

A REVIEW ON ROLE OF KSHARAGAD IN ALLERGIC SKIN DISEASES W.S.R. TO DUSHIVISHA JANYA TWAK VIKAR

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ABSTRACT

Dushivisha is an important concept in *Vishatantra*. It is a low potent poison which gets vitiated due to *dushit Desh, Kala, Anna* and *Diwaswapna* which are similar to the factors like industrialization, seasonal variation, synthetic food items, changing lifestyle. Now a day's due to this lifestyle of a modern man, immune system of a person declines and leads to evolution of various diseases out of which allergic skin diseases are common. *Dushivisha* is a peculiar poison which vitiates *Dhatus*. In its relation with *Rakta Dhatu* some of the skin problems caused by *Dushivisha* which are described in *Samhitas* are *Kustha, Visarpa, Bhinna Varna, Shonitdusti, Shitapitta, Udarda, Kotha*. These symptoms are similar as that of hypersensitivity reactions. *Udarda-Sheetapitta-Kotha* has almost similar symptomatology and causative factors as Urticaria. *Asatmya, Virudhahara* and *Dushivisha* are common etiological factors for these diseases which can be correlated with allergic conditions. So, various types of allergic skin diseases can be taken under *Dushivisha Janya Twak Vikar (Shitapitta-Udarda-Kotha)*. Urticaria affects 20% of people at some or the other time in their life. So, on looking at the increased incidence rate of allergic skin diseases, it's a need to find some conservative source which would be helpful in management of skin diseases from the root by cleansing vitiated *Dhoshha* and balancing whole body. *Ksharagad* mentioned in *Charak Samhita* is one of those formulations helpful to prevent such diseases by its actions like *Kusthagna, Krimghna, Shothhar, Kandughna, Twachya, Tridoshar properties*, increasing immunity and suppressing allergic activity.

Keyword: *Dushivisha*, Allergy, *Viruddha*, Immune, *Ksharagad*.

INTRODUCTION

A poison, which is having fewer properties, which means less than ten classical properties that actually a poison should have, or either the poison which is having lesser potency of all the ten properties, attains a latent or hidden stage in the body is called *Dushi Visha* (latent poison). Sage *Sushruta* described *Dooshivisha* as any kind of poison originating from inanimate or animate sources or any artificial poison (*Kritrima visha*) retained in the body after partial expulsion or which has provisionally undergone detoxification, by anti-poisonous drugs, forest fire, the wind or the sun is termed Latent poison (*Dooshivisha*)¹. Low potency of all the ten qualities are said to be responsible for the delayed action and cumulative toxicity on the body². Now a day each and everything like food, water, air, soil, milk, etc. are polluted through toxic substances. For e.g. Synthetic hormones are in the milk, meat and other dairy product we eat. Pesticides, herbicides and fungicides are also present in grains and vegetables. These toxins enter into our body by different routes. They enter the system through blood circulation, and retention of these toxins results Toxaemia which slowly affect our vital system and immune system and can cause various diseases. In *Ayurveda*, allergic manifestation is mentioned under the concept of *Satmya-asatmya*. It manifests due to exposure to *Asatmya ahara-vihara* and contact with different poisonous materials (allergens)³. Unwholesome diet, excess liquid diet and excess guru diet leads to *Mandagni* (reduced digestive power) which in turn leads to formation of *Ama*. *Ama* is considered as a group of intermediary metabolites producing oxidative stress to the body tissues which is involved in the pathogenesis of many dermatological disorders⁴. The antigen-antibody mediated abnormal immune response can be correlated with the pathological and clinical feature of

`dhatugata visha` or *“dooshivisha`* in *Ayurveda*. Some of the skin problems caused by *Dushivisha* which are described in *Samhitas* are *Kustha*, *Visarpa*, *Bhinna Varna*, *Shonitdusti*, *Shitapitta*, *Udarda*, *Kotha*. Symptoms of allergic skin reaction is mentioned as *Kotha in Brihata Trayi* later on it is developed as separate disease under the title *Sheetapitta-Udarda-Kotha* by *Madhavakara*⁵. *Udarda-Sheetapitta-Kotha* has almost similar symptomatology and causative factors as *Urticaria* characterized by erythematous and pruritic rashes, burning sensation on skin⁶. Though the disease is not life threatening, it makes patient worried, due to its appearance and severe pruritus. In some cases, the disorder is relatively placid but recurrent and frustrating for both patient and physician.

