Conceptual Study of Role of Panchakarma (Detoxification) Therapy in Visha Chikitsa (Poisoning Management)

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ABSTRACT

Agadtantra is a branch which deals with Visha (poison), its manifestation & its treatment. Two types of visha i.e., Akritrim visha & Kritrim visha are explained in Agadtantra. Sthavar visha (plant origin) & Jangam visha (animal origin) are two types of Akritrim Visha (natural poison). Dushivisha & Garavisha (cumulative poison) are two types of kritrim visha (artificial poison) which are formed from the combination of poisonous and non-poisonous substances, respectively. Such types of Visha after getting entry into the body produces toxicity and many other diseases after vitiating the Dosha. It is a need to remove and neutralise these toxins, and there are various techniques mentioned in Ayurvedic Samhita’s for the same. Panchakarma therapy has great importance among these techniques, because other techniques remove toxins superficially or locally but toxins at deeper tissue level can be removed by Panchakarma procedures. Drugs used in Panchakarma therapy also helps to neutralise toxins in the body. Acharya Charaka has also explained Chaturvimshati Upakrama (twenty four modality of poison) in Chikitsasthana2 which is considered as general line of treatment of poisoning. Vamana, Virechana, Raktamokshana and Nasya these Panchakarma procedures are included in Chaturvimshati Upakrama. Depending upon the route of entry of poison and absorption of poison in body, these Panchakarma procedures are used. In Sthavar and Jangam type of poisoning Sadya (instant) Panchakarma procedures can be done according to conditions. Likewise in Dushivisha and Garavisha type of poisoning Panchakarma can be done with
Purvakarma. This review article concludes the panchakarma therapy as a sole detoxification therapy.

**KEYWORDS**
Agadtantra, Panchakarma, Sthavar visha, Jangam visha, Garavisha, Dushivisha
INTRODUCTION

Ayurvedic Chikitsa (treatment) mainly consist of Sanshodhan (elimination) and Sanshaman (pacifies) Chikitsa. Sanshodhan by Panchakarma therapy is unique to Ayurveda. Panchakarma therapy is one of the best therapies to remove poison and toxins from the body. There are many chemical compounds present in the environment which act as toxins. For example, herbicides, pesticides, fungicides, synthetic hormones, etc. These chemicals enter our body through food, water, and air and enter into blood circulation. These toxins slowly accumulate in body channels. When these toxins accumulate in large quantity enough to disturb the systems of body it causes various diseases even death also. This type of accumulated toxicity is known as Dushivisha and Garavisha in Ayurveda. It is the form of toxin which can be plant origin, animal origin or artificial origin that has not been completely eliminated or neutralised because these toxins accumulate at a deeper tissue level. So Panchakarma plays an important role in removal of toxins which accumulate in body channels and helps in detoxify the body and normalise the physiological process of body.

Ashtang Hridaya are explained Visha (poison), its manifestation and treatment in the form of Vega (phases). As we go down the Visha Vega, severity of poison increases as poison goes deeper and deeper tissue level. Different panchakarma procedures are done according to visha vega.

AIM

To study the efficacy of Panchakarma Therapy in management of Visha Chikitsa.

OBJECTIVES

1) To study the efficacy of Panchakarma therapy in context of Agadatantra
2) To study Chaturvimshati Vishopakrama explained by Acharya Charaka.
3) To study the Panchakarma procedures in detail.

REVIEW OF LITERATURE

Panchakarma procedures are explained according to literature.

STEPS OF PANCHAKARMA THERAPY-

There are three steps of panchakarma procedure are mentioned in Ayurvedic Samhita’s.

PURVAKARMA – It includes Snehana and Swedana
• **SNEHANA (internal oleation)** – It is done by administrating some quantity of medicated oil or ghee internally. It is determined by a physician depending upon the condition of patient & disease. It is adopted to soften the channels so that toxin gets easily detached during main panchakarma procedure.

• **SWEDANA (sudation)** – After Snehana, Swedan is performed by steaming the body. It relieves stiffness in body channels as a result toxins & waste materials are brought into Kostha (abdomen). From Kostha these waste products are easily expelled by main techniques of Panchakarma.

Both these karma are useful in softening channels of body, loosening the toxins & waste products from channels and thus drawing these into Kostha from where these are eliminated by panchakarma procedures. These Purvakarmas need not be performed in acute poisoning as there is an emergency & poison is not absorbed within body. These karmas should be performed in chronic type poisoning & when there is no emergency.

