

A critical analysis of *Rasadipanchakaya* of Antidotes (*Vishaghna dravyas*) used in Ayurveda therapeutics in Sri Lanka

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Abstract

In Ayurveda therapeutics, drug therapy plays a major role. All the substances in the universe are derived from herb (*Udbhida*), animals (*Jantava*) or minerals (*Parthiva*). As well as above three also serve as the drug sources and hence are considered as basic drug classes. Out of eight branches of Ayurveda, *Agada tantra* focuses the treatments dealing with toxicology (antidotes) and description of the various types of poisons. Current study aims to get an opinion about the mode of action of antidotes mentioned in Ayurveda Pharmacopoeia by a critical analysis of *Rasadi panchakaya* of randomly selected anti poisonous drugs. Out of 200 randomly selected drugs 150 were botanical while 30 were mineral and 20 were in animal sources. It was found 62 (41.33%) anti poisonous plants within 150 botanical drug sources. Among the 30 mineral drugs 14 (46.66%) were anti poisonous while 05 (25%) animal drugs were found with the same action. According to the analysis of *Rasa*, *Guna*, *Veerya* and *Vipaka* of *Vishaghna dravyas* it was found prominently with *Katu*, *Tikta*, *Kashaya rasa*, *Laghu*, *Ruksha* and *Tikshna guna*, *Ushna veerya* and *Katu Vipaka*. Furthermore, *Madhura rasa*, *Snigdha* and *Pichchila guna* and *Sheeta veerya* were also seen in some drugs. The properties of the above *Vishaghna* drugs causes for pacifying *pitta dosha* along with *raktadhatu* and *vata dosha* and *Kaphashamaka* action can remove the covering of *kapha*.

Keywords: *Vishaghna*, *Rasadipanchakaya*, antidotes

Introduction

Indigenous medical system of Sri Lanka consists with both Ayurveda and traditional medical systems. Out of eight branches of Ayurveda, *Agada tantra* denotes treatments and detailed description about toxicology while traditional medical system discusses it under *Visha Wedakama*. These medical systems commonly use plants minerals and animal parts for the preparation of drugs. A diverse range of medicinal materials, including 63.7% from dried plants, 13.17% from fresh plants, 15.4% from minerals and 4.02% from animal resources were recorded in a survey study conducted in Sri Lanka.^[1] Most of those drugs are having antipoisonous action but not identified. Current study aims to find out the plants, minerals or animals which are antipoisonous and justify their action with a critical analysis of *rasadipanchakaya* of those randomly selected drugs.

Materials and methods

200 total number of plants, animals and minerals drugs mentioned in Sri Lankan Pharmacopoeia part III were randomly selected by simple random sampling method.^[2] Out of them, selection of antipoisonous drugs have been done by literature reviewing of the action of those drugs. Collected the details of *rasaadipanchaka* of above selected antipoisonous drugs and analyzed them by using Microsoft Excel 2016 spreadsheet for the critical analysis.

Results and discussion

Medicinal plants (*Udbhida*), minerals (*parthiva*) and animals (*jangama*) play a major role as antidotes in Ayurvedic as well as Traditional system of medicine in Sri

Lanka. In current study, total number of 200 medicinal herbs, minerals or animal parts were screened from Ayurveda Pharmacopoeia part III randomly by the simple random sample method. Out of them, totally 81 *dravyas* have been found with *vishaghna* property. 62 number of *udbhida*, 14 number of *parthiva* and 5 as *jangama* collectively have formed total amount of *vishghna dravyas*. Screening of *rasadipanchakaya* got results as majority having *katu*, *tikta*, *madhura* and *kashaya rasa*; *laghu*, *ruksha*, *thikshna*, *guru* and *snigdha guna*; *ushna* or *sheeta veerya*; *katu vipaka*. *Visha* causes roughness due to aggravation of *vata*, warmth due to aggravation of *pitta dosha* along with *rakta*, irritant effects the mind and disjoins the vital spots due to minuteness, quickening nature kills instantaneously, *vyavayi* property causes to absorption and circulation all over the body. *vikashi* property can damage *doshas*, *dhatu*s and *malas*, due to lightness difficult to treat, not digested due to difficult to eliminate and troubles for long.

