

A REVIEW ARTICLE ON THE PHARMACOLOGICAL ACTION OF *JEEVARAKSHA GUTIKA*

Kavitha K.V¹, Sudheendra Honwad², Shrinidhi.R², Amala Jyoti³

Second year PG Scholar¹, Associate Professor², Assistant Professor³

Department of PG studies in AgadaTantra; Sri Dharmasthala Manjunatheswara College of Ayurveda and Hospital, Udupi, Karnataka, India

Email: kavithavijayan78@gmail.com

ABSTRACT

Ayurveda is the ancient system of health care, native of Indian sub continent. It tackles the whole subject of life in its various ramifications. *Agadatantra* is a specialized branch of Ayurveda that offers meticulously detailed information about animal and non animal poisons and methods of eliminating these poisons from the body. It also deals with snake bite and its management. Poisonous snake's bites were a common menace since decades. In India, mainly rural areas were mostly affected with snake bite mortality. Because of the absence of access to hospitals and health care centers in cases which could have been treated had become mortal. Traditional *vaidyas* in Kerala are effectively using this *gutika* for snake bite management. A herbomineral compound effectively used in the emergency management of snake bites. This formulation has been mentioned in the classical texts *Kriya kumudi* and *Prayoga samuchhayam*. Among this, *kriya kumudi* has mentioned 7 ways of preparation. *Jeevaraksha gutika* which is mentioned in *Prayoga Samuchhyam* 5 th chapter *sarpasamanya chikitsa* is used for practical purposes. One previous work done was on the efficacy of *Jeevaraksha gutika* in the management of cobra venom. This paper emphasize on the pharmacological action of *jeevaraksha gutika* in snake bite management.

Keywords: *Agadatantra, gutika, Kriya kumudi, Prayoga samuchhayam, sarpasamanya chikitsa*

INTRODUCTION

Ayurveda, the ancient science of life has eight branches that are in many ways parallel to the areas of specialization in modern medicine. The tradition of *Agadatantra* goes back to the

time of the great sage and Ayurvedic physician *Kasyapa* also known as *vriddhakasyapa*. Due to unavailability of access to emergency medicines mortality rate is more in rural areas

in the conditions of snakebites and other poisonous creature bites the emergency treatment plays a vital role. In Ayurvedic literature many formulations were explained which can be used in emergency conditions of snake bite. *Jeevaraksha gutika* is one amongst them by which was well utilized by *vishavaidyas* of Kerala. The scientific review and research work is required to utilize this formulation with more confidence, hence this review study has under taken to highlight in brief about its action.

REVIEW OF LITERATURE

TABLE 1: List of Ingredients of *Jeevaraksha Gutika*

Sl.no	Ingredient	Sanskrit name	Botanical name	Quantity
1	velutheeyam	<i>Vanga</i> ³	Tin ³	5 gm
2	rasam	<i>Parada</i> ⁴	Mercury ⁴	2.5 gm
3	pontamaritaram	<i>Haratalam</i> ⁵	Arsenic trisulphide ⁵	1 gm
4	manayola	<i>Manashila</i> ⁶	Arsenic disulphide ⁶	1 gm
5	chalyam	<i>Hingula</i> ⁷	Cinnabar ⁷	2 gm
6	pongaram	<i>Tankana</i> ⁸	Borax ⁸	2 gm
7	turissu	<i>Tuttham</i> ⁹	copper sulphate ⁹	6.25 gm
8	kattuchanakam	<i>Gomayam</i> ¹⁰	Cowdung ¹⁰	6.25 gm
9	vacha	<i>Vacha</i> ¹¹	Acorus calamus ¹¹	6.25 gm
10	venkaram	<i>Sphatikam</i> ¹²	Quartz ¹²	6.25 gm
11	ilanikuru	<i>Bakula</i> ¹³	Mimusops elengi Linn ¹³	3.75 gm
12	nellika	<i>Amalaki</i> ¹⁴	Embelica officinalis ¹⁴	3.75 gm
13	gandakam	<i>Gandaka</i> ¹⁵	Sulphur ¹⁵	3.75 gm
14	venkayam	<i>Hingu</i> ¹⁶	Ferrula asafoetida ¹⁶	7.5 gm
15	saindavam	<i>Lavanam</i> ¹⁷	Salt ¹⁷	7.5 gm
16	thippali	<i>Pippali</i> ¹⁸	Piper longum ¹⁸	7.5 gm
17	kurumulagu	<i>Maricha</i> ¹⁹	Piper nigrum ¹⁹	7.5 gm
18	chukku	<i>Shunti</i> ²⁰	Zingiber officianale ²⁰	7.5 gm
19	garudakkodi	<i>eeswari</i>	Aristolochia indica linn	8.75 gm
20	cheru	<i>bhallataka</i>	Semicarpus anacardium	8.75 gm
21	nannari	<i>saariba</i>	Hemidesmus indicus	8.75 gm
22	vellerukku	<i>arka</i>	Calotropis procera	r.q
23	paal	<i>ksheera</i>	Cows milk	r.q

The first reference of *Jeevaraksha gutika* is available in *Prayoga samuchhayam*¹. It is also mentioned in *kriyakoumudi*². Among this, *kriya koumudi* has mentioned 7 ways of preparation which are entirely different in ingredients from *Jeevaraksha gutika* which is mentioned in *Prayoga Samuchhyam*. *Jeevaraksha gutika*, a herbomineral compound which includes 10 minerals and 10 herbs are effectively used in other *visha* conditions also. For practical purpose, preparation mentioned in *Prayoga samuchhayam* is used due to unavailability of some of the drugs.

