



THE KOSHATAKI VYOSHADI YOGA OF VISHA VAIDYA JYOTSNIKA - AN OVERVIEW

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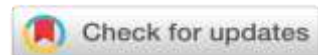
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ABSTRACT

Introduction: *Visha Chikitsa* is one of the *Ashtanga's* (Eight branches) of Ayurveda. That has been explained with names like *Gara Chikitsa*, *Agadatantra*, *Vishagara Vairodika Prashamana* ^[1]. Besides *Samhitas* (classical texts), many textbooks deal with *Agadatantra* (ayurvedic toxicology) and are written in various regional Indian languages. Many of them have been translated into English and Hindi. Kerala, rich in its Ayurveda heritage, has contributed to the *Agadatantra*. *Visha Vaidya Jyotsnika* is one of the textbooks that gives knowledge about the practice of *Visha Chikitsa*. *Koshataki Vyoshadi Yoga* is one of the *vishagna* formulations for *Sarva Visha Chikitsa* mentioned in this textbook. It has eight ingredients and is administered in *Nasya* (nasal instillation) and *Anjana* form. This paper is an attempt to analyse the benefits of *Koshataki Vyoshadi Yoga*.

Materials and methods: The comprehensive review of *Koshataki Vyoshadi Yoga* formulation is done from the literature of *Visha Vaidya Jyotsnika*. The objective is to analyse *Koshataki Vyoshadi Yoga* for its benefit in *Visha Chikitsa*.

Observation and results: In this yoga, most of the drugs having *Kaphavata Shamaka*, *Vishaghna*, *Krimigna*, *Uttejaka* (Stimulant), *Vranaropana*, *Sajasthanapana*, *Vamaka*, *Rasayana* may be found to be one of the effective anti-poisonous formulations.

Conclusion: Based on the properties and effects of *Koshataki Vyoshadi Yoga* mentioned by *Acharya* in *Sarva-Visha Chikitsa*. It is suitable for use in treating poison where fast action is required.

Keywords: *Visha Chikitsa*, *Agadatantra*, *Visha Vaidya Jyotsnika*, *Sarva Visha*, *Nasya*, *Anjana*

INTRODUCTION

Visha Chikitsa is one of the ashtanga (Eight branches) of Ayurveda. That has been explained with names like *Gara Chikitsa*, *Agadatantra*, *Vishagara Vairodika Prashamana* ^[1]. *Agadatantra* deals with the *Damsha* of *Keeta*, *Lootha*, *Vrischika*, and mainly *Sarpadamsha*, their diagnosis signs and symptoms, and their treatment ^[2]. *Agadatantra* is the subject in which we will get the maximum number of books and many classical references available in Ayurveda, and apart from those, other books are available in different regional languages, which our traditional *Visha Vaidyas* follow. Kerala's rich flora and wildlife give clues regarding the life of people in the pre-historic period. Kerala has made many inimitable contributions to Ayurveda, especially *Visha Chikitsa* in *Agadatantra*. Kerala's *Visha Vaidya* tradition has an ancient and renowned wealthy background. Many *Vishavaidya* were practised during that peri-

od, and many Malayalam books were written, like *Vishavaidya Jyotsnika*, *Kriya Koumudi*, *Prayoga Samuchayam*, etc. The *Vishavaidya Jyotsnika* is the most popular and widely practised among these ^[3].

A REVIEW OF LITERATURE *KOSHATAKI VYOSHADI YOGA*

In Kerala's *Visha Chikitsa* traditional textbooks, *Vishavaidya Jyotsnika* is considered one of the basic. Several treatment procedures and *Agada Yogas* (formulations) are underwritten, which are used to remove *Visha* from the body and complications caused by *Visha*. *Koshataki Vyoshadi Yoga's* unexplored formulation is mentioned in *Visha Vaidya Jyotsnika* ^[3].

The drugs of this yoga have been mentioned in Table 1.

Table 1: Drug profile of the *Koshataki Vyoshadi Yoga*.

