



CONCEPTUAL STUDY ON ANTI TOXIC EFFECT OF HIMAVAN AGADA IN VISARPA

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ABSTRACT:

Agadatantra, one of the Ayurvedic Ashtangas, treats poisoning of all types. The primary discussion of Visarpa takes place within the framework of Agadatantra. Visarpa is a term used to describe a group of skin diseases characterized by the spread of lesions and a tendency to ulcerate. In our Samhithas Acharyas gave description about various agada yogas which are useful for management of Visarpa. Agadatantra uses a mix of internal medications, exterior treatments, and supportive therapies to manage Visarpa. Himavan agada is one among them which can be used externally. It contains 14 ingredients and indicated for mandalivisha, Visarpa, shwayathu, visphota, jwara and daha. The goal of this review is to give a thorough summary of the therapeutic and pharmaceutical studies on this agada for Visarpa.

INTRODUCTION:

One of the Ayurvedic Ashtangas is Agadatantra. It primarily addresses poisoning therapy. In Ayurveda, the word Twacha comes from the word "Tvac" implies "to cover something." It is the body's initial line of defence and offers multiple forms of protection. Ayurvedic literature state that an imbalance between Tridoshas-Dhatus and Rakshadushti causes Twacha Rogas. One of which is Visarpa. The Ayurvedic literature mention Visarpa as Pradhan Vyadhi because it spreads like a poison which shows the symptoms like localised spread, Painful blisters, Jwara, Burning Sensation, Itching, Numbness etc.

According to a study conducted in India, higher incidence of Visarpa observed in younger age group (21-40 years of age). In Ayurvedic Samhitas many agadayogas are described for management of Visarpa. Among the agadayogas, Himavanagada is one that acharya Vagbhata describes in AshtangaHrudaya, chapter 36, Sarpavishapratisheha. Himavanagada reference is also available in Ashtanga Sangraha 42nd chapter ¹. It is having fourteen ingredients.

MATERIALS AND METHODS

Method of preparation² Here all the fourteen ingredients are taken in equal quantity. Make sookshmachurna. Add kshoudra to this to get lepa consistency.

INGREDIENTS	BOTANICAL NAME	FAMILY
Shirish	Albizia lebbek	Fabaceae
Pippala	Ficus religiosa Linn	Moraceae
Vata	Ficus benghalensis	Moraceae
Plaksha	Ficus lacor	Moraceae
Vetasa	Salix caspera	Salicaceae
Vacha	Acorsa calamus Linn	Araceae
Yashtimadhu	Glycyrrhiza glabra	Fabaceae
Nagapushpa	Mesua ferrae Linn	Guttiferae
Elavaluka	Prunus cerassus	Rosaceae
Jeevaka	Melaxis musifera	Orchidaceae
Rushabhaka	Microstylis wellichii	Orchidaceae
Sheeta(Chandan)	Santalum album	Santalaceae
Padmaka	Prunuscerasoides	Rosaceae
Utpala	Nymphaea alba	Nymphaeaceae
Kshoudra		
Sita(Sugar)		

All ingredients are in equal quantity

Table 2: Properties of ingredients of himavan agada.

Drug	Rasa	Guna	Veerya	Karma
Shirisha ³	Kashaya, Tikta, Madhura	Laghu, Ruksha	Ushna	Tridoshahara, varnya, vishagna, shothahara
Pippala ⁴	Kashaya, Madhura	Guru, Ruksha	Sheeta	Kaphapittahara, varnya, vranashodhana
Vata ⁵	Kashaya	Guru, Ruksha	Sheeta	Kaphapittahara, varnya, sthambhana, rakthapittahara, visarpahara
Plaksha ⁶	Kashaya	Guru, Ruksha	Sheeta	Kaphapittahara, mutrasangrahaniya, rakthapittahara, vranahara
Vetasa ⁷	Kashaya, Tikta,	Laghu, Ruksha	Sheeta	Jwaragna
Vacha ⁸	Katu, Tikta	Laghu, teekshna	Ushna	Kaphavatahara, lekhanitya, medya, jwaragna