TABLE 2: List of Properties of mineral ingredients in *Jeevaraksha Gutika*

Name	Rasa	Veerya	Karma
<i>Suddha Vanga</i>	<i>Tiktha, kashaya, alpa lavana rasam</i> ³	<i>Ushnam</i> ³	<i>Kaphagnam</i> ³
<i>Suddha Parada</i>	<i>Shadrasam</i> ⁴	<i>Ushnam</i> ⁴	<i>Kaphagnam</i> ⁴
<i>Shuddha Haratalam</i>	<i>Kashayam, katu</i> ⁵	<i>Ushnam</i> ⁵	<i>Vishagnam</i> ⁵
<i>Shuddha Manashila</i>	<i>Katu, tiktham</i> ⁶	<i>Ushnam</i> ⁶	<i>Vishagnam</i> ⁶
<i>Shuddha Hingula</i>	<i>Tiktham, kashaya, katu</i> ⁷	<i>Ushnam</i> ⁷	<i>Vishagnam</i> ⁷
<i>Shuddha Tankana</i>	<i>Katu</i> ⁸	<i>Ushnam</i> ⁸	<i>Vishagnam</i> ⁸
<i>Shuddha Tuttham</i>	<i>Kashaya, madhura</i> ⁹	<i>Ushnam</i> ⁹	<i>Vishagnam</i> ⁹
<i>Shuddha Sphatikam</i>	<i>Kashaya, katu, tiktha</i> ¹¹	<i>Ushnam</i> ¹¹	<i>Vishagnam</i> ¹¹
<i>Shuddha Gandhaka</i>	<i>Madhuram</i> ¹⁴	<i>Ushnam</i> ¹⁴	<i>Vishagnam</i> ¹⁴

Table 3: List of properties of herbal ingredients in *Jeevaraksha Gutika*

Name	Rasa	Veerya
<i>Eeswari</i>	<i>Tiktha, katu, kashaya</i> ²⁰	<i>Ushna</i> ²⁰
<i>Sariba</i>	<i>Madhura, tiktha</i> ²²	<i>Sheeta</i> ²²
<i>Bhallataka</i>	<i>Katu, madhura, tiktha, kashaya</i> ²¹	<i>Ushna</i> ²¹
<i>Hingu</i>	<i>Katu</i> ¹⁵	<i>Ushna</i> ¹⁵
<i>Amalaki</i>	<i>Pancharasa</i> ¹³	<i>Sheeta</i> ¹³
<i>Bakula</i>	<i>Kashaya, katu</i> ¹²	<i>Sheeta</i> ¹²
<i>Vacha</i>	<i>Katu, tiktha</i> ¹⁰	<i>Ushna</i> ¹⁰
<i>Pippali</i>	<i>Katu</i> ¹⁷	<i>Ushna</i> ¹⁷
<i>Maricha</i>	<i>Katu</i> ¹⁸	<i>Ushna</i> ¹⁸
<i>Shunti</i>	<i>Katu</i> ¹⁹	<i>Ushna</i> ¹⁹
<i>Arka ksheera</i>	<i>Tiktha</i> ²³	<i>Ushna</i> ²³

MODE OF ADMINISTRATION¹

Jeevaraksha gutika is given with cow's milk. If it is vomited as such it is difficult to cure. Within 3 nazhika (1 nazhika = 24 minutes) i.e; 1 hour 12 minutes, 3 *gutikas* are to be given. If all 3 *gutikas* are vomited, then that *visha* is considered incurable. The dose is the same for all poisonous snake bite cases.

