A REVIEW ON VISHAGHNA SHIRISHA YOGAS

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ABSTRACT

Agada Tantra is a branch of Ayurveda that deals with various poisons, signs and symptoms and the management of poisons of various origins. For the management of poisons various drugs and formulations have been described. One among the vishaghna drugs is Shirisha that is mentioned to be best among the vishaghna dravyas. Many formulations of Shirisha in different modes of administration have been mentioned in the management of various poisons in bruhatrayees (treatises of Ayurveda). Shirisha yogas are mentioned for both internal administration and also for external applications as lepa, etc. This review is an attempt to explore the number of yogas mentioned in visha chikitsa which contains shirisha as the main ingredient.

KEYWORDS: Shirisha, Visha, formulations, yogas

INTRODUCTION

Many drugs and formulations have been described as vishaghna (anti-poisonous) among which one of the most important and commonly used drug is Shirisha and it is said to be best among all the vishaghna (anti-poisonous) drugs1. Botanically it is termed as Albizia lebbeck (L.) Benth belonging to the family Fabaceae; is a medicinal plant associated with diverse biological activities like antimicrobial, analgesic, anti-inflammatory, anti-diarrhoeal, immuno modulatory, anti-arthritis, anti-asthmatic, anticonvulsant, etc. stated by various researchers2.

Special treatment modalities have been described which work based on their prabhava (specific action). There are some drugs which are considered to be vishaghna (anti-poisonous) in nature. There are different varieties of Shirisha (Albizia lebbeck) explained in different Samhitas. Acharya Bhavaprakasha has mentioned two types of Shirisha (Albizia lebbeck) namely Shweta and Krishna. Krishna (Albizia lebbeck) variety is very rare2.

Traditionally, the barks are used in toothache and diseases of the gum. Decoction of the leaves and barks are protective against bronchial asthma and other allergic disorders. Barks and seeds are astringent and are given in piles and diarrhoea4. A Research article has mentioned that ethanolic and methanolic extracts of pods possesses anti-protozoal, anti-fertility activity, hypoglycaemic and anticancer properties. The plant extract has also been reported to have antiseptic, anti-dysenteric, anti-ovulatory, anti-inflammatory, antimicrobial and anti-tubercular activities3.

Table 1: Yoga containing Shirisha in Charaka Samhita

<table>
<thead>
<tr>
<th>Sl. No</th>
<th>Yoga</th>
<th>Indications</th>
<th>Mode of administration</th>
<th>Part used</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Kakandadi yogā3</td>
<td>In conditions where the strangulated or drowned victim or in poisoned person can be revived.</td>
<td>Lepa (ointments) Nasya (Nasal inhalation) Paana (Internal medication)</td>
<td>Phala (fruit)</td>
</tr>
<tr>
<td>2</td>
<td>Mrtasanjyvini agada3</td>
<td>Sarva visha nashaka (all types of poisons), Jwara (fever)</td>
<td>Greya (Inhalation through nose) Vilepana (ointments) Dharana (as an amulet) Doopana (fumigation) Grahastasya (kept at home)</td>
<td>Pushpa (flower)</td>
</tr>
<tr>
<td>3</td>
<td>Panchama vega3</td>
<td>Sthavara visha (vegetative poison)</td>
<td>Ashchotana (Anjana (Collyrium)) Nasya (Nasal inhalation)</td>
<td>Patra (leaves)</td>
</tr>
</tbody>
</table>


Kasha

types of Mushika damsha (rat bites) like putraka, Krishna and
(ointments), Paana (internal medication) and Anjana in different
bark), phala (fruits) and Sara (heart wood) is used for Lepa

Dantha kashta visha chikitsa as prathisarana

Other uses of Shirisha as a single drug: Shirisha Beeja is used in
danti

Similarly, phala is used for Vamana (emesis) and Sara (heart
wood) is used for shirovirechana (Nasya)28. In keeta visha
chikitsa, shirisha Twak (bark) is used for Paana (internal
medication) and Lepa (ointment), Alepa (external
application) and seka30. In pitta pradhan Luta damsha
(spider bites), shirisha Twak (bark) is used for both Paana
(internal medication) and Lepa (ointment)31.

Table 3: Yoga containing Shirisha in Ashtanga Hrudaya

Other uses of Shirisha as a single drug: Shirisha Beeja is used in
damsha like putraka, Krishna and (ointments), Paana (internal medication) and Anjana in different
types of Mushika damsha (rat bites) like putraka, Krishna and Kashaya danta39.