These diseases can be prevented and if it occurs then can be cured through *Ayurvedic Agada's*. *Agada's* are the counter measures taken against the manifestation caused by poisoning. So, *Ksharagad*⁷ is selected which can provide very good result in symptoms of Itching, redness, *shotha* (inflammation), wheal formation, *shonit dustilakshan* etc. by improving immunity and its actions like *Kusthghna*, *Krimghna*, *Shothhar*, *Kandughna*, *Twachya*, *Tridosahar* It also contain palash *kshara*. And *Kshar* has been seemed to be superior to *Shastras* and *Anushastras* because of its actions such as *Chedana*, *Lekhana* and alleviation of *Tridhosha*. *Kshara* is that which does *Lekhana* of *Tvak*, *Mamsadi* and removes the vitiated *Doshas*^[8]. Thus, it can be helpful in management of various allergic skin diseases.

Aim and Objectives

- To elaborate the concept of *Dushivisha* mentioned in various *Samhitas*.

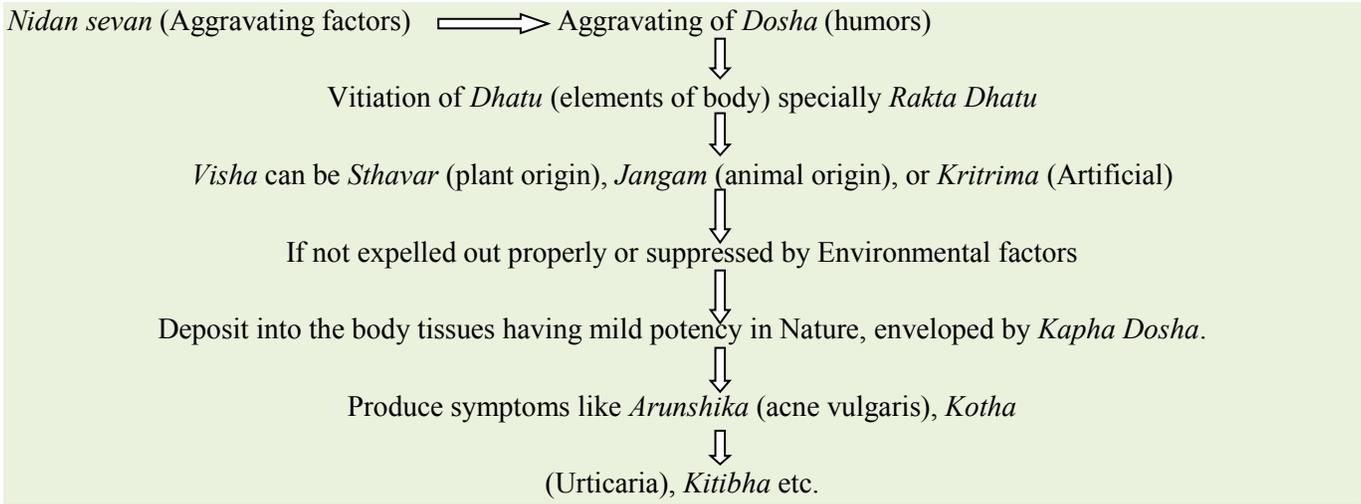
To give a review on the effect of *Ksharagad* helpful in management of *Dushivisha janya twak vikar*

