

**ROLE OF PANCHAKARMA IN VISHA CHIKITSA W.S.R. TO MANAGEMENT OF
STHAVAR VISHA: AN AYURVEDIC REVIEW****Dr. Ujwala Santosh Kumar Jagadale^{1*}, Dr. Shriram Shivajirao Ragad² and Dr. Sandip Shivaji Deore³**¹Associate Professor, Department of Agadtantra Evam Vyavahar Ayurveda, Seth Chandanmal Mutha Aryangla Vaidyak Mahavidyalaya, Satara, Maharashtra, India.²Assistant Professor, Department of Panchakarma, Government Ayurved College & Hospital, Jalgaon, Maharashtra, India.³Associate Professor, Department of Panchakarma, G. S. Gune Ayurved College & Hospital, Ahmednagar, Maharashtra, India.***Corresponding Author: Dr. Ujwala Santosh Kumar Jagadale**

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ABSTRACT

Ayurveda not only signifies importance of therapeutic regimens against diseases but also prescribed therapies for Visha Chikitsa. In this regard Ayurveda identifies two types of Visha as Sthavara and Jangama Visha. Sthavara Visha encompasses poisons of metal, mineral and plant origins, etc. The classical Ayurvedic texts provided information about the treatment of Sthavara Visha. Ashtanga Samgraha, Ashtanga Hridaya and Sushruta Samhita separately provide explanations for Sthavara Visha. Ayurveda suggested stage-wise treatment modalities for managing poisoning conditions associated with Sthavara Visha. In this regards ancient Ayurveda described specific remedies for different toxins. Ayurveda provides various treatment methods for poisoning conditions, with a focus on Panchakarma therapy. Panchakarma as detoxification process is considered effective to eliminate toxins even from deeper sites of body. The choice of Panchakarma merely depends on the types of poison, route of absorption and patient's condition. This article explain role of Panchakarma in Visha Chikitsa W.S.R. to management of Sthavar Visha.

KEYWORDS: Ayurveda, Panchakarma, Visha Chikitsa, Sthavar Visha, Detoxification.**INTRODUCTION**

Ayurveda has extensively studied poisonous plants for their therapeutic as well as toxic properties. These plants refereed as *Sthavara Visha* in Ayurveda and ancient texts suggested many approaches to combat poisoning conditions associated with these plants. However *Sthavara Visha* not only includes poison from plants but also involve poisonous substances obtained from minerals and metals. These substances in specific cases also used for therapeutic purposes but in case of unusual consumption these substances cause toxic events inside the body. Ayurveda branch of *Agad Tantra* provides detailed descriptions on these substances come under the heading of *Sthavara Visha* (poisons derived from plants, animals and minerals).^[1-4]

Poisoning conditions occurs when toxic substances enter inside the body and induces chemical events. Poisonous substances often cause chronic toxicity if accumulated inside the body for longer period of time. Therefore immediate curing of poisoning is prerequisite to prevent acute as well as chronic manifestations. Acute poisoning

resembles immediate symptoms, while chronic poisoning involves prolonged symptoms which may develop gradually. *Sthavara Visha* may develop both types of poisoning depending upon the types of poisonous materials. Thus immediate as well as long term cure of such types of poisoning is required for restoring normal health status.^[4-6]

Ayurveda offers a several approaches to managing poisoning by emphasizing both prevention as well as treatment. It focuses on non-invasive approaches including purification techniques and *Panchakarma* therapy is considered highly effective in such types of circumstances. As detoxification therapy *Panchakarma* offers several advantages while treating poisonous conditions, additionally it also promote general health and maintain normal physiological balance of bodily elements. This method comes under the umbrella of *Sanshodhan Chikitsa*, which involves specialized procedures to eliminate wastes or toxins from the body.

Panchakarma in Visha Chikitsa

The various procedures of *Panchakarma* plays vital role in removing toxins from the body through micro-channels at various stages. *Shodhan Chikitsa* encompasses procedures including *Vamana*, *Virechana*, *Raktamokshana*, *Snehana* and *Swedana* along with *Nasya*, *Lepa* and *Dhooma*, etc. However *Vamana*, *Virechana* and *Raktamokshana* play crucial role in managing poisonous conditions. Complementary therapies such as *Parisheka*, *Dhoompana*, *Abhyanga* and *Udvardhana* also considered beneficial for managing poisonous symptoms.

Ayurvedic formulations carry potential for adverse effects when certain *Sthavara Visha* not used cautiously. Their improper use, incorrect dosage or improper sampling can leads toxic events. In this context *Panchakarma* can be used as therapy for *Visha Chikitsa*, since this ancient detoxification procedure possess ability to treat toxicities from *Sthavara*, *Jangama* and *Dooshivisha*. Major detoxification therapies used for the management of *Sthaavara Visha* are mentioned in **Table 1**.^[5-7]

Modern medicine employs techniques that share similarities with *Panchakarma* as follows:

- ✚ For removing unabsorbed poison, vomiting and gastric lavage resemble *Vamana* therapy of *Panchakarma*.

