



A REVIEW ON MEDICINAL USES OF VISHATINDUKA W.R.T RASA TARANGINI

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ABSTRACT

Ayurveda is a system of medicine, which is divided into eight branches, Agadatantra, being one of the major branches of ayurveda, describes *visha* (poison). *Vishatinduka* (*kuchala*) comes under *Upvisha* category, and *visha* and *Upvisha* categories are only described by two Acharya, those are kaviraj Sadanand Sharma in *rasa tarangini* and Acharya Gopalkrishna Bhatt in *Rasendra sara sangraha*. **AIMS-** To document the medicinal properties of *vishtinduk* given in *rasa tarangini*. **METHOD-** Collection of relevant literature related to *Upvisha*, *vishtinduk*, and its medicinal properties from *rasa tarangini*. **RESULT AND DISCUSSION-** *Kuchala* has *deepana* and *pachana* properties, thus it is useful in *agnimandya*. By the consumption of *shodhita kuchala*, *pachak rasa* is produced in more quantity thus it possesses *deepana* and *ama pachana* properties. **CONCLUSION-** Kaviraj Sadanand Sharma has described various medicinal properties of *vishtinduk*. The useful part of *vishtinduk* mentioned is *beej* (seed). various formulations containing *vishtinduk* with their indications are mentioned which are a total of seven in number. Three *shodhana* methods are described, one with *kanji*, second with *ghrita*, and third with cow milk. Its *matra* and contraindication are also mentioned.

Keywords: *visha*, *Upvisha*, *vishtinduk*, *kuchala*, medicinal properties, *rasa tarangini*, *shodhana*.

INTRODUCTION

Ayurveda is a system of medicine, which is divided into eight branches, which are *kayachikitsa*, *balroga*, *graharoga*, *urldhwang*, *shalya*, *damstra*, *jara*, *vrishan*. Agadatantra (*damstra*) being one of the major branches of ayurveda, describes about *visha* (poison), the nature of poison, its origin, characteristics, action, diagnosis, treatment of poison, and many other things. Various Acharya have classified *visha* as *sthavara visha*, *Jangama visha* & *sanyogaj visha*, but only Kaviraj Sadanand Sharma in *rasa tarangini*¹ and Acharya Gopalkrishna Bhatt in *Rasendra sara sangraha* have classified *visha* in two categories, which are *visha* and *Upvisha*. Those *visha*

dravya which are more potent and have higher toxic properties in them are considered as *visha*, whereas those which have comparatively fewer toxic properties in them are said to be *Upvisha*. According to Kaviraj Sadanand Sharma number of *visha* are nine and *Upvisha* is eleven.² Whereas, Acharya Gopalkrishna Bhatt has described five *visha* and seven *Upvisha*. Seven *Upvisha* described by Acharya Gopalkrishna Bhatt is given in table no. 1 from s.no. 1-7 and 4 extra *Upvisha* other than these 7, described by Kaviraj Sadanand Sharma are given in table no. 1 from s.no. 8-11.

Table no.1- total no. of *Upvisha* mentioned in *rasa tarangini* and *Rasendra sara samgraha*.

S.no	Name of <i>Upvisha</i>	Latin name	Family
01	<i>Arka</i>	<i>Calotropis procera</i> (Ait.) R. Br.	Apocynaceae
02	<i>Sehunda</i>	<i>Euphorbia neriifolia</i> L.	Euphorbiaceae
03	<i>Dhustura</i>	<i>Datura metel</i> L.	Solanaceae
04	<i>Langli</i>	<i>Gloriosa superba</i> L.	Liliaceae
05	<i>Karvira</i>	<i>Nerium indicum</i> Mill.	Apocynaceae
06	<i>Gunja</i>	<i>Abrus precatorius</i> L.	Fabaceae
07	<i>Ahiphena</i>	<i>Papaver somniferum</i> L.	Papavaraceae
08	<i>Vishatinduka</i>	<i>Strychnos nux-vomica</i> L.	Loganiaceae
09	<i>Rechaka</i>	<i>Croton tiglium</i> L.	Euphorbiaceae
10	<i>Vijaya</i>	<i>Cannabis sativa</i> L.	Cannabinaceae
11	<i>Bhallataka</i>	<i>Semecarpus anacardium</i> L.f.	Anacardiaceae

Acharya Charaka in sutra sthana specifies that ‘A virulent poison can be converted into an excellent medicine when prepared and administered using the right methods. Conversely, even a good medicine may act as a potent poison if improperly administered.’³ Thus, if given in accordance with the patient and the disease, in a proper dose, and if monitored properly, the medicinal properties of these *visha dravya* can be put into good use for human health.

