etc. can be seen. By *lepa* application we can reduce the local symptoms and by internal administration we can reduce symptoms like *jwara* (fever), *trushna* (thirst) etc.

- In this formulation 17% of drugs having *dahaprashamana* and *trushna prashamana* action. eg: *yashtimadhu, chandana, kumuda*
- 17% having *rakthapittahara* property. eg: *vata, plaksha, yashtimadhu, chandana*
- 14% of drugs showing *jwaragna* action. eg: *Jeevaka, Vacha, Chandana, Kumuda*
- 9% have *vishagna* property. eg: *Shirisha, Yashtimadhu, Nagakesara*
- 6% have *shothahara* action. eg: *Shirisha, Nagakesara*
- *Vedanasthapana, vranaropana* actions also exhibited by the drugs. Eg: *padma-ka, shirisha*
- **Based on rasa and anurasa:** 10 drugs are *kashayapradhana rasa* and 8 are *tikthaa-nurasadravyas*. *Pitta* is the main *dosha* in-

volved in *mandalisarpadamsa*, so *kashayarasa* and *tiktha rasa* will help to reduce *pitta dosha* in *mandalidamsa* eg: *shirisha, pippala, vata, vetasa, plaksha, elavaluka*

- **Based on Veerya:** Most of the drugs having *sheethaveerya* which in turn is *pitta*

*samaka*. eg: *pippala, vata, vetasa, yashtimadhu*

- **Anupana:** *kshoudra* is *yogavahi, kashaya-rasapradhana* and *sheethaveerya*, helps for pacifying *pitta*

**Table 3:**

Other Indications	<i>Dravyas</i>
<i>Visarpa</i>	<i>Padmaka, Vata, Chandana, Nagakesara</i>
<i>Jwara</i>	<i>Vacha, Jeevaka, Chandana, Kumuda, Nagakesara</i>
<i>Daha</i>	<i>Nagakesara, Yashtimadhu, Jeevaka, Padmaka, Chandana, Kumuda, sita</i>

## CONCLUSION

*Sarpavishadamsa* is a condition which needs emergency management. Many treatment modalities are told for management of these cases in Ayurveda. In India incidence of *mandalidamsa* cases are more and the complications reported are also added. Nowadays ASV has been used for the management of this condition, which may bring on many side effects. Even though there are much speculated treatment modalities in Ayurveda we depend on ambivalent remedies. Thus for overcome this condition we need multiple remedies without side effects and complications. In present era *Himavanagada* is not available. Unavailability of all the ingredients is the main problem for preparation of this. All drugs are available except *jeevaka* and *rshabhaka*. *Vidarikanda* is the *pratinidhidravaya* for *jeevaka* and *rishabhaka*. Further researches on this *Himavanagada* might be helpful to explore the exact mode of action and its use in the field of Ayurveda and management of snake poisoning without ASV to appreciate our science.

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