

REVIEW ARTICLE - NEELITULASYADI YOGA IN LOOTAVISHA CHIKITSA

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ABSTRACT

There is manifold number of formulations that has been widely practiced in traditional *visha chikitsa* for different poisoning. *Neelitulasyadi yoga* is one of the practically used medicines in the treatment of *Loothavisha* (spider poisoning) by *keraleeya visha vaidyas*. The reference of the *yoga* is available in 3 renowned *vishavaidya* literatures namely *Kriya Koumudhi* by Kuttikrishna Menon, *Prayogasamucchayam* by Kochunni Thamburan and *Vishajyotsnika* by Karattu Nambootiri. The formulation comprises 14 drugs. *Neelitulasyadi yoga* can be administered as *ghrita* (ghee) and *kashaya* (decoction) internally and *taila* (oil) for external application. The external application of *Neelitulasyadi kera taila* (oil) has been widely used in the clinical practice. This paper is an attempt to make a review on the formulation *Neelitulasyadi yoga*.

Keywords: *keraleeya visha vaidya.*, *Neelitulasyadi yoga*. *Loothavisha* (spider poisoning)

INTRODUCTION

Agadatantra is one among the eight branches of *Ayurveda* which deals with the management of poisonous bites, toxic combinations, and food & drug toxicity¹. There are many historical references available in ancient Indian literatures. The tradition of *visha chikitsa* has been widely practiced among *keraleeya visha vaidyas* & they contributed many literatures which were explained different treatment modalities and formulations. *Kriyakoumudi* written by shri V.M. Kuttikrishnamenon, *Prayogasamucchayam* written by Shri Kochunni tamburan and *vishajyotsnika* by shri Karattu Nambootiri, are few examples for such renowned text which are widely followed in agadatantra clinical practices in Kerala.

Neelitulasyadi yoga is one such commonly practiced formulation explained in above mentioned all the three texts for the management of *lootha damsha* (spider poisoning)^{2,3,4}. Eventhough *ghrita* (ghee) and *kashaya* (decoction) of this formulation is explained, *Neelitulasyadi kera taila* is clinically used. This formulation contains 14 ingredients which are easily available. It is available in SNA pharmacy and *Pappinisseri visha chikitsa Kendra*. The description of *loota damsha lakshanas* (signs and symptoms of spider poisoning) & its management are described in *samhitas*. *Loota visha* (spider poisoning) is categorized under *kruchha saadhya* (difficult to manage) and *asadhya* (unmanageable). The diagnosis and treatment of spider poisoning is difficult in the clini-

cal practice⁵. So an effective medication for such clinical condition should be highlighted and scientific research works are to be done to get wide acceptance.

REVIEW OF LITERATURE

Classical reference of this formulation is mentioned in the *ashtama paricheda* “*Lootha visha samanya*

chikita” chapter of Prayogasamucchaya written by Kochunni Tamburan. In this text it is given as *Neelitulasyadi ghrta* (ghee) and *Neelitulasyadi kera taila* (oil). In “*Keetadhivishaprakaranam*“ chapter of Kriyakoumudhi written by V.M. Kuttikrishnamenon, it is given as *Neelidaladi ghritam* and Vishajyotsnika by Karattu Nambootiri the formulation is explained as *Neelidaladi ghritam*.

Table 1: Ingredients of *Neelitulasyadi yoga* and Botanical name⁶

Number	Drug	Botanical name	Family
1	<i>Neeli</i>	Indigofera tinctora	Fabaceae
2	<i>Tulasi</i>	Ocimum sanctum	Lamaceae
3	<i>Nirgundi</i>	Vitex negundo	Lamiaceae
4	<i>Lashuna</i>	Allium sativum	Amaryllidaceae
5	<i>Maricha</i>	Piper nigrum	Piperaceae
6	<i>Pippali</i>	Piper longum	Piperaceae
7	<i>Shunti</i>	Zingiber officinale	Scitaminae
8	<i>Ashwaganda</i>	Withania somnifera	Solanaceae
9	<i>Chandana</i>	Santalum album	Sandalaceae
10	<i>Madhuka</i>	Glycorrhiza glabra	Sapotaceae
11	<i>Tagara</i>	Valeriana wallichii	Valerianaceae
12	<i>Kushta</i>	Saussurea lappa	Compositae
13	<i>Sariba</i>	Hemidesmus indicus	Apocynaceae
14	<i>Ishwari</i>	Aristolochia indica	Aristolochiaceae