DIAGRAM 1: PHARMACODYNAMICS

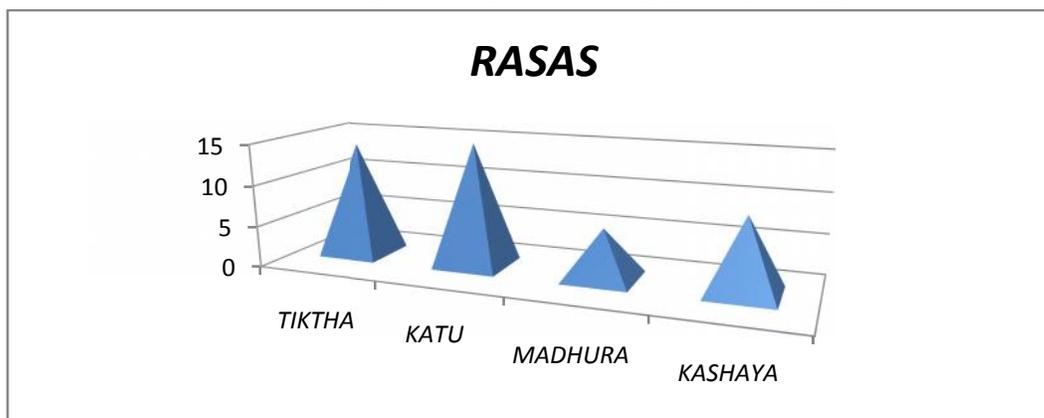


DIAGRAM 2

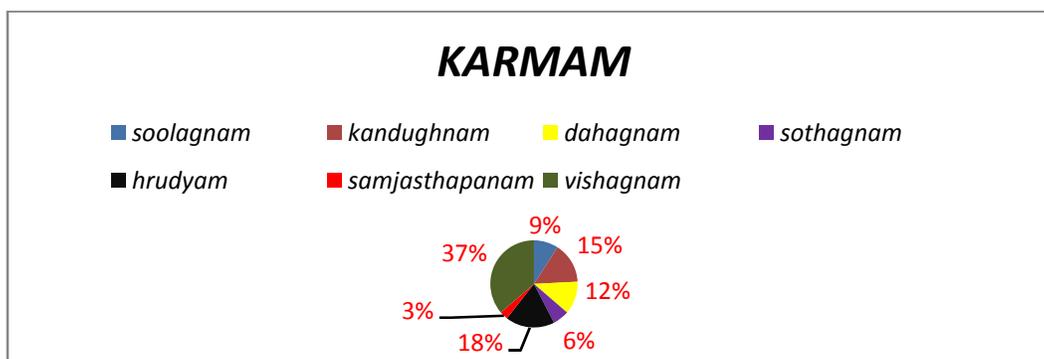
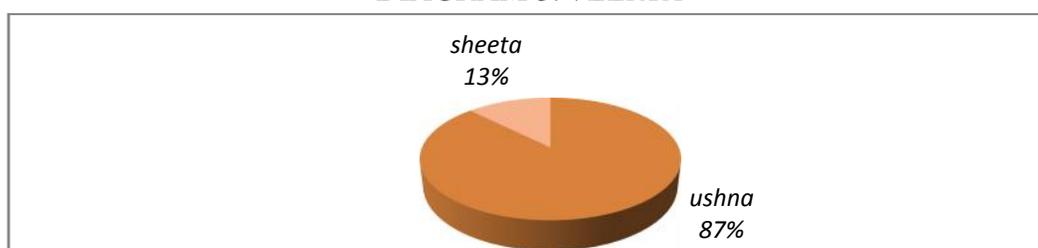


DIAGRAM 3: VEERYA



DISCUSSION

Jeevaraksha gutika is mentioned in *sarpa samanya visha cikitsa*, so whatever symptoms come across in poisonous snake bite, we can manage it with this *gutika*. *Savisha lakshanas* mentioned in *Astanga Hridaya* 36th chapter *uttara sthana* are pricking pain, burning sensation, swelling and itching.²⁶ Most of the drugs in this formulation pacify each of these symptoms very effectively. Based on *rasa*, majority of drugs have predominance of *katu* (pungent), then *tiktha* (bitter), then *kashaya* (astringent), then *madhura* (sweet). Based on *karma*, 37 % of drugs are *vishagna*, so *savisha lakshanas* are directly reduced due to this action - 18 % shows *hridya* property, as *visha* affects *hridaya* as it enters body, there is a need to protect *hridaya*. So these drugs act for *hridayavarana*. 15 % drugs shows *kandugna* property as

it is a main feature in *savisha lakshanas*. 12 % drugs have *dahagna* action. 9 % drugs shows *shoolagna* property as it is a surest feature in snake bites which is quite seen. 6 % drugs show *sothagna* action. 3 % drugs shows *samjasthapanana* action as it is seen in *vishavegalakshanas*. Based on *veerya* 13 % drugs are *sheeta* and 87 % drugs are *ushna* in nature which aids in revival of the patient easily. Each of the drugs either in one way or other helps to manage the symptoms.

CONCLUSION

Jeevaraksha gutika has proven to be a very efficient medicine in the emergency management of snake bites. Based on *rasa*, *veerya* and *karma* of the drugs, charts depicted above substantiates the pharmacological action of the *gutika*. These kinds of authentic preparations

which are mentioned in Malayalam texts have to be introduced to the public. *Oushadhi* pharmacy in Kerala was producing this *gutika* before, but now it is available with only Kerala traditional *vaidyas* and they are using effectively in poisonous snake bite management cases. Because of the market availability of the drugs and labour charge, its price cannot be decided. This medicine can also be made use in *gara visha* as some of its drugs show indications. In present era, we are being exposed to many kinds of pollutants and toxins which are accumulated day by day resulting in many skin diseases and many other manifestations in which this *jeevaraksha* can be made use of. So this is piece of work enlightens the significance of this formulation. Further researches are needed on this topic to explore different dimensions of this *gutika*.

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