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Vishtinduk Vati: A Theoretical Analysis

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Abstract

Out of the four key components of chikitsa chatuspadas, aushadhi is one of the vital components according to Ayurveda. Without any of the four elements, treatment is not possible. Acharya Charaka emphasized the importance of understanding medicinal drugs by classifying them as one of the three Tri sutras of Ayurveda, together with hetu, linga, and aushadhi. According to Acharya Charaka, a good doctor understands the science of drug administration with consideration for place and time and only uses it after carefully assessing every patient. Consequently, a detailed review of Vishtinduk Vati is provided here.

Keywords: Vati, Kuchala, Ayurveda, nuxvomica, Poison, Jambu Phala

Introduction

With the use of the right medicine combination, it is possible to reach the ultimate aim of Ayurveda, or Prakriti-Sthapana. Nothing in the world, according to Acharya Charak, has a therapeutic purpose; this demonstrates the significance of drugs in our classics. Ras tantra Sara and Siddha prayoga Sangraha both reference the Ayurvedic medication Vishtindukadi vati1. Along with maricha, chincha Phala, and Pugphala, all of which are associated with opium addiction, the Kuchala is the primary component of Vishtindukadi vati. Kupilu [1]—which has vata-shamak, chitta-avasadhar (antidepressant characteristics), and hriday daurbalyahar (cardiac tonic) properties—is

the key ingredient in Vishtindukadi vati. Additionally, Kupilu and Pugphala have pharmacological effects that counteract the effects of opiate withdrawal. The Chitavsadhar property of Kupilu's pharmaceutical formulation reduces the opiate's agitation and anxiety-like withdrawal symptoms. a runny nose and diarrhoea by its *Grahi* property. Muscular pain and Joint Pain by its *vatshamak* property. All these drugs are having mainly *katu-tikta rasa, ruksha, ushna, tikshna gunaas, ushna virya* and *vata kaphagnadoshaghnata*.

table no 1 Content of *Vishtindukadi vati [2]*

Sr.No.	Ingredients	Latin name/English name	Part used	Quantity
1	*Shudda Kupilu*	*Strychnos nuxvomica*	Seed	120gm.
2	*Marich*	*Pipper nigreum*	Fruit	9gm.
3	*Pugphal*	*Areca catechu*	Fruit	12gm.
4	*Chinch Phal*	*amarindus indica*	Seed	8 seed =5.5gm.

table no 2, Drugs and heir *Rasa, Guna, Virya, Vipaka, Karma*

S. n.	***Drug***	***Rasa***	***Guna***	***Virya***	***Vipaka***	***Doshakarma***
1	*Sudha Kupilu*	*Katu*	*Laghu, grahi, ushna*	*Ushna*	*Katu*	*Kaph-vatshamak*
2	*Maricha*	*Shushak-Katu Aadra-Katu*	*Shushaka-Ruksha, ikshana*	*Ushna*	*Madhur*	*Kaphvatshamk, agnideepak, swashara, shoolhara*
3	*Pugphala*	*Kashya*	*Sheeta, Guru,*	*Sheeta*	*Madhur*	*Mohkara, Deepak, Kaph-*

table no 3 Chemical constituents & Karma of Vishtindukadi vati [3]

S.n.	Drug	Chemical Constituents	therapeutic Action
1.	*ShudhKupilu*	Alkaloids, Indole Alkaloids Strychnine & Brucine, Monoterpenoid, Glycoside (Loganin), α, β -Colubrine, Vomicine	stomachic, Digestive, nervine tonic, anti-rhematic, aphrodisiac, analgesic, anti-colic, antipyretic, astringent, stimulant, anti-dermatosis, and anthelmintic. Uses in Vatvyadhi, rheumatic and nervine disorders, cough, loss of appetite or digestive power, visucika, agnimandya, piles or haemorrhoids, warm affection, general debility, jvara, visamajvara, paralytic disorders, amovar, gout, Ulcer, insomnia, cramp, kin disease and senile disorders
2.	*Maricha*	ascorbic carotene in A&B, fourpence, cryptonet, carotene, ascorbic caro ene, ascorbic.	effective for indigestion, constipation, vaginal discharges, tumours, piles, strep throat, disorders of the spleen and abdomen, diarrhoea, abdominal pain, and strangury.
3.	*Pugphala*	*annin*, volatile oils, lignin 15%, Arecain, adrenalin, collidine.	An appetiser, anthelmintic, carminative, anti-diarrheal properties, Anti-leucorrhea, soft chancer, antidysentery
4.	*Chincha phala*	Vitamin C, artricacid5%, citricacid4%, malic acid, acetic acid arterate8%, sugar25-40%, Guts ein,	Effective in loss of appetite, and vomiting. Its acts like diuresis, astringent, it drains biles. It has anti-microbial, antioxidant, anti-inflammatory, antibacterial and immunomodulatory effects.