Table 2: *Neelitulasyadi yoga* Ingredients and their Properties

Drugs	Rasa (taste)	Guna (properties)	Veerya (potency)	Vipaka (post digestive taste)	Karma (action)
<i>Neeli</i>	Tikta (bitter)	Laghu (lightness), rooksha (roughness)	Ushna (hot)	Katu (pungent)	Kaphavatahara (reduce kapha and vata) Vishagna(anti-toxic), kushtagna (pacifies skin diseases), vedanasthapana (reducepain) rakthaprasadana (purifies blood)
	Tikta (bitter),katu (pungent)	Laghu (lightness), Rooksha (roughness)	Ushna (hot)	Katu (pungent)	Kaphavatahara, vishagna, twakdoshahara, vedanasthapana, rakthaprasadana
<i>Nirgundi</i>	Katu (pungent) , Tikta (bitter)	Laghu (lightness), Rooksha (roughness)	Ushna (hot)	Katu (pungent)	Kaphavatahara,kushtagna, vedanasthapana, rakthaprasadana
<i>Lashuna</i>	Amla varjitha	Tikshna	Ushna (hot)	Katu	Kaphavatahara ,

	<i>pancha rasa</i> (five tastes except sour)	(sharpness), <i>guru</i> (heaviness), <i>snigdha</i> (unctuous)		(pungent)	<i>kushtagna,vedanasthapana, sophahara</i> (reduce swelling)
<i>Maricha</i>	<i>Katu</i> (pungent)	<i>Laghu</i> (lightness) , <i>tikshna</i> (sharpness)	<i>Ushna</i> (hot)	<i>Katu</i> (pungent)	<i>Kaphavatahara, kushtagna, vedanasthapana,sophahara</i>
<i>Pippali</i>	<i>Katu</i> (pungent)	<i>Laghu</i> (lightness), <i>tikshna</i> (sharpness), <i>snigdha</i> (unctuous)	<i>Anushna sheeta</i> (neither hot nor cold)	<i>Madhura</i> (sweet) (sweet)	<i>Kaphavatahara, kushtagna, vedanasthapana, sophahara</i>
<i>Shundi</i>	<i>Katu</i> (pungent)	<i>Laghu</i> (lightness), <i>snigdha</i> (unctuous)	<i>Ushna</i> (hot)	<i>Madhura</i> (sweet)	<i>Kaphavatahara, kushtagna, vedanasthapana, sophahara</i>
<i>Ashwaganda</i>	<i>Tiktha, katu</i> (pungent), <i>madhura</i> (sweet)	<i>Laghu</i> (lightness), <i>snigdha</i> (unctuous)	<i>Ushna</i> (hot)	<i>Madhura</i> (sweet)	<i>Kaphavatahara, kushtagna, vedanasthapana, sophahara</i>
<i>Chandana</i>	<i>Tikta</i> (bitter), <i>madhura</i> (sweet)	<i>Laghu</i> (lightness), <i>rooksha</i> (roughness)	<i>Sheeta</i> (cold)	<i>Katu</i> (pungent)	<i>Kaphapittahara, vishagna, kushtagna, raktasodhana</i>
<i>Madhuka</i>	<i>Madhura</i> (sweet)	<i>Guru</i> (heaviness), <i>snigdha</i> (unctuous)	<i>Sheeta</i> (cold)	<i>Madhura</i> (sweet)	<i>Vatapittahara</i> (pacifies vata and pitta), <i>kandughna, vedanasthapana, sophahara</i>
<i>Tagara</i>	<i>Tikta</i> (bitter), <i>katu</i> (pungent), <i>kashaya</i> (astringent)	<i>Laghu</i> (lightness), <i>snigdha</i> (unctuous)	<i>Ushna</i> (hot)	<i>katu</i> (pungent)	<i>Kaphavatahara, vishagna, kushtagna, vranaropanam</i>
<i>Kushta</i>	<i>Tikta</i> (bitter), <i>katu</i> (pungent), <i>madhura</i> (sweet)	<i>Laghu</i> (lightness), <i>rooksha</i> (roughness)	<i>Ushna</i> (hot)	<i>Katu</i> (pungent)	<i>Kaphavatahara, kushtagna, vedanasthapana</i>
<i>Sariba</i>	<i>Madhura</i> (sweet), <i>Tikta</i> (bitter)	<i>Guru</i> (heaviness), <i>snigdha</i> (unctuous)	<i>Sheeta</i> (cold)	<i>Madhura</i> (sweet)	<i>Tridoshagna, vishagna, kushtagna, rakthasodhana</i>
<i>Ishwari</i>	<i>Tikta</i> (bitter) <i>katu</i> (pungent), <i>kashaya</i> (astringent)	<i>Laghu</i> (lightness), <i>rooksha</i> (roughness)	<i>Ushna</i> (hot)	<i>Katu</i> (pungent)	<i>Kaphavatahara, vishagna, vedhanasthapana, sophahara</i>