AIMS & OBJECTIVE

To document the medicinal properties of *vishtinduk* given in *rasa tarangini*, along with its useful medicinal part, *shodhana* methods, *matra*, *nishedh*

(contraindication) and various formulations mentioned in the text.

MATERIALS AND METHODS

Kaviraj Sadanand Sharma in his treatise addressed *visha* with several names, those are *kshweda*, *garala* and *kalkuta*.⁴ *Visha* is classified into two categories i.e. *sthavara* (inanimate poison) and *jangama visha* (animal poison). Ten *adhishtan* (site of poison) of *sthavara visha* are also mentioned namely *kanda* (bulb), *saar* (heartwood), *niryaasa* (extract), *pushpa* (flower), *moola* (root), *phala* (fruit), *patra* (leaves), *twak* (bark), *ksheer* (sap), *khanija* (mineral).⁵ Further *sthavara visha* is classified into nine *visha* and eleven. For a better demonstration, this classification is shown in fig.no.1.

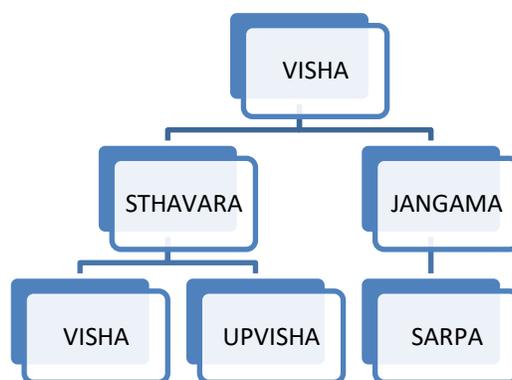


Fig.no.1- classification of visha

The nine visha are halahal, kalkuta, shringak, pradipan, saurashtrik, bramhaputra, haridra, saktuka and vatsanabh.⁶ eleven Upvisha mentioned are vishtinduk, ahiphena, rechaka, dhatura, Vijaya, gunja, bhallataka, arka, snuhi, langli and karveera.⁷

DESCRIPTION OF VISHATINDUKA IN RASA TARANGINI

There are quite a number of names for vishtinduk in this text, that are kuchelaka, kuchela, kuchilaa, kuchil, vishatindu, tindu, tinduka, karasakara, ramyaphala, kupaka, vishamushtika, vishamushti and kalkuta.⁸ While describing the morphological features of kuchala, it is mentioned that a useful part for medicinal purposes is its beej (seed), which is disc-shaped.⁹

MEDICINAL PROPERTIES OF VISHATINDUKA¹⁰

The medicinal properties mentioned are- deepana, kamodeepana, mutrala, kshudha deepana, paachana, shleshmahara, bala vridhhi, medohara, ruchikara,

naadibala vardhana, dugdha paachan. It is said to be useful in cases of amlapitta and holds good properties to combat dog bite poison. Grahani, unmada, aadhmana, chronic ajeerna, amashayajanya shula, hrida daurbalya. Shwasa, phupphus shoth, ardhangavata, arditia, ardhangvata from madatyaya or ashuddha naaga consumption, madatyaya, naadishula, anidra, guda roga, in rajyakshma night sweat, maanas shram, ajeerna from anidra, ardhav bhrdhaka, shrama kasa, chitta daurbalya, malabaddhata, chitta avasada, mutra rodha, aantrashula from chronic amlapitta, Shweta pradara, ati rajah straav, kati vedana, naveena pratishyaya, atisaar and kashta pravrita alpa mala.