Previous research done:

1. By reducing strotorodh and calming vat dosha, the role of Vishtinduk vati in the management of motor neuron impairments brought on by ischemic arteriopathy in the brain (stroke) can be successful. Under its ushna and ikshna guna, Vishtinduk vati eliminates strotorodh and serves as a balya o he vatvahi strotas, sira, and dhamani. Vishtinduk vati's active ingredients activate nerve impulses that cause muscles o contract. It aids in restoring the lost muscle caused by an ischemic arteriopathy stroke. Vishtinduk vati improves motor neuron function, which is lost in IAS, and muscular one. Vishtinduk vati hus enhances muscle activation and is beneficial in IAS.
2. Kuchala, Maricha, Chincha Phala, and Supari, which have qualities similar o Vata Kapha Shamana and Aamapachan, make up the majority of Vishtindukadi Vati [4]. It lessens joint stiffness as well.
3. For 15 days, take wo abs of vishtinduk vati. his medication reduces Vata dosha and treats hand tremors in the digital region.[5]

Discussion

For the time being, kuchala is a well-known spinal toxin. Since ancient times, it has been a part of the Ayurvedic pharmacopoeia. Detailed descriptions of the plant, fundamental qualities, and therapeutic uses of medicinal formulations were documented in Ayurvedic classics such as Rasatarangini, Rasratna samucchaya, Raj-Nighantu, and Bhavprakasha. Some Ayurveda publications, like Bruhat Rayi and Dhanvantari Nighantu, omitted Kuchala from their lists of the three primary Ayurvedic granthas (Charaka Samhita, Sushrut Samhita, and Vaghbhata Samhita). Fala visha (poisonous fruits) is one of the forms of visha that Sushruta described in Kalpasthana according to adhisthana (a portion of the plant where poison lives). However, he didn't name it. Ashukaritwa, Ushna, and Teekshna are few traits that cause Vish Dravya to proliferate fast throughout the body. Therefore, certain vishadravyas, such as Kuchala, are an element in many Ayurvedic formulations for the fast action of medicines. These characteristics of vishadravyas can be used to improve the efficacy of medications. As a result, we discovered that numerous writings based on the Rasasastra provide detailed descriptions of lethal substances like kuchala. Rastarangini described how to purify Kuchala so that it can be used in pharmaceutical formulations. It is a lethal poison according to contemporary toxicology. It is regarded as a type of neurotoxin and excitant poison. Legally speaking, this plant is also significant. Due to the bitter taste, dramatic symptoms, and ease of detection in body fluids and tissues, homicidal death caused by kuchala is uncommon. Accidental poisoning is common among children. Homoeopathy also mentions many therapeutic uses of *Kuchala*.In homoeopathic material, medica Nuxvomica is mentioned as laxative, Digestive, Increasing vigour and vitality in males and also useful in alcoholism.[6]

Antidote

The following inferences may be made in light of the findings of the current study, "Efficacy of Jambu (seed) as an Antidote in Kuchala Poisoning an Experimental Study,"-1) The Jambu (seed) churn test dose of 2000 mg/kg was shown to be safe in the Acute Oral Toxicity Study.2) In wistar rats given nux-vomica to produce convulsions,

our medication has a 64.7% efficacy.3) A histological analysis demonstrates that the test medication only mildly regenerates the brain's badly degenerated neurons.4) According to the histopathological analysis, the test medicine lowers inflammation and slightly regenerates the spinal cord's nuclear and neuronal cells. Our test medication is therefore biologically active and effective against Kuchala (nux-vomica) Poisoning.[7]