METHOD OF PREPARATION⁷

Neelitulasyadi ghritha (ghee) can be prepared by two methods. In first method 1 *kudava* (192gms) *ghrita* (ghee) should be taken as *sneha dravya* (oil part). 1 *pala* (48gms) *kalka* (paste) of *lashuna, shundi, maricha, pippali, ashwaganda, chandana, madhuka, tagara, kushta, sariba, ishwari* taken as *Kalka dravya* (paste part). 4 *pala* (192ml) *swarasa* (juice) of *neeli, surasa, nirgundi* are used as *Drava dravya* (liquid part). To 1 *kudava* of *ghrita* (ghee), placed

over mild fire, add 4 *pala* of *dravya swarasa* (juice) followed by 1 *pala* of *dravya kalka* (paste). Boiling is continued with frequent stirring. As soon as the *sneha siddha lakshanas* (proper signs of well formed ghee) are attained the hot *ghritha* is filtered through a clean cloth into a clean vessel.

In second method 1 *kudava* (192gms) *ghrita* taken as *Snehadravya* (oil part). As *Kalka dravya* (paste part) 1 *pala* (48gms) *kalka* (paste) of *lashuna, shundi, maricha, pippali, ashwaganda, chandana,*

madhuka, tagara, kushta, sariba, ishwari are to be taken, 1.5 pala (72ml) *kashaya* (decoction) of root of *neeli, surasa, nirgundi as drava dravya* (liquid part). To 1 kudava of *ghrita* (ghee), placed over mild fire, add 1.5 pala of *kashaya* (decoction) prepared by 14 ingredients followed by 1 pala of *dravya kalka* (solid paste part). Boiling is continued with frequent stirring. As soon as the *sneha siddha lakshanas* (proper signs of well formed ghee) are attained the hot *ghrita* (ghee) is filtered through a clean cloth into a clean vessel.

For preparation of *Neelitulasyadi kera taila* (oil) 1 kudava (192ml) *naalikerataila as Snehadravya* (oil part), 1 pala (48gm) *lashuna, shundi, maricha, pip-pali, ashwaganda, chandana, madhuka, tagara, kushta, sariba, ishwari* as *kalkadravya* (paste part) and 4 pala (192ml) *swarasa* (juice) of *neeli, surasa, nirgundi as dravadravya* are needed. 1 kudava of *naalikerataila* is taken in a clean wide mouthed vessel placed over mild fire. To it add 4 pala of *dravyaswarasa* (juice of drugs) and 1 pala of *dravya-kalka* (paste of drugs). The process of boiling is continued with frequent stirring *Neelitulasyadi kashaya* (decoction) can also be prepared by following the common *kashaya kalpana* preparation.

