ROLE OF PIPPAŁYADI AGADA IN DUSHVISHA JANYA TWAK VIKAR: A REVIEW

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ABSTRACT
Skin is one of the important sensory organs that protects against mechanical trauma, UV light and infection, in addition the skin is concerned with thermoregulation, conservation, excretion of fluid and sensory perception. The pores present in skin help in the hair nourishment, detoxification process and keeping skin healthy. Therefore, any anatomical or physiological abnormalities in skin or related organs may leads various disorders of skin like Psoriasis, Acne, Leprosy, Hyper pigmentation, Skin allergy. The incidences of Skin diseases are increasing day by day. Modern medicine provides temporary relief but not complete cure. Therefore, peoples are gradually turning towards Ayurveda for safe and complete cure of diseases. Especially in the field of Skin diseases. In Ayurveda concept of Dushivisha is very unique. Dushivisha is a low potent poison which vitiates Dhatus. In its relationship with Raktdhatu some of the Skin diseases caused by Dushivisha which are described in Samhitas are Kustha, Visarpa, Shitpitta, Udarda, Kotha. In present era, people are exposing to various toxins in day to day life which are causing various health problems. There are many such kind of diseases where treatment does not work, as it is not eliminating the root cause. Skin diseases can be prevented and if it occurs then can be cured through Ayurvedic Agada’s. Agada’s are the counter measures taken against this manifestation. Achayra Yogratnakara mentioned Pippalyadi Agada in the management of Dushivisha. It can be a better choice for the treatment of Dushivisha janya Twak vikar by its Kusthghna, Krimighna, Vishaghna, Kandughna properties.
Keyword: Pippalyadi Agada, Dushivisha, Twakvikar, Kustghna, Skin diseases etc.

INTRODUCTION
Almost everybody suffers from Skin diseases sooner or later, and it is estimated that around 5-10% of consultations in general practice involve a skin problem. There are huge number of types of Skin diseases and dermatological expertise can be achieved only by prolonged clinical experience.¹ Now a days due to uses of various synthetic and chemical added food items and changes in the lifestyle of a modern man, immune system of a person declines and leads to evolution of various diseases. Skin diseases are common among them.

The Histology of Normal Skin
According to Modern² - Skin has layers, the epidermis and dermis. Coned shaped dermal papillae extend upward into the epidermis forming peg like rete ridges. Various layers of the epidermis from below upwards are Stratum Germinatum, Stratum Malpighi, Stratum Sgranulosum, Stratum Indicum (palms and soles) and Stratum Corneum. The dermis has fibrocollagenic tissue containing blood vessels, lymphatics and nerves and adnexal structures (sweat glands, sebaceous glands, hair follicles, arrectores pilorum and nails).

According to Ayurveda³ - The seven layers of skin are formed in the same manner as the layers of cream are formed on the surface of boiled milk.

- The first layer from outside is known as Avabhasini (reflecting layer). This reflects all the colours and the five shades (five bhutas) are brought into light. Its thickness one-eighteenth of the vrihi (rice grain) and this layer is the seat of Shidma and Padma-kantaka.
- The second layer is called Lohita (reddish layer), its thickness one-sixteenth of the vrihi and this layer is the seat of Tilikalaka, Nyaccha, Vyaiinga.
- The third layer is called Shweta (white layer), its thickness one-twelfth of the vrihi and this layer is the seat of Charmadal, Ajagalli and Mashaka.
- The fourth layer is called Tamra (pigment layer), its thickness one-eighth of the vrihi and this layer is the seat of Kilasa, Kustha.
- The fifth layer is called Vedini (sensory layer), its thickness one-fifth of the Vrihi and this layer is the seat of Kusta, Visarpa.
- The sixth layer is called Rohini (proliferating layer), its thickness of this equal to the vrihi and this layer is the seat of Granthi, Apachi, Arbuda, Slipada and Galganda.
- The seventh layer is called Mansadhara (muscle supporting layer), it has twice the thickness of vrihi and this layer is the seat of Bhagandara, Vidradhi and Arsha.