1) **PRADHANA KARMA** – These five procedures of panchakarma i.e Vamana, Virechana, Basti, Raktamokshana & Nasya are pradhana karmas. These are Detoxification therapies.

3) **PASCHAT KARMA** – The lifestyle which has to be followed after panchakarma procedures which includes strict diet & activities. In this stage digestive power of patient is brought back to normal state. In acute type of poisoning there is no need to follow Paschat karma.

**VAMANA** –

**DEFINITION** - It excretes poison, toxin and vitiated Dosha from stomach through oral route.

**DRUGS COLLECTION** –

1) Madanalpippali (10-12),
2) vachayasthumadhu yog (2-3),
3) madnphaladi yog [madanphal (3gm) , vacha 92gm), Yashtimadhu (1gm)] like vamak yog can be used.

**INDICATIONS** -

1) It is indicated within 1-2 hrs of poisoning when poison is present in stomach.
2) It is used in 1st & 2nd vega of sthavar visha (inanimate poison)
3) Jangam visha- Darveekar sarpadamsha (2nd, 4th, 5th & 6th visha vega)
   Mandali sarpadamsha (3rd vega )
   Rajiman sarpadamsha (2nd, 4th & 5th vega) 6, 7, 8
4) In Dushivisha 9, 10
5) In Garavisha 11, 12 – Vaman with Tamraraj11
6) When *visha* present at seat of *kapha dosha*¹³
7) *Luta* poisoning (in exaggerated stage or *kaphaj luta* bite) - *Vaman* by *Yashtimadhu, Madanphal, Ankol, Jalini, Nirgundi kalk* with *Triphala Kwath* or *Shirish* (leaves, stem, root & fruits), *Ankol* root kalk with *Triphala Kwath*¹⁴
8) In insect bite¹⁵
9) In *Mushak visha* (rat bite) – *Vaman* by *Jalini Kwath* or *Shirish Kwath* or *Ankoth Kwath* or *Shirish, Katutungi mula, Madanphal & Devaliphal OR Koshtaki, Shirish, Jimutak, Madan powder with *Dadhi*(cheese) OR *Vacha, Madanphal, Jimutak & Kushtha*¹⁶,¹⁷,¹⁸ OR *Nishpav, Kadali mul, Bandhujivpal OR Suvarchala, Ramath, Swarjika, Ativishadvaya OR Shyama, Karnikamul*¹⁹
10) *Savishanna Amashayagat* (when poisoned food is present in stomach) – *Vaman* by *Madanphal, katutumbi*²⁰.
11) When *Gourav, Utklesh, Hrrullas* like symptoms occurs²¹.

**CONTRAINDICATION**

It is contraindicated in case of corrosive poison, in convulsant drugs like strychnine, petroleum distillates, coma, severe cardiac and respiratory distress, advanced pregnancy etc.

**VIRECHANA –**

**DEFINITION**

It expelling the poison, toxin & vitiated dosha from stomach through anal route.

**INDICATIONS** – It is used in

1) *Sthavar visha* *(2nd Vega)*⁴
2) *Jangam visha* – *Darveekar sarpadamsha* *(5th & 6th vega)*
3) *Dushivisha*¹⁰
4) It is indicated in person of *pittaj* constitution, bitten by snake of predominant pitta, bite site below umbilicus, poison present at seat of *pitta*²².
5) Poison of predominant of *vata*²³.
6) *Luta* poisoning – in exaggerated stage of *Dosha*²⁴,²⁵,¹⁴
7) *Mushak* poisoning – *Virechana* by *Trivrutta, Nilini & Triphala*¹⁶,²⁶,¹⁴
8) Insect poisoning¹⁵
9) *Alarka visha* (dog bite) – *Virechana* by *Arka juice*²⁷,²⁸,²⁹.
10) *Savishanna Pakwashayagat* (when poisoned food is present in intestine) - *Virechana* by *Niliniphal*³⁰

**CONTRAINDICATION**

It is contraindicated in intestinal obstruction, perforation, severe dehydration, Shock etc.

**RAKTAMOKSHANA (Blood letting)**
**DEFINITION** - elimination of toxin, poison or vitiated *Dosha* from blood through skin route.

Blood is great media for spreading poison in the body. Due to blood as media poison is absorbed and circulated throughout the body speedily, which can lead to death. When we remove blood by *Raktamokshana procedure* then poison or toxin will also get remove with blood from body. Hence *Raktamokshana* is topmost treatment in poisoning. It can be done by *pracchana* (multiple incision), *shrunga* (horn like shape), *Jalouka* (leech therapy), *Alabu* or *Siravedha* (venesection). *Siravedha* is now commonly done. Bloodletting of veins at extremeties and forehead is effective in removing toxins from blood.