SL. NO	DRUG	BOTANICAL NAME	FAMILY	PART USED
1	<i>Koshataki</i> ^[4]	<i>Luffa Cylindrika</i>	<i>Cucurbitaceae</i>	<i>Phala, Patra, Nirryasa, Beeja</i>
2	<i>Vacha</i> ^[5]	<i>Acorus Calamus Linn</i>	<i>Araceae</i>	<i>Root</i>
3	<i>Hingu</i> ^[6]	<i>Ferula foetida Linn.</i>	<i>Apiaceae</i>	<i>Niryasa</i>
4	<i>Shirisha</i> ^[7]	<i>Albizia Lebbeck</i>	<i>Fabaceae</i>	<i>Tavk, Patra, Beeja, Pushpa</i>
5	<i>Shunti</i> ^[8]	<i>Zinziber Officinale</i>	<i>Zinziberaceae</i>	<i>Moola</i>
6	<i>Maricha</i> ^[9]	<i>Piper Nigrum Linn.</i>	<i>Piperaceae</i>	<i>Phala</i>
7	<i>Pippali</i> ^[10]	<i>Piper longum Linn.</i>	<i>Piperaceae</i>	<i>Phala</i>
8	<i>Arkasheera</i> ^[11]	<i>Calotropis Procera</i>	<i>Asclepidaceae</i>	<i>Ksheera, Moolatwak, Patra, Pushpa</i>
9	<i>Ajaksheera</i> ^[12]	<i>capra aegagrus hircus</i>		<i>ksheera</i>

Table 2: Ingredients of *Koshataki Vyoshadi Yoga* and its Properties.

SL. NO	DRUG	RASA	GUNA	VEERYA	VIPAKA
1	<i>Koshataki</i> ^[4]	<i>Katu, Tikta</i>	<i>Laghu, Ruksha, Tikshna</i>	<i>Ushna</i>	<i>Katu</i>
2	<i>Vacha</i> ^[5]	<i>Katu, Tikta</i>	<i>Laghu, Ruksha,</i>	<i>Ushna</i>	<i>Katu</i>
3	<i>Hingu</i> ^[6]	<i>Katu, Tikta</i>	<i>Laghu Tikshna</i>	<i>Ushna</i>	<i>Katu</i>
4	<i>Shirisha</i> ^[7]	<i>Tikta, Kashaya</i>	<i>Laghu</i>	<i>Anushna</i>	<i>Katu</i>
5	<i>Shunti</i> ^[8]	<i>Katu</i>	<i>Guru, Ruksha, Tikshna</i>	<i>Ushna</i>	<i>Madhura</i>
6	<i>Maricha</i> ^[9]	<i>Katu, Tikta</i>	<i>Laghu, Ruksha, Tikshna</i>	<i>Ushna</i>	<i>Katu</i>
7	<i>Pippali</i> ^[10]	<i>Katu</i>	<i>Laghu, Snigda, Tikshna</i>	<i>Anushna</i>	<i>Madhura</i>
8	<i>Arkasheera</i> ^[11]	<i>Katu, Tikta</i>	<i>Laghu, Ruksha, Tikshna</i>	<i>Ushna</i>	<i>Katu</i>
9	<i>Ajaksheera</i> ^[12]	<i>Katu, Lavana</i>	<i>laghu, Ruksha</i>	<i>Ushna</i>	-

Table 3: Ingredients of *Koshataki Vyoshadi Yoga* and its *Karma*.

DRUG	DOSHAGNA	KARMA
<i>Koshataki</i> ^[4]	<i>Kaphapittahara</i>	<i>Shophahara, jwaragna, Vishagna, Vranaropana, Virechaka, Raktapittahara, Vamaka</i>
<i>Vacha</i> ^[5]	<i>Vatakaphashamaka</i>	<i>Sanjnasthapaka, vamaka, jwaragna, Medhya, Unmadahara, Apasmarahara, Krimighna</i>
<i>Hingu</i> ^[6]	<i>Vatakapha shamak</i>	<i>Krimighna, Chakshushya, Pachana , Hrudya, Jwarahna, Krimighna, Uttejaka</i>
<i>Shirisha</i> ^[7]	<i>Tridoshashamaka,</i>	<i>Vishagna, Shirovirechaka, Vrusya, Vranaropaka, Kustagna, Varnya</i>
<i>Shunti</i> ^[8]	<i>Kaphavatashamaka,</i>	<i>Vatanulomana, Bedhini, Shotahara, Vedanasthapana, Kaphagna, Vranaropana</i>
<i>Maricha</i> ^[9]	<i>Kaphavatashamaka,</i>	<i>Uttejaka, Chedi, Hrudrogahara, Krimigna, Agnideepaka</i>
<i>Pippali</i> ^[10]	<i>Kaphavatashamaka, Pit-tashamaka,</i>	<i>Rechaka, Rasayana, Shirovirechana, Kasagna</i>
<i>Arkasheera</i> ^[11]	<i>Kaphavatashamaka,</i>	<i>Vishagna, Vranaropaka, Kandugna, Vamaka, Hrudayottejaka, Rasayana, Krimighna</i>
<i>Ajaksheera</i> ^[12]	<i>Kaphavatahara</i>	<i>Vishagna</i>