Yashtimadhu ⁹	Madhura	Guru, Snigdha	Sheeta	Tridosahara, vranashodhana, visharogahara, rakthapittahara, dahagna
Nagapushpa ¹⁰	Kashaya, Tikta	Teekshna, Ruksha	Ushna	Kaphapittahara, vishahara, shothahara, kushtagna, visarpahara, jwaraghna
Elavaluka ¹¹	Kashaya,Laghu,	Sheeta	Sheeta	Varnya, rakthapittahara
Jeevakak ¹²	Kashaya, Tikta, Madhura	Guru, Snigdha	Sheeta	Jwaraghna, dahagna
Rishabhaka ¹³	Kashaya, Tikta	Laghu, Sheeta	Sheeta	Jeevaniya, Jwaraghna
Sheeta ¹⁴	Tikta, Madhura	Laghu, Ruksha	Sheeta	Kaphapittahara, varnya, dahagna, Jwaraghna, visarpahara
Padmaka ¹⁵	Kashaya, Tikta	Laghu, Snigdha	Sheeta	Kaphapittahara, varnya, rakthapittahara, visarpahara, kushtagna
Utpala ¹⁶	Madhura, Kashaya,Tikta	Laghu, Snigdha	Sheeta	Tridosahara, rakthapittahara, dahagna, Jwaragna
Kshoudra ¹⁷	Madhura,Kashaya	Sheeta,Laghu,Ruksha	Sheeta	Lekhana, varnya, Kapha-pitta shamaka, vranashodanaropana, dahagna, kushtagna
Sita ¹⁸	Atimadhura		Sheeta	Vatapittahara, dahahara, Jwaragna, chardigna

Administration of Himavan agada:¹⁹

Externally- Lepa form

Internal – Churna form

Anupana:

No specific Anupana mentioned

Indication:²⁰

- Mandalivisha
- Shwayathu
- Visarpa
- Visphota
- Jwara
- Daha

DISCUSSION:

Acharyas mentioned different and specific agada yogas for each category of Visarpa. The real challenge here is to understand why these have been suggested specifically for each disease.

Based on their etiology, many skin conditions are listed in Ayurvedic texts. The aggravation of Doshas Vata, Pitta, and Kapha is the root cause of most skin problems. It is an acute skin illness known as Aashukari vyadhi, with long-term sequelae such as postherpetic neuralgia.

Classification of Visarpa:

Ayurvedic scholars have classified Visarpa into following categories:

- Vataja Visarpa
- Pittaja Visarpa
- Kaphaja Visarpa
- Agni Visarpa
- Kardama Visarpa
- Granthi Visarpa
- Sannipataja Visarpa

Hetu of Visarpa (etiology):

Dietary factors such as excessive intake of Amla, Katu, Ushna and Lavana food stuffs aggravates Doshas.

Frequent and excessive consumption of Shukta, Mandaka, Sura, Kilata, Kurchika, Asatmya and Viruddha Ahara along with vitiated Doshas affect the element of the body which results Vyadhi like Visarpa.

The major Samprapti Ghatakas of Visarpa mentioned in:

Dosha: Vata,Pitta,Kapha (Pitta Pradhan)

Stotas: Rasavaha,Raktavaha,Mamsavaha

Dushya: Twak,Rasa,Rakta,Mamsa

Etiopathogenesis and Lakshana of various types of Visarpa:

All of the Doshas in the body become more aggravated due to a variety of etiological events, which impact the vascular and muscle tissues. Ama develops in the digestive tract as a result of vitiated doshas, which also induce decreased Agni. Mamsa, Rakta, and Twak are vitiated by Ama as it spreads.

Next, Dosha-dusya Sammurchhana occurs in either the Bahya or Abhyantara paths, leading to Visarpa. Visarpa arises from the combination of exacerbated Doshas and Dushya.

There are fourteen components in Himavan agada. Numerous pharmacological qualities, such as dahaprashamana, trushna prashamana, raktapittahara, Jwaragna, vishaghna, shothahara, Vedanasthapanana, and vranaropana, are present in these medications. Since pitta is the primary dosha involved in Visarpa, these medication's kashayarasa and tikta rasa will aid in lowering pitta dosha in Visarpa. The majority of medications contain sheeta veerya, which is a pitta shamaka. Kshoudra is yogavahi, Kashaya rasa pradhana and sheeta veerya, helps for pacifying pitta. Thus, combined pharmacological effects of Himavan Agada treat most symptoms brought on Visarpa. By lepa application we can reduce the local symptoms and by internal administration we can reduce symptoms like jwara (fever), trishna (thirst), Daha etc.

CONCLUSION:

An acute illness known as visarpa causes erythematous, pustular, and glandular lesions that can spread quickly in a localized or widespread manner. This state, which causes the formation of Vistruta and Anunnata Shopha, which has Sarpana Prakruti connected to Daha and Vedan, is mostly caused by components like Rakta, Mamsa, Lasika, and Twak. Himvan agad is one of the treatment techniques that relieves symptoms like Kandu and Daha and aids in lesions drying. Raktamokshana is useful in halting the pathophysiology of disease and its progression, whereas Lepa relieves burning sensations. Visarpa has a tendency to relapse, as evidenced by repeated After taking the patient's health status into account, this Chikitsa is recommended.

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