Aetiology of Twak Vikar - In Ayurveda etiology of Skin diseases given are consumption of contradictory diets, eating again before the previous meal has been digested, incompatible food, suppressing the natural urges, unsystematic employment of procedures of oleation, cause diseases of the skin.

Definition of Dushivisha – Dushivisha is one of the unique concepts explained in Ayurveda. It is a type of toxin which remains inside the body for long-term & then produces various ill effects on the body. Sthavar, Jangam or Kritirima visha which cannot be eliminated from the body completely but it is destroyed or denatured due to use of anti poisonous remedies in past , fire, air, sun exposure or due to its low potency it does not kill the human instantly. But as it is encapsulated by Kapha dosha it remains accumulated in the body for several years producing various ill effects.⁴ Different factors aggravates this condition, like, Dushta desha (wet lands), Dushta Kaal (cloudy days), Dushta anna, Divaswapna (day sleep), Pragwat (air from eastern region), Ajirna (Indigestion), Ativyayam (over exertion), Ativyavay (sexual intercourse), Krodha (anger).⁵,⁶,⁷ In present era, people are exposing to various toxins in day to day life which is causing various health problems. There are many such illnesses where treatment does not work, as it is not eliminating the root cause.

Purva Roopa of Dushivisha Poisoning - According to Sushruta - Nidra (Sleepiness), Gurutva (Heaviness), Jrumbha (Yawning), Vishlesh (Sense of looseness in
joints), Romancha (Horripilation), Angamarda (Bodyache).  

**Rupa of Dushivisha Poisoning** - According to Sushruta, clinical features of Dushivisha are as follows intoxication, fainting and discoloration, intermittent fever, oligospermia, urticaria, vomiting, epileptic attacks, increased thirst, Appearance of red patches all over the body, indigestion, diarrhoea, insanity, distension of the abdomen, Oedema of the face and extremities, Skin disorders. Dushivisha vitiates Rakta dhatu and causes skin lesions such as Kitibha and Kotha. Dushivisha vitiates the Doshas and Dhatus one by one and at last results in death. Some of the poisons produces insanity some of them cause constipation, some of cause loss of semen, while others lead to blurred speech, leprosy (kustha) and various other diseases. Complications like pyrexia, burning sensation, hic-cough, obstipation, azospermia, oedema, diarrhoea, fainting, heart disease, abdominal enlargement, insanity, tremor and other complications may develop.

**Aim and Objectives**
1. To study about Dushivisha.
2. To study about Pippalyadi Agada.
3. To understand effect of Pippalyadi Agada in Dushivisha janya Twak vikar.

**Material and Method** - This paper is based on textbook of Ayurveda along with Modern textbooks and various websites to collect information on the relevant topics.

**Management** - According to Acharyas Twak vikar as Kitibha, Kotha, Kandu are mentioned in the sign and symptoms of Dushivisha. The etio-pathogenesis of dermatological disorder involves the Sapta dhatu, Vata, Pitta, Kapha, Twacha, Rakta, Mansa and Ambu / Lasika, which is vitiated by different sources of Dushivisha. So, on looking at the importance of skin and increased incidence rate of Skin diseases, it’s a need to find some conservative source which would be helpful in management of Skin diseases from the root by cleansing vitiated Dosha and balancing whole body. These diseases can be prevented and if it occurs then can be cured through Ayurvedic Agada’s. Agada’s are the counter measures taken against this manifestation. Dushivisha janya Twak vikar may be cured by Pippalyadi Agada described in Yogratnakara in the treatment of Dushivisha.

**Pippalyadi Agada** - Pippalyadi Agada includes nine drugs Pippali, Dhanyaka, Jatamansi, Lodhra, Ela, Maricha, Tagara, Sarjika kshara, Suvarna gairika.