Marich:Due to its strong flavor, distinctive perfume, and practical therapeutic significance in daily life, maricha (black pepper) is regarded as the king of spices across the world. Various Maricha sections and their chemical constituents are utilized nowadays as medicines, preservatives, insecticides, and larvacide agents. Maricha has traditionally been utilized extensively in traditional Indian medicine. Since at least the second century BC, it has been used in Indian cookery and as a home cure for a painful throat, throat congestion, cough, etc.It is suggested for a number of ailments caused by Agnimandya (diminution of digestive fire), including Grahaniroga (sprue syndrome), Visuchika (cholera), Ajirna (indigestion), Jwara (fever), Arsha roga (piles), Atisara (diarrhea), etc. In the past, the renounced Ayurvedic doctor Maharshi Charaka defined it as being Shulaghana (anti-colic/analgesic), Deepniya (appetizer), and Krimighna (vermicidal). Additionally, he listed it as a Pranvaha srotas rasayan, which revitalizes the respiratory system.In order to treat conditions like coughing, colds, asthma, hoarseness of voice, tuberculosis, etc., it is widely utilized. It is utilized both as a stand-alone medicament and as a crucial component in many complex Ayurvedic medicine treatments. One of the components of trikatu is maricha. Increasing the drug's bioavailability is advantageous.This article's goal is to reframe the knowledge and understanding of Maricha found in older writings.This article focuses on Maricha's synonyms, pharmacodynamics, medicinal uses, and many formulations as recorded in early Ayurvedic literature like the Brihat trayi and later texts like the Nighantus, etc.[8]

4. Pughphala: Helpful for nausea and vomiting as well as appetite loss. It empties the bladder by acting as an astringent or diuresis. It has antibacterial, immune-modulating, anti-inflammatory, antioxidant, and microbiologic properties. To treat wounds and stop bleeding, a fine powder of phughphala is used as a dusting powder. To cure intestinal worms and diarrhoea, 20 cc of the areca nut decoction is used. To treat leucorrhea, a variety of vasti called areca catechu

decoction is delivered through the vaginal channel. To treat joint pain and inflammation externally, sesame oil is prepared with areca nuts. Anorexia and nausea are treated with areca nut powder and lime juice. Areca catechu powder is utilized as a dental powder to whiten teeth and remove dental plaque.

Areca nut consumption regularly can lower sperm counts. Puga decoction in a dose of 10 to 15 ml can alleviate uterine inflammation and lessen urine production. The use of tambula, a blend of betel leaf, areca nut, and various spices, after a meal to aid with digestion is explained by Ayurveda. Areca nut paste is administered to the afflicted area to cure syphilis. Most people consider the fruit known as poogi phala (Areca catechu Linn.) to be addictive due to the negative consequences of excessive consumption. However, as the Indian sage Chanakya properly stated, no plant on earth is devoid of medicinal virtues. This study was carried out to establish this fact and, in turn, learn more about the nut's medicinal capabilities. It started with a physicochemical examination and a meta-

analysis of previous research on areca nuts. A sample of Areca catechu was verified, and then its Physicochemical properties were examined by HPTLC fingerprinting and Physicochemical analysis. Later, a full examination of the Areca catechu research was conducted. It is evident from this meta-analysis that Areca has a set of characteristics that apply to the many tissue systems in the human body. The plant can be used effectively to benefit human health, but because of its dose- and time-dependent adverse effects, which can range from bronchoconstriction to strong carcinogens, it can also be harmful to users.[9]

5. Chincha phala- [10] Effective for nausea and vomiting. Its astringent and diuresis-like effects cause the bladder to empty. It contains antibacterial, immune-modulating, anti-inflammatory, antioxidant, and antimicrobial properties.

Conclusion

The nervine and heart stimulant Vishtinduk Vati. It helps to cure localized paralysis, facial paralysis, and neuralgia. Additionally, it has analgesic qualities. However, it is mostly recommended for lumbago and stomach pain. By activating respiratory centers in the medulla oblongata and pons (brainstem regions), it expands the lung's ability to inhale. It benefits the heart's chronotropic and inotropic functions. As a result, it raises heart rate and strengthens heart contractions. In addition, because of its stimulant effects, it can raise blood pressure. Therefore, hypotension (low blood pressure) is when it is indicated. Usually, its high dosage results in side effects. High blood pressure, elation, and muscle cramps are some of the typical negative effects. To lessen its negative effects, the patient should take it with milk or ghee.