



REVIEW ARTICLE

# Vishaja Shotha – A Conceptual Study

Author: Sreekala Vijayan<sup>1</sup>

Co Authors: Amritha Aravind<sup>2</sup> and Ashwinkumar S Bharathi<sup>3</sup>

<sup>1-3</sup>Dept of Agada Tantra, Sri Dharmasthala Manjunatheswara College Of Ayurveda & Hospital, Hassan, Karnataka, India

## ABSTRACT

That part of the body which is elevated is termed as *shotha* (edema). It is also known as *shopa* or *shvayathu*. It is a very common symptom and accompanies a majority of diseases. It has been given utmost importance and a whole chapter in *charakasamhita*, discuss about *Shothachikitsa* (treatment for edema). Most of the *acharyas* consider *visha* (poison) to be one of the *nidana* (etymology) for *shotha* (edema). But *vishajashotha* has also been explained as a type of *shotha* (edema) in *Madhava Nidana*. In this article, *vishajashotha* along with its management has been briefed.

**Key Words:** *Vishaja shotha, Edema, Shotha*

## INTRODUCTION

*Shotha* (edema) has been classified mainly into two types, and they are *nija* (endogenous) and *Aganthuja* (exogenous). The endogenous type of *shotha* (edema) has been further classified into two. The *doshabheda shotha* (edema) (according to *doshas*) and *sthanabheda shotha* (according to the site of edema). The *doshabheda* can be further of three types, *vataja*, *pittaja* and *kaphaja*. The *sthanabheda* is also again of three kinds, *sarvanga* (whole body), *ardha* (half) and *ekanga* (one part).

## NIDANA (ETYMOLOGY)

The *nidana* for *nijashotha* (endogenous edema) includes, *ahara* (food) that is *kshara* (alkaline), *amla* (sour), *teekshna* (sharp), *guru* (heavy), *dadhi* (curd), *virudha* (incompatible), *dushta* (vitiated) and *garavisha* (compound poison) mixed *ahara* (food), not administering and inappropriate administration of *Panchakarma*

*karmas* (purificatory therapies) and *paschat karmas* (post purification therapies) in appropriate time, any *marma upaghatha* (affliction to vital organs), irregular delivery, abortion and miscarriages.

The *nidana* (etymology) for *aganthuja shotha* (exogenous edema) is the affliction of skin by the impact of wood, stone, weapon, fire, poison and iron.

## SAMPRAPTI (PATHOPHYSIOLOGY)

Due to the above mentioned *nidanas* (etymology), *dosha* vitiation takes place in the body. As a result, the vitiated *vata* causes the displacement of *raktha*, *pitta* and *kapha*. The displaced entities thus gets accumulated between *twak* and *mamsa*, giving rise to *shotha* (edema).

## GENERAL LINE OF TREATMENT

In case of *shotha* (edema) due to *ama; langhana*, *pachana* and *shodhana* should be administered. According to the site of the *shotha* (edema),



## REVIEW ARTICLE

different treatment measures are told. If in shiras (head), then *shirovirechana* and in *adhobhaga* (lower body) and in *urdhvabhaga* (upper body), *virechana* (purgation) and *vamana* (emesis) has been advised respectively. In *shotha* (edema) due to *atisnehana*, *rukshana* is told whereas in that due to *atirukshana snehana* is told. Along with all this, the *doshik* line of treatment is also mentioned.

### VISHAJA SHOTHA

The *shotha* (edema) which is produced in the body due to any *visha* (poison) can be considered under *Vishaja shotha*. In *Madhava Nidana*, *vishaja shotha* (edema) is explained as a type of *shotha*. In all other *samhitas*, *visha* has been told as one among the *nidanas* for *shotha*.

### NIDANA OF VISHAJASHOTHA

Due to the contact or bite of various poisonous insects, birds, animals or snakes these are caused. Even the contact of our body with its faeces, urine, fangs, teeth and nail or clothes which are soiled with these can give rise to swelling. The wind caused by poisonous trees and application or mere

touch of powdered *garayogas* also lead to *shotha*. *Garayukthaahara* also produces *shotha* (edema) which is of endogenous type.

### TYPES

Though the types of *vishajashotha* has not been mentioned directly, one can make out two basic types of *vishajashotha* from the *nidanas*, that is, *nija* (endogenous) and *aganthuja* (exogenous). Consumption of *garavishayukth aahara* causes *nija* (endogenous) type of *shotha* (edema) whereas all the other causative factors are responsible for *aganthuja* type of *shotha*.

### SPECIFIC FEATURES

Apart from the normal features of swelling these are associated with severe burning and ulceration. Also they are of instant spreading nature.

### VISHAJA SHOTHA MANAGEMENT

#### Snake Bites

Profuse swelling is seen mainly in case of *mandalidamsa* (viper bite). So management of *shotha* is mostly explained in this context.

