



## TARUNAPALASHA KSHARA YOGA – A REVIEW

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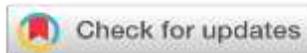
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## ABSTRACT

*AgadaTantra* is the branch of medicine that deals with Toxicology and is one of the eight branches of *Ayurveda*. It deals with the treatment of poisons. *AgadaTantra* deals with the study of *Jaangama*(animate) and *Sthavara*(inanimate)poisons, their symptoms and their management. *Tarunapalasha kshara yoga* is one among the *Agada Yogas* which is mentioned in *Ashtanga Sangraha* 40<sup>th</sup> chapter *vishapratisheda adyaya*. It contains 19 Ingredients. This formulation is also a *vishahara*. *Kshara* begin an active ingredient of the *yoga* which is a medicament obtained from ash of plants. The character of *kshara* is alkalinity.

Also, other ingredients of the *yoga* possess *Vishagna*, *Krimigna*, *Kandugna*, *Hrdya*, *Kasagna*, *Shwasagna* properties respectively. Also the formulation have other indications like *Kshaya*, *Apasmara*, *Unmada*, *Kasa*, *Shwasa*, *Jwara* etc . So as apart from *visha* related indications this *yoga* can also be given in other diseased conditions also. The main aim of this review article is to expose the botanical description and pharmacological properties of the *yoga* as well as experimental and clinical trails can be adopted in future.

**Keywords:** *Tarunapalasha kshara yoga*, *kshara*, *visha*

## INTRODUCTION

*Agadatantra* is the branch of medicine that deals with Toxicology and is one of the eight branches of Ayurveda. It deals with the treatment of poisons. *Agadatantra* deals with the study of *Jaangama*(animate) and *Sthavara*(inanimate) poisons, their symptoms, and their management. The one which pervades the whole body immediately after ingestion is called *Visha*.<sup>1</sup> Hence *visha dravyas* act as a substance that is life-threatening or produces many other complications and brings about sadness<sup>2</sup>. In *Ayurvedic* classics, after proper processing, many *visha dravyas* are used as *aushadha dravyas* because dose differentiates a drug from poison, a medicine at one dose can act as *Visha* or poison. Various forms of medicine have been explained for the management of poisons. *Tarunapalasha kshara yoga* is one among the *Agada Yogas* which is mentioned in *Ashtanga Sangraha* 40<sup>th</sup> chapter *vishapratiseda Adyaya*. It contains 19 Ingredients. It contains all ingredients similar to *kshara*

*agada* with the addition of drugs like *sirisa* (*albizia lebbek*), *Renuka* (*Vitex nirtundo*), *Vella*(*Embelia ribes*), *Mishi* (*Anethum sowa*), *Sukla*, *Sariva*, *gairika*, *Samhita*. (*Sindhuttha*) his formulation has several indications and also *sarvavishahara*<sup>3</sup>. *Kshara* is a medicament obtained from the ash of one or more plants, animals, or mineral origin<sup>4</sup>. The inherent character of *kshara* is alkalinity. *Kshara* are classified based on their mode of application. These are *Pratisaraniya Kshara* (external use) and *Panneya kshara* (internal use). The process of preparation of *kshara* involves the extraction of 'alkalies' from the ash of dried plants. It is said that diseases that are difficult to treat can be cured by *Kshara* therapy(alkaline therapy)<sup>5</sup>.

*Tharuna palasha kshara* is a *panneya kshara* preparation that can be used in all cases of *agnimandhya* condition and *visha*.