METHOD OF PREPARATION

In the context, the method of preparation and quantity of the drugs are not mentioned [3]; hence, the *Anukta mana* of the drugs *Koshataki Vacha, Hingu, Shireesha, Shunti, Maricha, Pippali,* and *Arkasheera* or *Ajaksheera* have been taken as per *Anukta mana* and prepared *kalka* form. This *kalka* is given bhavana with *ajaksheera* or *arkaksheera* until it forms homogenous and is stored in a sterile glass bottle. This formulation is indicated in *Sarvavisha* and especially in the unconscious state, and it is used in the form of *Nasya* and *Anjana*.

Diagram 1: Analysis of **RASA** of ingredients of **KOSHATAKI VYOSHADI YOGA**

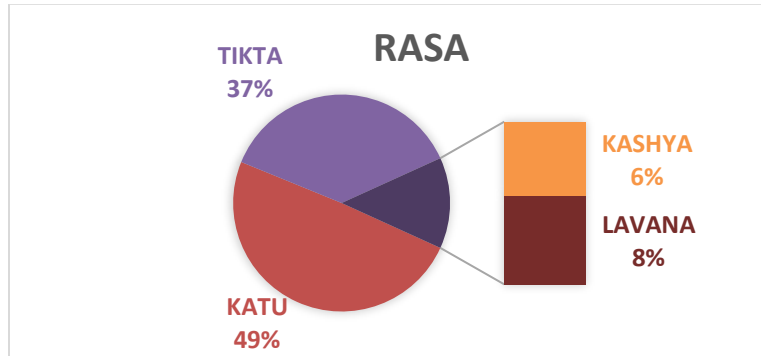


Diagram 2: Analysis of **GUNA** of ingredients of **KOSHATAKI VYOSHADI YOGA**

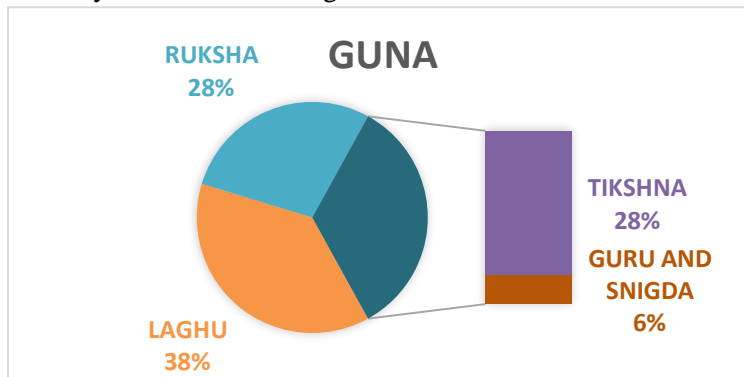


Diagram 3: Analysis of **VEERYA** of ingredients of **KOSHATAKI VYOSHADI YOGA**

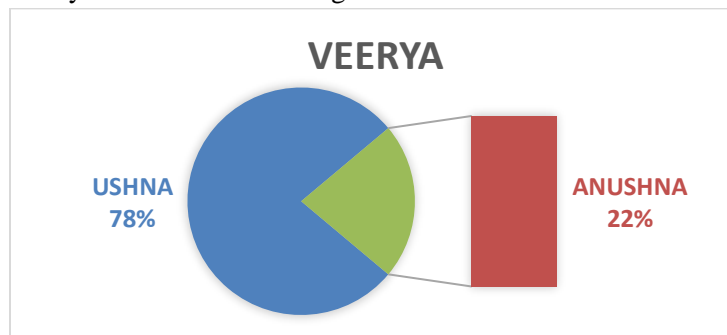


Diagram 4: Analysis of **VIPAKA** of ingredients of **KOSHATAKI VYOSHADI YOGA**

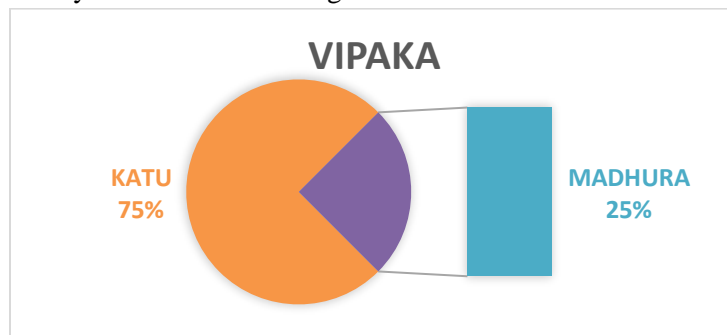
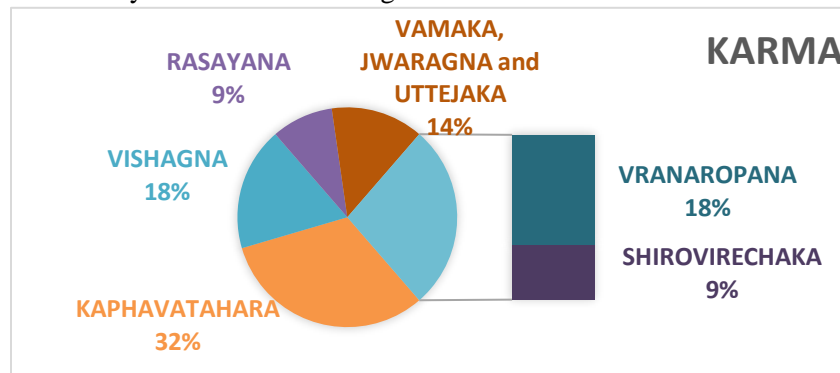


Diagram 1: Analysis of **KARMA** of ingredients of **KOSHATAKI VYOSHADI YOGA**

DISCUSSION

The probable mode of action of **KOSHATAKI VYOSHADI YOGA**

Koshataki Vyoshadi Yoga is mentioned in the Malayalam textbook of *Visha Vaidya Jyotsnika*. While considering individual drugs like Hingu, Shunti Maricha, and Vacha are used as the best remedy for many common ailments in day-to-day life; it is either used for health-promoting benefits or in disease conditions because of their Rasayana, disease-alleviating properties. *Vacha* is one of the *Rasayana Dravya* acts