CONCEPT OF MAHAVISHA-UPVISHA SHODHAN IN AGADTANTRA

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ABSTRACT
Ayurveda science of life deals with the study of not only treatment, but also prevention of disease. Agatantra one of the parts of “Ashtangayurveda” deals with the study of toxins. Aacharyas of Ayurveda are much vigilant for drug collection, manufacturing and administration even while using poison (Visha) and sub-poison (Upvisha) for medicinal use. This article helps to describe methods of purification of Visha and Upvisha mentioned in Ayurvedic text, which will help to understand purification of Vishadravya to avoid fatal effect and it will also help to increase the faith of patient over Ayurveda. By the process of purification dvarya which having medicine importance but due to fatal effect not used commonly, come to practice more commonly.

Keywords: Toxins, Visha, Upvisha, Shodhan, Agadtantra, Ashtangayurved.

INTRODUCTION
In Ayurveda, plants are primary source of medicine, number of compounds have been isolated from medicinal plants and bring in use for mankind. However, most of these medicines have been withdrawn because of their toxicity or adverse effect. Various poisons plants, like Bhanga (Cannabis sativa linn) Ahiphen (Papaver somnifera linn), Vatsnabha (Aconitus ferox), Kupilu (Strichnos nuxcomica linn), Dhatur (Dhatura metel linn), and minerals like Parad (mercury), Arsenic have been used in Ayurveda as different plants having phytochemical area still use in crude form or after Shodhan process. Charak also explains the importance of Shodhana while using plants as medicines and of used improperly is a fatal poison.

In Rasashtrastra, Shodhan process is a part of Samaskara of drug, which is used to alter quality of drugs, hence in Rasashtrastra, Shodhan means not a process of purification but also involves the detoxification and enhancing the efficacy of drugs. Shodhan process described for various drugs depending on the Guna (nature) and Dharma (Properties) of the drug.

In Agadtantra, one of the parts of Ashtangayurveda has specific importance regarding study of poisons, which helps to prevent persons from effect of poison. Also, these poisonous plants mainly called, Visha and Upvish. Using as medicinal use must be used after process of purification (Shodhana), which helps to prevent the fatal effect of vishadravya and have important medicinal use, so it is important to understand the process of Shodhana of Visha and Upvisha mentioned in Ayurvedic text.
Aim and Objectives of Study
The Objective of present study is to review the knowledge about, Shodhana process of many poisonous plants (Visha-Upvisha) having there in medicinal use.

Review of Literature
Literary review is foremost step before dealing with any kind of scientific or informative study. It clears the concept about materials and methods used in study. In this critical review literature regarding the concept of shodhan of Visha and Upvisha has been carried out. In context of Agadtantra, Agad means antitoxic substance, Agadtantra basically deals with the study of toxic substances characters, there effects on body and remedial measures used to avoid the effect of poison on human body. Shodhan of Vishadravya is also an important procedure which makes the toxic drug useful for there therapeutic use.

According to Bhavprakash Nighantu and Rasatarngini Visha dravya mainly classified in to two categories called Mahavisha and Upvisha according to there strength. There Shodhan process mentioned in Bhavprakash Nighantu in Dhatvadivarga Adhyay. Rasatarngini in “Vishopvishavijyaniya Adhyay” also describe about types of Shodhan and therapeutic uses of poison. Importance of Vishadravya also mentioned in various Ayurvedic texts.

Different process like Mardan, Peshan etc. done on the materials with indicated drayyas to remove various impurities is called as Shodhan. Concept of shodhan process was in practice since time of Charaka Samhita, Aharya Charak mentioned that, any poison if proceed or used properly is a potential medicine and any medicine if used improperly, is a fatal poison. Rasashastra explains processing of drugs by the name of Samskara, Shodhan process is one of such process used for samskara of drugs. In Rasashastra the Shodhan process is not only purification but also involves detoxification and enhancing the efficacy of drugs. Various procedures of Shodhan is used for purification of drugs like Swedan, Mardan, Prakshalan (washing), Dhalana, Nirvapan, Bharjana, Bhavana (Levigation), Nimajjana (Dipping). So, using above various methods of Shodhan process mentioned in Ayurvedic text Vish dravya are purified and made useful for their therapeutic uses.

Material and Methods
All Traditional text like Charaka Samhita, Sushruta Samhita was studied. According to Rastaragini and Bhavprakash poisonous plants classified into Mahavisha & Upavisha on basic of there potency in present day, Out of Mahavisha Vatsnabha & Upvisha like Arka, Karveer, Gunja, Snuihi, Kuchala, Jaypala, Dhatura, Bhallataka, Vijaya, Ahiphena, langali are used for therapeutic purpose.

Shodhan Of Mahavisha Dravya

Vastanabha, Aconitum ferox
The roots of Vatsnabh were cut into small pieces and tied in pot tali it can be detoxified by placing it in cow’s milk or goat milk in Dolayantra for 3-6hrs. After that, pieces of Vatsnabh is washed with warm water and used for therapeutic purpose.

Shodhan Of Upvisha Dravya (Sub-Poisonous Drug)

1) Ahiphen, Papaver somniferum linn (Except Seeds)
Dissolved in water then filtered with cloth after that mixed with Godughda (cow’s milk) heated in mild heat, this paste triturated with Ginger Juice for 7-21 times dried under shade.

2) Bhallataka, Semicarpus anacardium linn (Seed)

1st Method: Top portion of Bhallataka fruits should be removed with knife and mixed with brick powder and are kept in a pot tali (bag) and tied its mouth with thread, this is rubbed gently by hands when brick powder became wet with oil and skin of Bhallataka is unwrapped washed with hot water to obtain shuddha Bhallataka.

