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A Review on *Nilitanduliyadi Leha*

Author: Jugal Kishore[1]

Co Authors: Sreekala Vijayan[2]

[1]Dept of Kaumarabhritya, Jammu Institute of Ayurveda and Research, Jammu and Kashmir, India
[2]Dept of AgadaTantra, Government Ayurvedic Medical College, Jammu and Kashmir, India

ABSTRACT

Agadatantra is one among the eight branches of Ayurveda. It deals with the treatment of various poisons, including bites of venomous animals. All the major texts of Ayurveda gives importance for the subject and considers it as an emergency treatment. Apart from the major texts of Ayurveda, we can also find texts written in regional languages like Malayalam, in the state of Kerala, exclusively for *Vishavaidya* (treatment of poisons). The article throws light on *Nilitanduliyadi Leha*, a formulation told in *Vishavaidya Jyotsnika*, a *Malayalam* text on *Agadatantra*. The formulation is told in the context of formulations that can be used in all types of poisons. It is an unexplored formulation and studies could make it useful for its future uses.

Key Words

Nilitanduliyadileha, VishavaidyaJyotsnika, AgadaTantra, VishaChikitsa

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INTRODUCTION

The drug (*Dravya*) comes second in the order of the four fundamental components of the treatment[1]. A successful treatment is a combination of genuine raw drug selection, appropriate production methods and also the proper administration of the medicine to the patient. In many instances the treatment fails because of the lack of good quality medicines. In order to avoid this, the practising physician should also be aware of the whole procedure of medicine preparation.

Kerala has always been very fertile for the growth of Ayurveda. It is considered as the epicentre of the Visha Vaidya Sampradaya (the traditional treatment of poisoning) and has contributed largely to the vishachikitsa (treatment of poisoning). Many texts have been written in Malayalam, the regional language of the state in this subject. This article focuses on the preparation, administration and action of the drug Nilitanduliyadileha, a formulation told in the Malayalam text VishaVaidyajyotsnika. Nilitanduliyadileha is one among the formulation explained in the context of Vishaharayogas (anti-poisonous formulations).It is indicated in all types of poison (vishas) –Sthavara (plant based), Jangama (animal based) and Kritrima (artificial poisons)[2].

INGREDIENTS:

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The ingredients of the formulation are briefed in the Table no.1. The details of each are as follows[3].

1. Nili

Latin Name : *Indigoferatinctoria*

Family: FABACEAE

Englishname: Indigo

Partsused: Leaves

Chemical Constituents: Apigenin, kaempferol, tuteolin

2. Tanduliya

LatinName : Amaranthusspinosus

Family: AMARANTHACEAE

Englishname: Prickly amaranth

Partsused: Leaves

Chemical Constituents: Tannins, saponins

3. Tagara

Latin Name: Valerianawallichi

Family: VALERIANACEAE

Englishname: Indian Valerian

Partsused : Root

Chemical Constituents: hydroxyvaleranone, valerosidatum

4. Shunti

LatinName : Zingiberofficinale

Family: SCITAMINAE

Englishname: Ginger

Partsused: Rhizome

Chemical Constituents: Zingiberol, zingerone, gingerol

5. Maricha

Latin Name: Piper nigrum

Family: PIPERACEAE

Englishname: Black pepper

Partsused: Fruit

Chemical Constituents: piperene, piperethene, cryptone

6. Pippali

LatinName: Piper longum

Family: PIPERACEAE

Englishname: Long pepper

Partsused: Fruit

Chemical Constituents: piperine, Essential oil

Table 1 Ingredients of Nilitanduliyadi Leha

Sl no	Drug	Botanical Name	Part used[4]
1	Nili	*Indigoferatinctoria*	Patra(leaf)
2	Tanduliya	*Amaranthusspinosus*	Patra(leaf)
3	Tagara	*Valerianawallichi*	Moola(root)
4	Shunti	*Zingiberofficinale*	Khanda(rhizome)
5	Maricha	*Piper nigrum*	Phala(fruit)
6	Pippali	*Piper longum*	Phala(fruit)
7	Saindhava (rock salt)		
8	Sita(sugar)		

METHOD OF PREPARATION:

Since the quantity of each ingredient is not mentioned in the text, the leha/linctus can be prepared according to Sharangadharasamhita. According to the text SharangadharaSamhita,sugar 4 parts, swarasa (juice) 4 parts and churna (powder) 1 part is to be used. The drugs, Nili (*Indigoferatinctoria*)and Tanduliya (*Amaranthusspinosus*) shoud be made into swarasa (juice) by grinding and extracting the juice out of its fresh leaves. If the leaves are available in the form of coarse powder, the

swarasa (juice)can be prepared according to the method told by Sharangadhara[5]. The coarse powder of Nili (*Indigoferatinctoria*) and Tanduliya (*Amaranthusspinosus*) should be boiled in eight times of water and then reduced to quarter and use as swarasa (juice).

Leha is prepared by mixing sugar with the extracted swarasa (juice) of the leaves. After proper cooking add sukshmachoorna (fine powder) of Shunti (*Zingiberofficinale*), Maricha (*Piper nigrum*), Pippali (*Piper longum*), Tagara (*Valerianawallichi*) and Saindhava (rock salt) in appropriate quantity and is mix well.

ADMINISTRATION:

The linctus is to be administered orally. The dosage of the medicine has not been detailed in the text. However, in the succeeding chapters the author gives a general dosage for leha/linctus, which when converted to the current day metric system is 48gms. The dosage may be given divided as four separate small dosages in a day.

CONCLUSION

The formulation Nilitanduliyadileha, has been told in the chapter Sarvavishahara Yoga (anti-poisonous formulations). Commonly the authors of Ayurvedic classical texts explains the benefits or the indication of the formulation. But, the author does not explain the specific indication of this formulation. This in turn shows that it does not have one, but many benefits. It can be a deliberate decision of the author to show that the formulation can be used in any type of poisoning. All the ingredients of the formulation are widely used in treatment of many other diseases as well as in treatment of poisoning, as single drugs and also in combination with other drugs.

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