Acharya *Charaka* mentioned that drugs act by virtue of their own nature (*dravya prabhava*), qualities (*guna prabhava*) or nature as well as qualities (*dravya guna prabhava*). According to above analysis some antidotes are act on poison by their properties like *guru*, *snigdha*, *pichchila*, *mrudu* which will be acted by increases of *ojas*, strengthens heart, protect *dhatu*s alleviate *vata pitta*, arrest *vishavegas* and detoxify blood. Some are act on poison by their *rasa* like *madhura rasa* which also causes for increasing of *ojas*, *dhatu*s, strengthens the heart and alleviate *vata pitta*. *tikta rasa* is the main *rasa* which pacify *pitta dosha* while *kashaya rasa* acts to arrest *vishavegas* (spreading poison in the *dhatu*s). Some are having alleviate *pitta dosha*,

strengthens *dhatu*s and *ojas* by its *madhura vipaka*. Some antidotes act on poison by their *sheeta veerya* for increasing *ojas* and *dhatu*s alleviates *vata* and *pitta doshas* and arrest spread of poison. [3] And also some of antidotes are having properties to increase *Agni*. Anabolic actions are increased in the mediums which having *sheeta* property. But in the mediums which are having *ushna* property it causes for the increase of catabolic actions. The warmness of the body, temperature and the secretions for the digestion are believed to be made due to *pitta dosha*. Therefore, it can be verified as in the *pitta* predominant medium, the poison quickly catabolizes and remove from the body. *Laghu guna* increases the lightness of *pitta*, *thikshna* property can increase *thikshna* property of *pitta dosha* and causes to increase hot potency of the medium. Due to increasing metabolic actions, it causes for increase sweating to remove poison from the body.

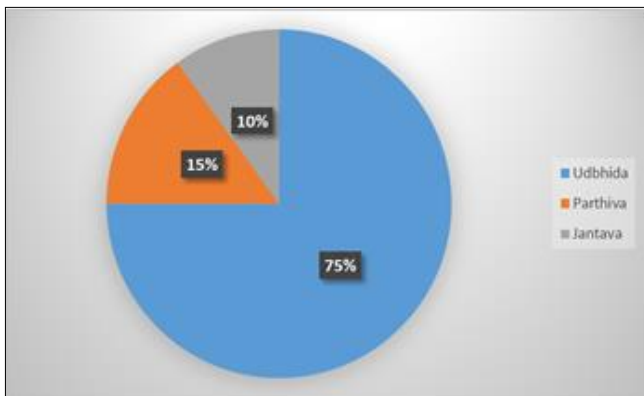


Fig 1: Total number of selected *Udbhida, Parthiva Jantava dravyas*

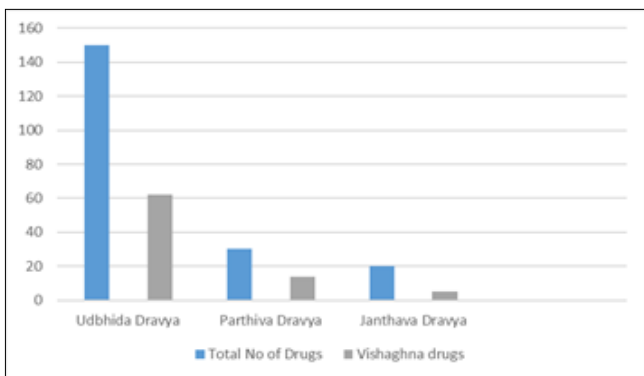


Fig 2: Number of Antidotes found in total number of selected *dravyas*

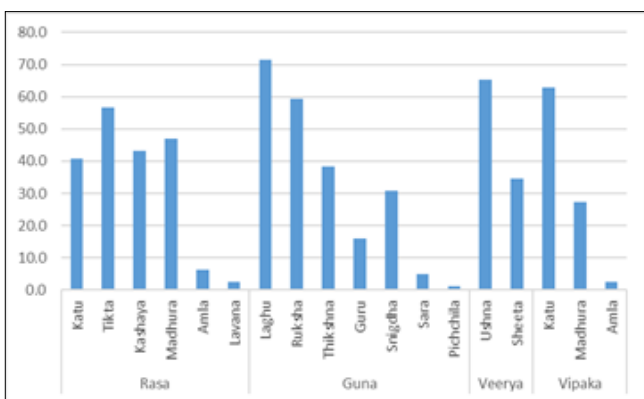


Fig 3: *Rasadipanchakaya* of selected antidotes

Conclusion

Indigenous system of medicine in Sri Lanka has also known the importance of Antidotes to counteract the poisons. Although most of drugs are having antipoisonous property and traditionally it could be used by ancestors, currently it is not practically used. In this study, it can be concluded that most drugs are having their properties like *Rasadipanchakaya* to remove induced poisons from the body by increasing catabolic actions, strengthens heart and *dhatu*s, increasing *ojas*, alleviates *vata* and *pitta*, arrest *vishavegas* and detoxify blood.

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