**Table 1: Botanical Description of Ingredients<sup>6</sup>**

Drug	Botanical name	Family	Part used
<i>Palasa</i>	<i>Butea monosperma</i>	<i>Fabaceae</i>	<i>Bark, Root, kshara</i>
<i>Sunthi</i>	<i>Zingiber officianale</i>	<i>Zingiberaceae</i>	<i>Rhizome</i>
<i>Maricha</i>	<i>Piper nigrum</i>	<i>Piperaceae</i>	<i>Fruit</i>
<i>Pippali</i>	<i>Piper longum</i>	<i>Piperaceae</i>	<i>Fruit, Root</i>
<i>sirisa</i>	<i>Albizia lebbek</i>	<i>Mimosoideae</i>	<i>Bark</i>
<i>Madhuka</i>	<i>Madhuca longifolia</i>	<i>Sapotaceae</i>	
<i>Krsna Sariva</i>	<i>Hemidesmus Indicus</i>	<i>Asclepidaceae</i>	<i>Tuber- Rhizome</i>
<i>Swetha Sariva</i>	<i>Ichnocarpus frutescens</i>	<i>Apocynaceae</i>	<i>Tuber- Rhizome</i>
<i>Mishi</i>	<i>Anethum sowa</i>	<i>Umbelliferae</i>	<i>Seed</i>
<i>Kushtha</i>	<i>Saussuria lappa</i>	<i>Asteraceae</i>	<i>Root, Bark</i>
<i>Vella</i>	<i>Embelia ribes</i>	<i>Myrsinaceae</i>	<i>Seeds</i>
<i>Haridra</i>	<i>Curcuma longa</i>	<i>Scitaminaceae</i>	<i>Rhizome</i>
<i>Daruharidra</i>	<i>Berberis aristata</i>	<i>Berberidaceae</i>	<i>Stem</i>
<i>Laksha</i>	<i>Laccifer lacca</i>	<i>Lacciferidae</i>	<i>Resin</i>
<i>Sukla Surasa</i>	<i>Ocimum santum</i>	<i>Lamiaceae</i>	<i>Flower</i>
<i>Sindhuttha</i>	<i>Rock salt</i>		
<i>Renuka</i>	<i>Vitex neguno</i>	<i>Verbinaceae</i>	<i>Leaves</i>
<i>Hingu</i>	<i>Ferula northax</i>	<i>Umbelliferae</i>	<i>Resin</i>
<i>Gairika</i>	<i>Red oxide, ochre</i>		

**Table 2: Pharmacological property of Ingredients<sup>7</sup>**

Rasa	Guna	Veerya	Vipaka	Doshakarma
Katu, Tikta	Laghu, snigdha	Usna	Katu	Kapha vatahara
Katu	Guru, Rooksha	Ushna	Madhura	Kapha vatahara
Katu	Laghu Rooksha	Ushna	Katu	Kapha vatahara
Katu	Laghu Rooksha	Ushna	Madhura	Kapha vatahara
Kashaya, Tikta, Madhura	Laghu, Ruksha	Usna	Katu	Tridosahara
Madhura, Kashaya	Guru, Snigdha	Sheeta	Madhura	Vatapittahara
Tikta, Madhura	Guru, Snigdha	Sheeta	Madhura	Tridosahara
Katu, Tikta	Laghu, Tiksna	Usna	Katu	Vatakaphara
Tikta, katu, madhura	Laghu, Ruksha, Tiksna	Usna	Katu	Vatakapha hara
Katu, Kashaya	Laghu, Ruksha, Tiksna	Usna	Katu	Visaghna
Tiktha, Katu	Laghu Rooksha	Ushna	Katu	Kapha pittahara
Tiktha, Kashaya	Laghu Rooksha	Ushna	Katu	Kapha vatahara
Katu, tiktha	Laghu, Snigdha	Usna	Katu	Kapha Vatahara
Katu, Tiktha	Laghu, Rooksha	Ushna	Katu	Kapha vatahara
Kashaya	Laghu	Sheeta	Katu	Kaphapittahara
Tiktha, kashaya	Laghu, snigdha	Sheeta	Katu	Tridosahara
Katu, Tikta	Laghu. Ruksha	Usna	Katu	vatakaphahara
Katu	Laghu, Snigdha, Tiksna	Usna	Katu	Kapha Vatahara
Kashaya, Madhura	Snigdha	Sheeta	Madhura	Kapha pitta nashaka

### PREPARATION OF TARUNA PALASHA KSHARA AGADA<sup>8</sup>

Ash obtained by burning a log of young *Palasa* tree dissolved in water is boiled by adding the nice pow-

der of the above-mentioned *dravyas*. When the mass begins to adhere to the ladle it is taken out of the oven, and stored in a cow's horn.