**DRUGS COLLECTION** –
*Vrudhipatra*(sharp instrument), *shrunga*, *Jalouka*, *Alabu*, *Kutharika* (Blunt instrument), drugs for stopping blood flow, Scalp vein for venesection.

**INDICATIONS** –
1) when poisoned area becomes discoloured, swollen, rigid & painful.
2) In unconsciousness it should be done at extremeties & forehead.
3) *Raktagat visha* (poison in blood).
4) *Darveekar*, *Mandali*, *Rajiman Sarpadamsa* (1st Vega).
5) Poison at seat of *Kapha Dosha*.
6) In *Rajiman Sarpadamsa Raktamokshana* is done with *Alabu*.
7) In *Dushivisha Panchsiravedhan* (five modes of *Raktamokshana*) is indicated.
8) In *Luta poisoning*.
9) In *Mushak* (rat) poisoning. *Raktamokshana* is done by *Pracchhann karma*.
10) In *Alarka Visha* (dog bite).

**CONTRAINDICATIONS** –
It is contraindicated in pregnancy, children, and old persons.

**NASYA (Nasal medication)** –
**DEFINITION** – removal of poison, toxin & vitiated dosha by giving medication through nasal route.

**DRUGS COLLECTION** –
1) *Kantakari*, *Beejpur*, *Jyotishmati*.
2) *Mrutasanjeevani Agad*.
3) *Shirishpushpa Yog*.
4) *Paramagad*.
5) *Ksharagad*.

**INDICATIONS** –
1) *Sthavar visha* (5th Vega).
2) *Darveekar sarpadamsa* (3rd & 7th Vega).
3) *Rajiman sarpadamsa* (6th Vega).
4) When effect of poison is seen in head.
DISCUSSION & CONCLUSION

In this way Panchakarma procedures are used in many conditions of poisoning. It is indicated in all type of poisoning because poison should be removed from body. So Panchakarma plays an excellent role in this context.

Sthavar visha (inanimate poison) & Jangam Visha (animate poison) are acute type of poisoning. These types of visha are explained in terms of Visha Vega (phases of poison). Different panchakarma procedures are mentioned for different Vega of Visha depending upon the position of visha in body & symptoms developed due to poisoning. Garavisha & Dushivisha are chronic type of poisoning, in which toxins are stored in body channels. No any other technique like Panchakarma is helpful in removing such toxins from storage at deep cellular level.

Chaturvimshati vishopakramas (twenty four modality of poison) are described by Acharya Charaka in Chikitsasthana as a general line of treatment of poisoning. As per all Ayurvedic classics except Basti all panchakarma procedures viz. Vamana, Virechana, Raktamokshana & Nasya are included in above mentioned detoxification therapy. Basti is mainly regulating Vata Dosha. It is Sanshaman type of therapy. In cases of poisoning application of Sansshodhan therapy is merely important. Because of this, there might be Basti therapy is excluded from Chaturvimshati Upakramas. This is vast topic of Research. Yet this question is answerless.

By studying the principles of treatment of poisoning in Ayurvedic Samhita’s which are mentioned thousands of year ago. There are various methods to treat poisoning are described in Ayurveda in detail. Main aim of treatment is to remove these poison or toxins from body as soon as it precedes absorbing into body. Because after absorbing into body via blood it disturbs the harmony of Dosha, Dhatu & Mala & causes many diseases even death also. So among principles of
treatment, removal of unabsorbed poison is important. In this context *Panchakarma* procedure has important because it removes poison readily. In such way *Panchakarma* is helpful in acute type of poisoning when poison is not absorbed into body. In chronic type of poisoning when toxins are absorbed completely in body & stored at deeper tissue level, there is no any other technique is useful but *Panchakarma* therapy is efficient as detoxification therapy.

In chronic type of poisoning when poison is absorbed into body & stored in body channels by *Panchakarma* procedures with *purvakarma* these toxins are brought from deep body channels into *koshtha* (abdomen) from where these are removed out of body.

Depending upon the route of entry of poison in body these *Panchakarma* procedures can be done. Like *Vamana* is used for ingested poison within 2-3 hrs, *Virechana* is used for ingested poison after 3-4 hrs, *Nasya* is used for inhaled poison, *Raktamokshana* is used for injected poison when poison absorb into blood.
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