DOSAGE

For *Neelitulasyadi ghrita* (ghee) 1 karsha (14gms) is the normal dosage. *Neelitulasyadi kera taila* (oil) used as external application in normal dosage form

Table 3: Probable mode of action of *Neelitulasyadi yoga* on the basis of *rasa* (taste)

Rasa (taste)	In percentage
Madhura (sweet)	16%
Katu (pungent)	40%
Tikta (bitter)	41%
Lavana (salt)	3%
Amla (sour)	0%
Kashaya (astringent)	0%

Table 4: Probable mode of action of *Neelitulasyadi yoga* on the basis of *guna* (properties)

Guna (properties)	In percentage
Laghu (lightness)	38%

<i>Snigdha</i> (unctuous)	21%
<i>Tikshna</i> (sharpness)	10%
<i>Rooksha</i> (roughness)	21%
<i>Guru</i> (heaviness)	10%

Table 5: Probable mode of action of *Neelitulasyadi yoga* on the basis of *veerya* (potency)

Veerya (potency)	In percentage
<i>Ushna</i> (hot)	72%
<i>Sheeta</i> (cold)	28%

Table 6: Probable mode of action of *Neelitulasyadi yoga* on the basis of *vipaka* (post digestive taste)

Vipaka (post digestive taste)	In percentage
<i>Madhura</i> (sweet)	36%
<i>Katu</i> (pungent)	64%

Table 7: Probable mode of action of *Neelitulasyadi yoga* on the basis of *karma* (action)

Karma (action)	In percentage
<i>Vishagna</i> (anti-toxic property)	17%
<i>Kushtagna</i> (pacifies skin diseases)	35%
<i>Vedanasthapana</i> (pacifies pain)	31%
<i>Raktha prasadana</i> (purifies blood)	9%
<i>Vranasodhaka</i> (wound healing property)	8%

DISCUSSION

Neelitulasyadi yoga is explained in texts as *ghrita* (ghee) and *taila* (oil), in which *taila* is used clinically for external application in *loothavisha* (spider poisoning).

Considering *rasa* (taste) 36% of drugs have *tikta* (bitter) - *katu* (pungent) *rasa*, 11% *kashaya* (astringent) *rasa* that contributes to pacification of *kaphaja* condition. 14% *madhura* (sweet) *rasa*, 3% have *lavana* (salt) *rasa* which pacifies *vataadosha*.

Acknowledging *gunas* (properties) 38% drugs have *laghu* (lightness) *guna* and 21% have *ruksha guna* (roughness) which facilitates easy spreading of medicine. 21% *snigha* and 10% drugs have *guru guna* which pacifies *vataja* condition and 10% drugs have *tikshna guna*.

Dealing with *veerya* (potency) 72% drugs have *sheeta* (cold) *guna* it pacifies the deteriorating nature

of *visha* (poison). And 28% drugs have *ushna* (hot) *veerya* act as *kaphavata shamaka* (pacifies *kapha* and *vata*).

Scrutinizing the *vipaka* (post digestive taste) 64 % have *madhura* (sweet) *vipaka* pacifies *vata* and 36 % have *katu* (pungent) *vipaka*, pacifies *kapha*.

Considering *karma* (action) 29% drugs have *kushtagna* (pacifies skin problems), 26% drugs have *vedanasthapana* (reduces pain), 14% drugs have *vishagna* (anti-toxic), 7% drugs have *raktaprasadana* (purifies blood) and *vranasodhana* (purifies blood) properties.

Kera taila (oil) has *madhura* (sweet) *rasa*, *snigdha* (unctuous) *guna* *madhura* (sweet) *vipaka* and *vatapittahara* (pacifies *vata* and *pitta*), *vranaropana* (wound healing property) and *kushtagna* (pacifies skin diseases) properties.

Ghritha has *madhura rasa* (sweet taste), *guru snigdha guna* (heaviness and unctuous properties), *sheeta veerya* (cold potency), *madhura vipaka* (sweet post-digestive taste) and *vatapittahara* (pacifies *vata* and *pitta*), *vishagna* (anti-toxic), *kushtagna* (pacifies skin ailments) properties.

Clinically *Neelitulasyadi kera taila* is commonly using for external application in *lootha visha* (spider poisoning).

CONCLUSION

Lootha visha (spider poisoning) is the common clinical condition which needs proper diagnosis and treatment according to *dosha* predominance. *Neelitulasyadi yoga* is one of the practically proved efficient medicine which is commonly used by *Keralaleeya visha vaidhyas* in *lootha visha* (spider poisoning) management especially *Neelitulasyadi kera taila* for external application. All the ingredients in the *yoga* are abundantly available and easy to make and administer. Even though *Neelitulasyadi yoga* is proved its efficiency practically, more research has to be done on it for the better explanation of its effects.

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