as *Sanjnasthapaka*, *Vamaka*, *Jwaragna*, *Medhya*, *Unmadahara*, *Apasmahara*, *Krimighna*, anti-inflammatory and immunomodulatory activity [5]. *Hingu* is known to have good appetisers and anti-inflammatory, anti-viral, antimutagenic, and antifungal properties [6]. *Sheerisha* is one of the best *Vedanasthapaka* (analgesic), *Shotahara* (anti-inflammatory), *Vranaropaka*, *Vishagna* (anti-toxic) and *Tridoshashamaka*. Best *Shirovirechaka Dravya* [7] Phytochemical screening of successive extracts of *Albizia Lebbeck* leaves shows the presence of carbohydrates, alkaloids, tannin, flavonoids, terpenoids, coumarins, glycosides, phenolics, and saponins [13]. *Arka* is indicated in *Kaphagata Rogas*, *Twak Vikaras* and *Visha Damshas* [14]. It has the properties of *Teekshna Usna Virya*, *Katu Tikta Rasa & Katu Vipaka*, such pharmacodynamics helping to combat the action of *Visha* and with the same drug if *bhava* is given to enhance the drug's characteristics and, as a result, potentiating the therapeutic action. As considered the *Rasapanchaka* of the *Koahataki Vyoshadi*

Yoga, 37% of the drugs have *Tikta Rasa*, 49% of *Katu Rasa* 6% *Kashaya Rasa*, and 8% of *Lavana Rasa* (Diagram 1). Most of the drugs are *Tikta and Katu Rasa*, which act as *Kaphashamaka*, *Vishagna*, and *Krimighna* [15]. Based on the *Guna* (Diagram 2), almost the drugs have 38% *Laghu*, 28% of each *Ruksha* and *Tikshna*, and 6% both *Guru* and *Snigdha*. All these having *Kaphagna* and does *Shodhana* and *Shoshana*. It helps for fast spreading and faster penetration of drugs, resulting in fast distribution of *Dravyas* to provide more rapid action on *Visha* reduction.