**Table 1: Contents of Pippalyadi Agada**

<table>
<thead>
<tr>
<th>Drug (Sanskrit Name)</th>
<th>Latin name</th>
<th>Family</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pippali13</td>
<td>Piper Longum Linn.</td>
<td>Piperaceae</td>
</tr>
<tr>
<td>Dhanyaka14</td>
<td>Coriandrum Sativum Linn</td>
<td>Umbelliferae</td>
</tr>
<tr>
<td>Jatamansi15</td>
<td>Nardostachys Jatamansi DC</td>
<td>Valerianaceae</td>
</tr>
<tr>
<td>Lodhra16</td>
<td>Symplocos Racemosa Roxb.</td>
<td>Symplocaceae</td>
</tr>
<tr>
<td>Sukhsma ela17</td>
<td>Elleteria Cardimomum (Linn.) Maton</td>
<td>Zingiberaceae</td>
</tr>
<tr>
<td>Maricha18</td>
<td>Piper Nigrum Linn.</td>
<td>Piperaceae</td>
</tr>
<tr>
<td>Tagara19</td>
<td>Valeriana Wallichii DC.</td>
<td>Valerianaceae</td>
</tr>
<tr>
<td>Badi ela20</td>
<td>Amomum Subulatum Roxb.</td>
<td>Zingiberaceae</td>
</tr>
<tr>
<td>Sarjika kshara21</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Suvarna gairika22</td>
<td></td>
<td>Red ochre</td>
</tr>
</tbody>
</table>

**Table 2: Ras Panchaka (Guna - Karma) of Pippalyadi Agada**

<table>
<thead>
<tr>
<th>Drug (Sanskrit Name)</th>
<th>Rasa</th>
<th>Guna</th>
<th>Veerya</th>
<th>Vipaka</th>
<th>Doshghnta</th>
<th>Therapeutic Uses</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pippali13</td>
<td></td>
<td>Laghu Snigdha Tikshna</td>
<td>Anushna sheeta</td>
<td></td>
<td>Madhura</td>
<td>Kaphavatashamaka</td>
</tr>
</tbody>
</table>
DISCUSSION

Mode of action of Pippalyadi Agada can be explained in following way: Drugs exhibiting quick control over vitiating Vata and Kapha, while permanent relief is attainable through implementation of drugs having action Agni and Pittastana along with Vatakaphaghnata. So, the drug administered for the treatment of Dushivisha janya Twak vikar (skin disorder) should have action on Pitta. Pippalyadi Agada has used as Vishaghna (Antitoxic) in Dushivisha janya Twak vikar (skin disorders). In all Twak Rogas mostly Raktadushti is the major factor. All the contents in Pippalyadi Agada have Vishaghna, Kusthaghna and Rakta-vikarnasak properties and also some of the drugs in these Agada like Pippali, Jatamansi, Lodhra, Ela, Tagar, are Kusthaghna, Vishaghna, Kushtubha, Visarpa, Sothaghna, Agnimandya, Dahanasak, Krimighna, Visarpahara, and Visarpahara, which helps in the healing of the skin disorders. Hence, Pippalyadi Agada is highly effective in the treatment of Dushivisha janya Twak vikar (skin disorders).