FORMULATIONS CONTAINING VISHATINDUKA

Kaviraj Sadananad Sharma has mentioned some yoga (formulation), those formulations along with their indications are documented in table no.2.

Table no.2- formulations containing vishtinduk.

S.no.	Name of formulation	Indication
1.	Navjeevan ras ¹¹	Antrashula, aadhmana, malabandha, atisar, ardhav bhedaka, rakta alpata, vatika shula, mansika avsada
2.	Agnitundi ras ¹²	Agnimandya, arsha, atisar, kati vedana, pristha vedana
3.	Lakshmivilas ras ¹³	Agnimandya, rakta alpata, daurbalya
4.	Shula nirmulan ras ¹⁴	Agnimandya, atisar, grahani, vishuchika, gulma, udara shula
5.	Supti vatari ras ¹⁵	Supta vata
6.	Sarmeya vishapaho yoga ¹⁶	Dog bite poison
7.	Vishatinduka tailam ¹⁷	Pakshaghat and other vata roga

CONTRAINDICATION OF VISHATINDUKA¹⁸

Vishatinduka churna or any other dosage form of *vishtinduk* is contraindicated in *Nutana pakshaghata* which have *sparsha gyan rahita, kathina maans peshi* i.e acute paralysis accompanying with sensation less and stiff muscles.

VISHATINDUKA SHODHANA

As it is a *visha dravya* and can be toxic if consumed without purification, thus three *shodhana* methods are described in *rasa tarangini*.

1. First *shodhana* method:¹⁹

- a. Keep matured *Vishatinduka beej* (seed) in *kanji* for three days.
- b. After three days take out the seeds from *kanji* and peel its outer covering.
- c. Then keep the seeds under the sun for drying.
- d. Then reduce the seeds into *churna* form in mortar.

2. Second *shodhana* method:²⁰

This method is used when purified *vishtinduk* is needed readily.

- a. Roast the seeds of *vishtinduk* on a griddle with some *ghrita* on low flame, until the outer covering becomes *Kapisha varna* i.e., reddish yellow in colour.
- b. After the outer covering becomes *Kapisha varna*, remove the outer covering and pound the seeds immediately when it's still hot.

3. Third *shodhana* method:²¹

- a. Tie *vishtinduk* seeds in a *pottali*.
- b. Place the *pottali* in *dolayantra* and heat it for three hours.
- c. After three hours, remove the seeds from *the dolayantra* and separate their outer covering.

Pound the seeds immediately in the iron mortar.

DISCUSSION

From the time being various poisonous plants that contain medicinal properties in them are used for various diseases after being processed. Although *vishtinduk* comes under *the Upvisha* category, if used after conventional purification, in proper quantity, and by properly following the indications and contraindications, this *Upvisha dravya* can come in handy to the ayurveda medical fraternity. The

extract/tincture of this *dravya* is said to be very potent, thus it can give quick relief in various conditions and diseases in small quantities. *kuchala* has *deepana* and *paachana* properties, thus it is useful in *agnimandya*. By the consumption of *shodhita kuchala*, *Paachak rasa* is produced in more quantity thus it possesses *deepana* and *ama pachana* properties. As *vishtinduk* is a poisonous plant, it is to be consumed after a proper purification process and in the right dose. Even after that, it should be kept under vigilance for any adverse reactions if observed.

CONCLUSION

Kaviraj Sadanand Sharma has described various medicinal properties of *vishtinduk* like *deepana, mutrala, kshudha deepana, paachana, shleshmahara, bala vridhhi, medohara, ruchikara, naadibala vardhana* and many more. The useful part of *vishtinduk* mentioned is its *beej* (seed). various formulations containing *vishtinduk* with their indications like a dog bite, *ajeerna, atisara, and agnimandya* are mentioned which are a total of seven in number. Three *shodhana* methods are described, one with *kanji*, second with *ghrita*, and third with cow milk. Its *matra* and contraindication are also mentioned.

So many useful medicinal properties are enlisted in the text, thus it can be concluded that despite being a poisonous plant, with the right purification method, *matra*, indication, contraindication, and vigilance the harmful effects can be reduced to a great extent, and it can emerge as a boon to us humans.

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