2nd Method: After removing top part of seeds cuts in two parts are placed in Pottalli, Swedana is done by filling it with coconut water for 1-2 hours in Dolayantra (Swing Apparatus).

3) Bhanga, Cannabis sativa linn (Except Seed)

1st Method: Leaves are tied in a cloth and soaked with water the procedure must continue until greenish color discharge stop from leaves. After that, leaves were dried under the shed, thereafter, fried in Gogruth (cow’s ghee) on mild fire and use for therapeutic purpose.
2nd Method: Swedana (fomentation) - In Godugdh (Cow’s milk) for 3 hours with mild fire then wash with water after getting it dried fried in Goghrith.

3rd Method: Bhanga leaves to be fomented in Decotion of babbul tvak (Bark of Acacia catechu) for 25 – 30 minutes with moderate heat and then subjected to drying under direct sunlight further they are tritutrated with Godugdh (cow’s milk) dried and use.

4) Dhatura, Dhatura Metal Linn
1st Method: Seeds are kept in potalli it should be Swedana (Fomented) in Dolayantra by adding Godugdh (cow’s milk) or Gomutra (Cow’s urine) for 3 hours then after seeds should be washed with warm water and dried in sun, seeds are used after removing seed coat.

2nd Method: Seeds should be kept in Dolayantra and Swedan is done using cow’s urine for 3 hours after that triturated in khalvayantra and filtered through cloth.

5) Gunja, Abrus precatorius linn (Seed)
Seeds are tied in two layered cloth kept suspended in (cow’s milk) Godugadh or Gomutra (Cow’s urine) or kanji anyone of these for Swedan taken in Dolayantra the suspension is boiled with Gunja seeds are taken out washed in hot water dried and preserved.

6) Jaipala, Croton tiglium
1st Method: Remove the physical impurities of seeds washed with water and then dried in a shade the outer covering of seeds is removed, after that, cotyledons are separated carefully to remove the radicle with the help of knife. Seeds are tied in potalli and subjected to Swedana for 3 hours and 3 times in Dolayantra using Godugadh (cow’s milk).

2nd Method: Without seed coat and radical Jaipala seeds are taken and mixed with 8th part of suhaga (Borax) after tied in a potalli subjected to Swedana for 6 hours in Dolayantra by using Godugadh (Cow’s milk).

7) Karveera, Nerium indicum
Roots of Karveera are purified by Swedana process In Dolayantra using Godugadh (Cow’s milk) for 3 hours after Shodhana the roots are washed with water and dried.

8) Langli, Glosiosa superoba Linn
1st Method: Fresh Langli roots and seeds are immersed in Gomutra (cow’s urine) for 24 hour and wash with lukewarm water by this process it is detoxified.

2nd Method: Cut small pieces of Langli should be kept in sour buttermilk for seven days in earthen pot and then dried in sun, after that collected in glass jar and used.

9) Snuhi, Euphorbia nerrifolia Linn
The milk of Snuhi is collected and mixed with the juice of Imli (Tamarind) put in to a vessel and let them dry in direct sunlight, after proper drying it should be used.

10) Kuchala, Strychnus nuxvomica
1st Method: Kuchala seeds shall be immersed in Gomutra (cow’s urine) for seven nights, fresh Gomutra is to be replaced every night. Thereafter, it is removed and washed with water. Seeds shall be further detoxified by Swedana boiling with Godugda (cow’s milk) in Dolayantra for 3 hour the seed coat and embryo are removed the cotyledons shall be in Goghrit (cow’s ghee) and powdered cell.

2nd Method: The seeds are fried in cow’s ghee by slow heating separate the outer covering of seeds and warm separate the outer covering of seeds and warm cotyledons are finely powdered and used.

3rd Method: Ripped seeds of Kuchala are immersed in Kanji (Butter milk) for 3 days after 3 days the outer shell should be peel off, dried in sunlight powdered and used.

**DISCUSSION**

From the above descriptions, the science of Ayurveda is careful about fatality of any drug hence they already mentioned the precautions, do’s and don’t about the use of medicinal use of drugs. It is matter of discussion and research that after purification how many dreadful qualities of poison are diminished to make it useful therapeutically. Poisons are highly potent and fast acting drugs; they can be used as a catalyst enhance the drug with which it is used. But before using poison they should be purified to reduce its fatality. Aconitine is the main toxic constituent in Vatsanabha. Though there are different media for
Shodhana mentioned for vatsnabha, the recent researches proved that the % of removal of Aconitine is more in cow’s urine. Since cow’s urine is easily available and cost effective, this method can be adopted for Shodhana of Vatsnabha. Strychnine and Brucine are toxic agents in nuxvomica. Shodhana on Kupilu proved the reduction of this toxic content after the procedure changes of the Rf value in raw and purified Bhallataka reveals the chemical changes after Shodhana procedure. So, these poisonous plants should be added to compound formulation only after proper purification. In Ayurveda, there are lots of media used for Shodhana. Cow’s urine and cow’s milk are common media for Shodhana of Vishadravya (poisonous plants). The specific method for individual drug differs for Bhallataka. The brick powder is one of the important media for Shodhana. The oil present in the fruit is highly irritant hypothesis that the oily part of the fruit is toxic, and its degree of removal is proportional to its safety margin.

CONCLUSION

From this study it may be concluded that drug contains toxic alkaloids which may be purified by above method and after Shodhana (purification) used for various therapeutic purposes. As we know poison can be converted into excellent medicine if processed and administered properly but if hand inaccurately it may become dangerous. Ayurveda emphasize the use of Visha and Upvisha in various formulations as well as used as single drugs which suggest its importance in medical practice. It is good to admit Shodhan process mentioned in ancient text with modern technology to assess its safety and efficacy. Bhavana dravya also plays an important role in making drug without side effect.

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