Table 1 Management of *shotha* in snake bite

Sl No	Drugs	Mode of Administration
1	<i>HimavanAgada</i>	Internal And External
2	<i>Bilwadigulika</i>	Internal And External
3	<i>ShathadhoutaGhrita (ghee)</i>	External Application
4	<i>Punarnava(Boerhaviadiffusa) root + sireesha ( Albizia lebbbeck) + aswaganda (Withania somnifera)</i>	External Application
5	Kalka of seeds of <i>datura(Datura metel)</i> with small quantity of salt and <i>kanchika</i> (fermented rice washed water)	External Application
6	cow's ghee mixed with <i>saindhava</i> (rock salt)	Gentle Massage
7	Paste of root bark of <i>karanja(Pongamiapinnata)</i>	External Application
8	<i>Neeli (Indigoferatinctoria)</i> with <i>koshnambu</i> (lukewarm water)	External Application
9	<i>Haritaki (Terminaliachebula)</i> , <i>Nagara(Zingiberofficinale)</i> and <i>Devadaru (Cedrusdeodara)</i> along with luke warm water	Internal And External
10	<i>Punarnava (Boerhaviadiffusa)</i> along with cow's urine	External



## REVIEW ARTICLE

*Shathadhouta Ghrita* (ghee) as told in *VishaVaidyaJyotsnika* is prepared by adding ghrita (ghee) to kwatha (decoction) of nalpamara and grind continuously for 100 nazhika (1 nazhika= 24mins), till the ghrita (ghee) becomes red in colour. This relieves swelling and burning sensation on application.

### Insect Bite and Scorpion Sting

In *kitadamsa* (insect bite), *swedana* (fomentation) is told in order to reduce the swelling followed by application of different lepas. Muktalepa is the application of paste of mukta (pearl). For internal administration *Dasanga agada* and *bilwadi gutika* can be given. Lepa with bark of *ksheerivriksha* is also mentioned in insect bite.

In *Vrischikadamsa* (scorpion bite), lepa with pinyaka (oil cake) and seka (irrigation) with chakra taila or taila boiled with vidarigandadigana, warm ghee with saindhavalavana and ushnaaranala with milk and saindhavalavana (rock salt) is advised. Nadiswedana or application of boiled rice will also help in reducing the swelling. Paste of flowers of tulsi (*Ocimum sanctum*) with gomutra (cows urine) or *matulunga* (*Citrus medica*) swarasa can also be applied externally.

### Spider Bite

In *shotha* (edema) due to *lutadamsa* (spider bite), *seka* with *ksheerivriksha kashaya* can be done followed by the use of *Padmaka agada* and *Champaka agada*. A paste made out of the roots of *sireesha* (*Albizia lebbek*) and *neeli* (*Indigofera tinctoria*) can also be administered both externally and internally. *Dhara* and *paana* (drinking) of *kashaya* (decoction) prepared out of sariba

(*Hemidesmus indicus*) and *neeli* (*Indigofera tinctoria*) is also useful in this condition.

## DISCUSSION

*Shotha* (edema) is a very common symptom seen in almost all diseases. In case of visha, *shotha* (edema) is mainly seen in *mandali* (viper), *keeta* (insect), *vrischika* (scorpion) and *lutadamsa*. It is also seen in *garavisha* condition and is considered under endogenous type of oedema. In case of *vishajashotha*, a complete cure is not possible only using *shothahara* drugs. So one has to incorporate *agada* or *vishahara* yogas for treating *vishajashotha*. Considering the pathophysiology of oedema, the *vishajashotha* shows two kinds. In case of poisonous bite the formation of oedema is mostly due to the presence of proteolytic enzymes such as hydrolases in the venom. In case of *garavisha* leading to oedema, malnutrition causes oedema.

## CONCLUSION

*Vishajashotha* has been explained as a type of *shotha* (edema) in *MadhavaNidana*. In *charaka samhita* *shotha* (edema) due to *visha damsa* (bite) as well as *garavisha* has been mentioned. As a general line of treatment both *shodhana* (purification) as well as *shamana* (pacification) has been told in the treatment of *shotha*. So one has to consider the severity of the condition and do *shodhana* or *shamana* in case of *vishaja shotha*.



## REVIEW ARTICLE

### REFERENCES

1. CarakaSamhita, Text with English translation. Editor-translator Prof.Priyavat Sharma.vol-2, ChaukhambhaOrientalia, first edition 2000, Varanasi.Cikitsasthana 12th chap-ShothaChikitsa.
2. Upadhyay Yadunandan. Madhavnidan, Madhukosha Tika Part 2, Chaukhambha Sanskrit Sansthan, Varanasi: 2004; 36<sup>th</sup> chapter
3. Elizabeth V, Sreelakshmi C, Asha K. VishaVaidyayotsnika-An English Translation. 1st ed. Kottakkal: VPSV Ayurveda College; 2009. p87.