Table 1: General Clinical features of *Dushivisha* as per various *acharya's*⁹⁻¹⁵

Sr.	Feature	Shusrut	Charak	Astang Sangrah	Astang Hridaya	Yogratn-akar	Bhaopr-akash	Madhav nidan
1.	<i>Annamada</i> (Inbrient after food)	✓	-	-	-	✓	✓	✓
2.	<i>Avipaka</i> (Indigestion)	✓	-	-	-	✓	✓	✓
3.	<i>Arochak</i> (Loss of Taste)	✓	-	-	-	✓	✓	✓
4.	<i>Mandal-Kotha</i> (Patches & Rashes on Skin)	✓	✓	✓	✓	✓	✓	✓
5.	<i>Moha</i> (Delusion)	✓	-	-	-	✓	✓	✓
6.	<i>Dhatukshaya</i> (Wasting of Tissue)	✓	-	-	-	✓	✓	✓
7.	<i>Pada-Karasya Shoph</i> (Edema of Feet & Hand)	✓	-	-	-	✓	✓	✓
8.	<i>Dusyodar</i> (Ascities)	✓	-	✓	✓	✓	✓	✓
9.	<i>Murcha</i> (Unconsciousness)	✓	-	✓	✓	✓	✓	✓
10.	<i>Visham jwar</i> (fever)	✓	-	-	-	✓	✓	✓
11.	<i>Trishna</i> (Profound Thirst)	✓	-	✓	✓	✓	✓	✓
12.	<i>Unmaad</i> (Insanity)	✓	-	-	-	✓	✓	✓
13.	<i>Anaha</i> (Flatulence)	✓	-	-	-	✓	✓	✓
14.	<i>Shukrakshaya</i> (Asperma- togenesis/oligospermia)	✓	-	-	-	✓	✓	✓
15.	<i>Chhardi</i> (Vomiting)	✓	-	✓	✓	✓	✓	✓
16.	<i>Atisar</i> (Loose motion)	✓	-	✓	✓	✓	✓	✓
17.	<i>Vaivarnya</i> (Discoloration of body)	✓	-	✓	✓	✓	✓	✓
18.	<i>Swarvikara</i> (Stammering Speech)	✓	-	✓	✓	✓	✓	✓
19.	<i>Vaigandha much</i> (Bad smell of mouth)	✓	-	-	-	✓	✓	✓
20.	<i>Vairasya much</i> (Bad Taste of mouth)	✓	-	-	-	✓	✓	✓
21.	<i>Bhram</i> (Giddiness)	✓	-	-	-	✓	✓	✓
22.	<i>Vicheshta</i> (Abnormal Activity)	✓	-	-	-	✓	✓	✓
23.	<i>Shwas</i> (Dysnoea)	✓	-	-	-	✓	✓	✓

Samprapti (Pathogenesis) ¹⁶⁻¹⁷

Samprapti of allergic skin diseases has not mentioned in text but it can be correlated with *Dushi Visha Samprapti* which is explained in below -



Correlation of Dushivisha and Allergy

In *Ayurvedic* literature the prime factors taking part in pathogenesis of *Sheetapitta-Udarda- Kotha* (urticaria) involves *dushivisha, dushitrakta, ama uttpatti*. The unwholesome substances are antagonists to the body tissues so they can be considered as antigens, which react with the antibody (*dhatu*). Whenever an unwholesome substance enters the body and reaches to bloodstream, the resistance and the immune system start acting on them. This unwholesome food leads to *Jathragnimandhya* and *Dhatvagnimandhya* so there is a formation of *Apakva* substance, which is called ‘*Aama*’. *Apakva* substance which is produced by defective metabolism circulates in the entire body as *Amavish* which can be correlated to histamine. In modern science, release of histamine from the mast cell is the ultimate cause of Urticaria. Also due to this unwholesome substance cytokines get activated and produce immunoglobins which in healthy individuals neutralize the antigens. But in unhealthy person or person involved in *pragyapradha* or whoever individual