The active principles in this formulation (Diagram 3) are that 78% of the drugs have *Ushna Veerya* and 22% of *Anushna Veerya*. Most medicines are *Ushna Veerya*, which is *Ashupaki* and delivers immediate action of the drugs on *Visha* condition [16], acts on *Vata*, *Kapha Dosh*, and removes the *Avarana* of *Dosha*.

Based on *Vipaka* (Diagram 4), 75% of the drugs are *Katu Vipaka*, which pacifies *Kapha Dosh*, and 25% is *Madhura Vipaka*, which pacifies *Pitta* and *Vata Dosh* and results in good metabolism [17].

Based on *Karma* (Diagram 5), 32% *Kaphavatahara*, 18% *Vishagna* and *Vranagna* 14% *Vamaka*, *Jwaragna*, *Uttejaka*, 8% *Shirovirechaka* and *Rasayana*. This combination of these above properties acts as *Kaphavatahara*, *Uttejaka* *Shirovirechaka* and *Vishagna* in nature, mainly as *Kaphavatashamaka*. This yoga is used in the form of *Nasya* (illustration of medicine in the nose) and *Anjana*. According to *Charaka*, if there is an obstruction in the nose, eyes, ear, tongue, or throat due to poisoning, *Nasya* should

be done because it is said to be the main line of treatment^[18]. Nose is the opening of *Shiras*, according to *Acharya Charaka*^[18]. The drug administered through the nose reaches the brain and eliminates the morbid doshas that produce diseases. *Acharya Vagbhata* has been explained that the nose is the opening of *Shira* (head), and the medicine administered through the nostrils reaches *Shringataka* by *Nasasrota* and spreads *Moordha* (brain), taking the route of eye, ear, throat and opening of vessels and scrapes out all morbid *Doshas*. If the poisoned patient has enlargement of the orbit, excessive sleep, discoloration of the eyes, or dirt collection in the eyes, then *Anajan Karma* should be done^[18].

CONCLUSION

Kerala has a wide variety of effectively practised traditional *Visha Chikitsa Prayogas*. The most famous text, *Visha Vaidya Jyotsnika*, is one of the textbooks that gives knowledge about *Visha Chikitsa's* practice. *Koshataki Vyoshadi Yoga* is one of the *Vishagna* formulations for *Sarva Visha Chikitsa* mentioned in this textbook. It has eight ingredients and is administered in *Nasya* (nasal instillation) and *Anjana* form. This paper attempts to analyse the benefits of *Koshataki Vyoshadi Yoga*, which is used for removing or pacifying *Visha* from the body in case of a patient suffering from giddiness due to poisoning. In this *Yoga*, most of the drugs having *Kaphavata Shamaka*, *Vishaghna*, *Krimigna*, *Uttejaka* (Stimulant), *Vranaropana*, *Sajasthanapana*, *Vamaka*, *Rasayana* may be found to be one of the effective anti-poisonous formulations used in the form of *Nasya* and *Anjana*. Most of the drugs used in this formulation are *Ushna*, *Tikshna* and *Lekhana* nature, which helps to clear the *Srotas* (channels) and enhance the perception; thus, person will get *Laghutva* (lightness) of body, *Manaprasada* (mind), *Sirasudhi* and these drugs have penetrating, *Sanjasthanapaka* and *Vishahara* (antitoxic) property which helps the unconscious person to regain their consciousness caused due to infliction of *Visha* (poison). It may be found to be one of the effective anti-poisonous formulations. It is suitable for use in treating poison where fast action is

required. As it is a rare *Agada Yoga* (anti-toxic formulation), it should be researched for the benefit of society to get rid of the complications produced by *Visha*.

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