**DOSAGE:** Consumed in the dose of one *kola* daily.

**Table 3: DIFFERENT INDICATIONS OF YOGA<sup>9</sup>**

<i>Kshaya</i>	<i>Apasmara</i>
<i>Gulma udara</i>	<i>Graha</i>
<i>Arshas</i>	<i>Unmada</i>
<i>Meha</i>	<i>Bhagandara</i>
<i>Shwasa</i>	<i>Pandu</i>
<i>Jwara</i>	<i>Kanda swara Gada</i>
<i>Twak rogas</i>	<i>Pleeha roga</i>
<i>Kasa</i>	<i>Shwayathu</i>
<i>Krimi roga</i>	<i>Sarva vishahara</i>

### PROPERTIES OF KSHARA

The diseases which are difficult to treat can be cured by *Kshara* therapy<sup>10</sup>. *Kshara* is predominant with *Agni mahabhuta* and *Vayu mahabhuta*. So it is the most superior procedure among *Shastra* and *Anushastra* (sharp instrument and accessory instruments) because it is having superior qualities like *Chedana*, *Bhedana*, and *Lekhana*. *Kshara* having *Tikta* and *Lavana rasas*, *Ruksha*, *Tiksna guna*, *Usna*

*veerya* and *Katu vipaka*.<sup>11</sup> It can be used in all *vish- esha kriya* (special methods) and is indicated in *kush- ta*, *visha*, *krimi*, etc.

### DISCUSSION

*Taruna Palasa kshara* is explained by *Vrddha Vagbhata* in the context of *visha chikitsa*. It contains 19 ingredients that act against *visha*. This yoga can be given in other conditions like *gulma*, *udara*, *arsha*, *kasa*, *krimi* etc<sup>12</sup> the ingredients like *Palasa*, *sunthi*,

maricha, sariva, mishi, vidanga, hingu, and Thulasi having deepana property help in fast digestion of the Tharuna palasha kshara yoga and act against visha and other agni related disease like arsha, udara, gulma, etc. Vishaghna drugs in the Tharuna palasha kshara are maricha, Sirisha, kushta, vidanga, haridra, gairika, haridra, daru haridra, and nirgundi. These drugs help to eliminate visha from the body. The ingredients like sunthi, Shireesha, sariva, haridra, daru haridra, and nirgundi having sopha hara action help to reduce the swelling due to visha. Kandughna drugs in the Tharuna palasha kshara are Shireesha, sariva, kushta, haridra, daruharidra, Jatamamsi, and gairika help to reduce itching due to visha. The drugs like hingu having hrdaya property help to protect the Hridaya by creating a sleshma aavarana over Hridaya. kasaghna and swasaghna drugs in the Tharuna Plaksha kshara are shundi, maricha, Shireesha, sariva, kushta, Tulasi, and hingu help to reduce respiratory difficulty due to visha. The drug Shireesha is visha agra and is included in vedana sthapana Dasaimani, these ingredients act as pain-relieving and are also included among the Sirovirechana drug. This drug eliminates the visha from uttamānga through the nasal route. Shireesha sariva and Jatamamsi having tridoshaghna property helped to pacify the aggravated doshas. Gairika having ropana property helps in fast healing in case of poisonous bites. Saindava and maricha having sukshma property help in fast absorption of the drug and give the desired effect. The first symptom produced by a poisonous bite is pain, the drugs like sunthi, maricha, pippali, mishi, kushta, vidanga, and nirgundi have Soolaghna action act against pain due to visha. Krimihara drugs in the Tharuna palasha kshara yoga are vidanga, palasha, maricha, Shireesha, haridra, Thulasi, nirgundi and hingu. Pippali and having rasayana property give proper nourishment and immunity to the body. The combined effect of all ingredients helps to remove the visha from the body.

## CONCLUSION

Tarunapalasha kshara yoga is one among the Agada Yoga which is mentioned in Ashtanga Sangraha 40<sup>th</sup> chapter vishapratisheda adhyaya. It contains 19 Ingredients. It is used in all types of visha. Mainly all the drugs have properties like Vishaghna, Kandughna, Hrdaya, Shoolagna, Krimihara, Rasayana, and Vrana ropana actions. So by combined effects all this it can be stated as Sarva vishahara

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