- ✚ To eliminate absorbed toxins forced diuresis, bowel irrigation and purgation are used which can be correlated with *Virechana Karma* of of *Panchakarma*.
- ✚ Sweating induced to expel absorbed toxins is comparable to *Swedana*.
- ✚ Opium or barbiturate poisoning can be relieved by purgation and enema which are comparable to *Basti Karma*.
- ✚ Incision and suction used in modern treatments align with *Raktamokshana* therapy of ancient detoxification method.

Panchakarma greatly improve emergency treatments and life-saving interventions in case of poisoning situations arise from *Sthaavara Visha*. In the management of *Sthaavara Visha Vagbhata* recommends therapeutic approaches based on the conditions. These therapies advise as follows:

- ✓ *Vamana* in the 1st, 2nd and 3rd stages of poisoning symptoms.
- ✓ *Virechana* for the 2nd and 3rd stages of toxicity manifestation.
- ✓ *Nasya Chikitsa* for *Visha Vega* at 3rd stage mainly for toxins of head region.
- ✓ *Rakta Mokshana* recommended removing toxins from bloodstream for absorbed poisons in case of fatal emergency.

Table 1: Management of Sthaavara Visha.

Panchakarma Method	Indications	Procedure
<i>Vamana</i>	<i>Amasayagata Visha</i>	Drugs are used like <i>Ikshurasa</i> , <i>Madanphala</i> , <i>Yashtimadhu</i> and <i>Triphala Kwatha</i> . This process removes toxins from the upper digestive tract.
<i>Virechana</i>	<i>Pakvasayagata Visha</i>	Drugs are used such as <i>Danti</i> and <i>Neelini Phala</i> along with <i>Ghee</i> to removes toxins from the lower digestive tract.
<i>Nasya</i>	3 rd <i>Vishavega</i> with headache and heaviness.	Drugs are used such as <i>Bharangi Moola</i> and <i>Bandhujiva Moola</i> to clears toxins.
<i>Raktamokshana</i>	<i>Kapha Sthana</i> toxins and unconsciousness.	<i>Jalauka</i> , <i>Shringi</i> and <i>Prachana</i> methods are used to removes localized toxins.
<i>Basti</i>	Residual effects of poisoning and <i>Kupita Pitta</i>	<i>Vishagna Gana Dravyas</i> are used in the <i>Basti</i> for balancing aggravated <i>Pitta</i> .

Snehana as preparatory step also used in case of chronic or delayed poisoning where time available for managing emergency. This facilitates toxin mobilization and make ease of their expulsion. It involves administration of medicated oils or *ghee* while external oleation involve *Abhyanga* with medicated oils. These practices lubricate

channels and soften tissues, making them more receptive to detoxification process. *Swedana* follows *Snehana* to promote expulsion of toxins which induces sweating to alleviate heaviness and stiffness caused by poisonous substances.^[7-9] *Panchakarma* works by different mechanism in *Visha Chikitsa* as depicted in **Figure 1**.

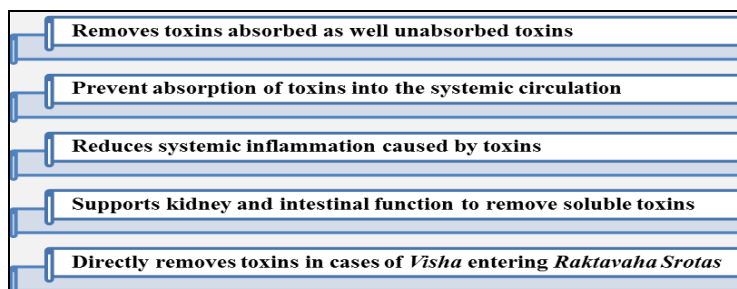


Figure 1: Key mechanisms of Panchakarma in Visha Chikitsa.

DISCUSSION

Panchakarma is considered effective in addressing toxicity caused by plants, minerals, and metals. This therapy provides relief in poisoning conditions by eliminating toxins and balancing *Doshas*. It begins with preparatory steps like *Snehana* and *Swedana* to mobilize toxins. Key therapies include *Vamana* for *Kapha*-related toxins, *Virechana* for liver detox and *Pitta* imbalances, *Basti* for deep routed toxins in case of chronic and delayed poisoning, *Nasya* for neurological effects of poisonous substances and *Rakta Mokshana* for blood purification and removing toxins from blood stream. Post-detox rejuvenation approaches helps to strengthen digestion and immunity. Specific herbs are also used for toxin neutralization and complete detoxification of body channels.^[9-11]

CONCLUSION

Panchakarma plays a vital role in detoxifying the body by eliminating toxins through micro-channels at different stages. *Panchakarma* as *Shodhan Chikitsa* includes procedures like *Virechana*, *Vamana*, *Snehana*, *Swedana*, *Nasya* and *Raktamokshana*, etc. *Vamana* and *Virechana* are being particularly effective for managing poison-related conditions along with *Raktamokshana*. Complementary therapies like *Parisheka*, *Dhoompana* and *Abhyanga* also aid in alleviating toxic symptoms along with *Panchakarma*. *Panchakarma*, with its ability to address toxicities from *Sthavara* provides unique approach of *Visha Chikitsa*. Modern medical practices such as gastric lavage, purgation and bloodletting align with *Panchakarma* techniques like *Vamana*, *Virechana* and *Raktamokshana*, highlighting its relevance in managing poisoning emergencies.

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