whose immune power is weak, cytokines instead of neutralizing antigens produces IgE. The IgE gets sensitized and binds to the mast cells and basophils. They act as mild toxins or in other words as a *Dushivisha*, they remain latent till the next exposure to the antigen (unwholesome). The aggravating factors like *dushit annna, kala, pragvayu* helps in degranulation of mast cells and the remission occurs. In *Sheetpitta* there is already *Rasadhatu dushti, Rasavaha Srotodushti* and *Tvakasthan Khavaigunya* because of *Agnimandhya*. So, whenever body comes to the contact with harmful substances, *Samprapti of Sheetpitta* immediately takes place and generates the symptoms.

Dushi visha chikitsa ¹⁸

According to *Ashtang Hridaya Uttarsthan* the patient suffering from *dushi visha* (cumulative toxins) is firstly given *swedana* (Sudation) as a *purvakarma* (Pre procedure) then *vaman* (emesis), *virechana* (purgatives) as *pradhan karma* (Main procedure) then is given with *madhu* (honey).

Ksharagad Contents ¹⁹⁻²⁴

Sr. No.	Drug	Rasa (Taste)	Virya (potency)	Vipaka	Karma (Action)
1.	<i>Haridra (Curcuma longa)</i>	<i>Tikta, Katu</i>	<i>Ushna</i>	<i>Katu</i>	<i>Shotha, Sheetapitta</i>
2.	<i>Surasmanjari(Ocimum sanctum)</i>	<i>Tikta, Kashaya</i>	<i>Ushna</i>	<i>Katu</i>	<i>Twakdosha, Shotha</i>
3.	<i>Daru haridra (Berberis aristata)</i>	<i>Tikta, Kashaya</i>	<i>Ushna</i>	<i>Katu</i>	<i>Twakdosha, Shotha</i>

4.	<i>Jatamansi (Nardostachys jatamansi)</i>	<i>Tikta, Kshaya</i>	<i>Sheeta</i>	<i>Katu</i>	<i>Kushthaghna, Twagvikara</i>
5.	<i>Harenu (Vitex negundo)</i>	<i>Tikta, Katu</i>	<i>Ushna</i>	<i>Katu</i>	<i>Shothaghna, Anulomak</i>
6.	<i>Hingu (Ferula northax)</i>	<i>Katu</i>	<i>Ushna</i>	<i>Katu</i>	<i>Agnimandya, Kandughna</i>
7.	<i>Sariva (Hemidusmus indicus)</i>	<i>Tikta, Madhura</i>	<i>Sheeta</i>	<i>Madhura</i>	<i>Vishaghna,, Dahaprashman</i>
8.	<i>Madhuka (Glycyrrhiza glabra)</i>	<i>Madhura</i>	<i>Sheeta</i>	<i>Madhura</i>	<i>Charmaroga, Kandu, Visha</i>
9.	<i>Shunti (Zingiber officinale)</i>	<i>Katu</i>	<i>Ushna</i>	<i>Madhur</i>	<i>Sheetapittahar, Agnimandya, Shothahar</i>
10.	<i>Pippali (Piper longum)</i>	<i>Katu</i>	<i>Anu-ushansheet</i>	<i>Madhur</i>	<i>Raktashodhak, Shoolprashman</i>
11.	<i>Maricha (Piper nigrum)</i>	<i>Katu</i>	<i>Ushna</i>	<i>Katu</i>	<i>Kushthaghna,, Twagvikara</i>
12.	<i>Palasha (Butea monosperma)</i>	<i>Tikta, Katu, Kashaya</i>	<i>Ushna</i>	<i>Katu</i>	<i>Charmaroga, Vishaghna</i>
13.	<i>Kushta (Saussurea lappa)</i>	<i>Tikta</i>	<i>Ushna</i>	<i>Katu</i>	<i>Vishaghna,, Kandughna,, Twakroga</i>
14.	<i>Laksha (Laccifer lacca)</i>	<i>Kashaya</i>	<i>Sheet</i>	<i>Katu</i>	<i>Krimighna, Twakdoshar</i>
15.	<i>Gairik (Red ochre)</i>	<i>Madhura, Kashaya</i>	<i>Sheet</i>	<i>Katu</i>	<i>Vishaghna</i>
16.	<i>Saindhav lavan (Rock salt)</i>		<i>Sheet</i>		<i>Tridoshashamak, Deepan</i>