<table>
<thead>
<tr>
<th>Mode</th>
<th>Drug</th>
<th>Quality</th>
<th>Action</th>
<th>Deepan</th>
<th>Pachan</th>
<th>Krimighna, Visarpahara, Sothaghna, Agnimandya, Dahanasak, Krimighna, Visarpahara, Sothaghna, Agnimandya, Dahanasak</th>
</tr>
</thead>
<tbody>
<tr>
<td>14</td>
<td>Dhanyaka</td>
<td>Tikta Katu Madhura</td>
<td>Laghu Snigdha Ushna Madhura Tridoshashamaka</td>
<td>Deepan</td>
<td>Pachan</td>
<td>Krimighna, Visarpahara, Sothaghna, Agnimandya, Dahanasak</td>
</tr>
<tr>
<td>15</td>
<td>Jatamansi</td>
<td>Tikta Kashaya Madhura</td>
<td>Laghu Snigdha Sheeta Katu Tridoshashamaka</td>
<td>Twakvikar Varnya Kusthaghna Shothaghna Vishavikar Dahanasak Deepan, Pachan</td>
<td></td>
<td></td>
</tr>
<tr>
<td>16</td>
<td>Lodhra</td>
<td>Kashaya</td>
<td>Laghu ruksha Sheeta Katu Kapha-pittashamaka</td>
<td>Raktavikar Twakvikar Sothahara Kusthaghna Vishaghna Vranaropana</td>
<td></td>
<td></td>
</tr>
<tr>
<td>17</td>
<td>Suksma-ela</td>
<td>Katu Madhura</td>
<td>Laghu Ruksha Sheeta Katu Kapha-vatashamaka</td>
<td>Deepan</td>
<td>Pachan</td>
<td></td>
</tr>
<tr>
<td>18</td>
<td>Maricha</td>
<td>Kati</td>
<td>Laghu Ruksha Teekshana Ushna Katu Kapha-vatashamaka</td>
<td>Switra Kilasa, Pama, Krimighna Twakvikar, Agnimandya</td>
<td></td>
<td></td>
</tr>
<tr>
<td>19</td>
<td>Tagara</td>
<td>Tikta Katu Kashaya</td>
<td>Laghu Snigdha Ushna Katu Kapha-vatashamaka</td>
<td>Vishaghna Kusthaghna Varyna Raktavikar Vranaropana Deepan Visarpa</td>
<td></td>
<td></td>
</tr>
<tr>
<td>20</td>
<td>Badi ela</td>
<td>Tikta Katu</td>
<td>Laghu Ruksha Ushna Katu Kapa-vata shamsaka</td>
<td>Deepan</td>
<td>Kandughna Raktavikara Twakaroga Vrana</td>
<td></td>
</tr>
<tr>
<td>21</td>
<td>Sarjika kshara</td>
<td>Snigdha Sheeta</td>
<td></td>
<td>Krimighna</td>
<td></td>
<td></td>
</tr>
<tr>
<td>22</td>
<td>Suvarna gairika</td>
<td>Ruksha Teekshana Laghu Ushna</td>
<td></td>
<td>Vishaghna Kandughna Udarda</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
Vranaropana, Sothaghana mostly act on Twakroga. The Deepan, Pachan properties of these drugs acts on Dushivisha treatment. The Kushta manifest by krimi and Pippali, Dhanyaka, Maricha has Krimighna property. Lodhra is the single drug of choice in skin diseases. The Kshara itself having the property to destroy the degenerated Dhatus and remove unhealthy tissues and Doshas from their location. The goals of treatment are eliminating the toxins and prevent skin diseases along with prevention of scar. Modern medications for Skin disorders include topical therapies, antimicrobials, hormones, surgery, UV- radiations, laser treatment etc. But these have many limitations and adverse effects. Pippalyadi Agada may be play a good role in the management of Skin diseases by the action of neutralize the toxins in body and purifying the blood by its Vishaghna property. The drugs having Kusthaghna, Krimighna, Sothahara, Kandughna properties, which are beneficial for the Skin diseases. Vranaropana property promotes faster healing of lesions without leaving scars. Rakta shodhaka property is helpful in blood purification. The Kshara itself having the property to destroy the degenerated Dhatus and remove unhealthy tissues and Doshas from their location and thus prevent from chronic diseases by cleaning the body internally and are helpful in management of Dushivisha janya Twak vikar. Thus, this Pippalyadi Agada may be cures the Dushivisha janya Twak vikar. 

CONCLUSION

Skin disorders require long-term management. Today’s changed lifestyle like Irregular diet, Pollution, Stress, Hormonal changes are directly affecting the skin and causes many Skin diseases. As we see the prevalence rate increases, so there is scope for new researches & study. Any type of poison Dushivisha and Gara Visha produced in body due to Agnimandya, Virudha-Aahara, which are not properly expelled out of body. Dushivisha vitiates the dhatus, causing hypersensitivity reaction in skin and leads to Skin disorders. Conclude that Dushivisha is important causative factor of Twak Vikar (Skin disorders). The Virudhaaahara, Ajirna, Agnimandya, Vegavrodha and Mansik bhava are causes of Dushivisha. So Pippalyadi Agada is beneficial for Dushivisha janya Twak vikar, by its action and properties. It will be helpful to eliminate Dushivisha from body and to cure the dermatological symptoms. Hence these review studies are concluded from this discussion, that Pippalyadi Agada may be effective in Dushivisha janya Twak vikar.

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