Table 2: Yoga containing Shirisha in Sushruta Samhita

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As prathisarana (rubbing), shirisha Twak is used in vishadigdha vrana (wound caused by poisoned arrows) 34. White pepper triturated with the juice of flowers of Shirisha is considered to be best among all types of treatment for sarpa dasha (snake bites) 35.

In case of varishchika (scorpion bites) chikitsa Shirisha Phala (seed), Pushpa (flowers) and Beeja (seeds) are used in different forms like Paana (internal medication), Anjana (collyrium) and Lepa (ointment) 36. Especially in Ratri varishchika (scorpion bites) chikitsa Pushpa (flowers) and Beeja (seeds) are considered to be best 37.

In Luta (spider bite) chikitsa, shirisha Twak and phala is used for Lepa and Paana 38. Shirisha Sara and Phala (fruits) are used for shirovirechana (Nasya) in Bhujanga (snake bites), Luta (spider bite) and Undhura (mice) 39. In Mushika (rat bites) damsha shirisha Beeja (seed) is considered to be the best 40.

DISCUSSION

The total Agada yogas explained in Samhitas with respect to shirisha in visha chikitsa are twenty-five and in some context, they have not named the yoga but explained as vishahara aushadhi for the management of both sthavara (vegetative poison) as well as jangama (animal poison) visha. Seventeen Paana yogas (internal medication), nine Lepas (ointment), eight Nasya yogas (nasal therapy), seven Anjana yogas (collyrium), three Dhoopana yoga (fumigation), two Ashchotana yogas (instillation of medicated drugs into eyes) and two Dhara yoga (used as amulets) are mentioned in Samhitas.

Paana (internal medication) yogas are higher in number as they are more effective in the visha chikitsa. These are one among the chaturmishathi upakarams 41 (24 treatment procedure mentioned in the management of poison) which plays a major role in countering the visha and stops the visha from spreading all over the body. It is mentioned in the name of aushadhi which includes Agada yogas. Panchangas of shirisha are used as Paana (internal medication) in many formulations with different anupanas (adjuvants) like Ghrita (ghee) and Madhu (honey) 42.

Lepa (Ointment) yogas are the type of Bahirparimarjana chikitsa. It is one among the chaturvimshathi upakaramas (24 treatment procedure). In visha damsha conditions, sthanika chikitsa (local external treatment) plays an important role to reduce the pain, itching and inflammation at the site 43. Shirisha is best vedanasthapaka (analgesic), shothagaha (anti-inflammatory), Vrana Ropaka, vishaghna (anti-poisoning) and tridosa shakamaka 44. It helps in pacifying the Bhrajaka pitta situated in the Twacha thus directly removes the visha and stops spreading of visha into the rakta. All the parts of the plant are used but mainly twak 45.

Nasya (nasal inhalation) is one of the eliminating therapy which helps to remove the vitiated doshas, toxins and poison from the nasal route. It is indicated in sthavara visha (5th Vega), Darveekar sarpadamsha (3rd and 7th Vega), Rajamanta sarpadamsha (6th Vega), when the effect of poison is seen in the head; if obstruction occurs at nose, eye, ear, tongue and throat due to poisoning and if person is unconscious. In Luta poisoning, Nasya by Shyama, Yavphal, Fanirjak, Shirisha are mentioned. These are grinded with Vartak juice or with Sarpimanda. In Mushika (rat poisoning) visha, Nasya (nasal inhalation) is done with Shirisha Phala Sara. Shirisha is one among the shirovirechaniya gana dravyas (Nasya) mentioned in the Charaka Samhita 46.

CONCLUSION

Acharya Charaka quoted shirisha as a best anti poisonous drug and also mentioned in vishaghana gana dravyas (anti-poisonous drugs). Many studies conducted by different branches by using different parts of the plant have proved antimicrobial, analgesic, anti-inflammatory, anti-diarrhoeal, immunomodulatory, anti-arthritic, anti-asthmatic, anticonvulsant, anti-allergic, hepatoprotective and antioxidiant activity of the drug. Thus, it seems to be a promising drug for various activities. In all Samhitas various yogas have been mentioned for internal and external use containing Shirisha as an ingredient. All the yogas are not in practice and hence there remains scope for further research on these yogas.

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