Probable Mode of Action of Ksharagad Vati:

In present study management of Allergic skin diseases (*Sheetapitta-Udarda-Kotha*) can be done with *Ksharagad vati*. As rightly said by all *Acharyas*, some drugs may act through *rasa*, some through *Guna* or *Veerya*, *vipaka* or *prabhava* or it may be the combined effect of all the ingredients. Hence, to understand the mode of Action of medicines, it is necessary to understand the Pharmacodynamics by understanding dominant *Rasa*, *Guna Virya and Vipaka*.

Rasa: Mostly drugs of *ksharagad* are having *katu, tikta, kasya* and *madhur rasa*. *Katu rasa* possesses properties like *Vishaghna, Kandughna, Vranaprasadana, shothahar, krimighna, kleda shoshan, deepan, pachan, lekhan*, widens tissue pore, mitigates *kapha, udardaprashman*. *Tikta rasa* has the property of *Raktaprasadana, krimighna, Vishaghna, Kushthaghna, Kandughna, dahaprashamana*, skin diseases, *kapha shoshan, deepan, pachan, shrotoshodhan*. While *kasaya rasa* has properties like *lekhan, kleda shoshan* it also restores normal color of skin and mitigates *kapha, pitta* and *rakta*. *Madura rasa* has *vishghna, pitta-vata shamak* properties and maintains healthy skin. According to *Samprapti* of *Sheetpitta, Sheetpitta is Vata-Kapha pradhan Tridoshaja Vyadhi*. *Ksharagad* con-

tains drugs having *Vatakaphaghna* and *Tridoshara* property. *Kapha Dosh* is subsided by *Katu, Tikta* and *Kashaya Rasa*. *Madura rasa* has *pitta-vata shamak* properties.²⁵⁻²⁶

Guna: Mostly drugs of *ksharagad* are having *laghu, ruksha, snigdha, tikshna guna*. *Laghu guna* possess *kaphashamaka* property. By its *Srotoshodhaka* and *agnidipan* property it acts on minute channels and removes the *Amavisha*. *Acharya Sushruta* in *Sutrasthan 46* has described *lekhana* and *Ropana* properties of *Laghu guna*. *Lekhana* property might help to expel the stuck toxins by scrapping. *Acharya Hemadri* has given *Shoshana* property of *Ruksha guna*. It also has *kaphashamak* property. *Acharya Hemadri* has described *Shodhana* property of *Tikshna guna*. *Acharya Madhava* has described *Kaphavatahara* and *Lekhana* property of *Tikshna Guna*. *Snigdha guna* pacifies *vatta, dhatu* and *varna vardhak*. *Guna* like *Laghu, Ruksha Tikshna* have *Kaphahara* property.²⁷

Veerya: Mostly drugs of *ksharagad* are having *ushna veerya* and some have *sheeta veerya*. According to *Ashtang Sangrah Sutrasthan* chapter 17, *Ushna veerya* has *Vatakaphashamaka* and *Pachak* property. According to *Ashtang Hridaya Sutrasthan* chapter 9 it has *Ashupaka* property through which it acts quickly at

minute channels. *Sheet veerya* shows *pitta shamak*, *raktaprasadan* properties. *Sheeta veerya* drugs are capable of antagonizing the adverse effect of *Visha*.²⁸

Vipaka: *Vipaka* like *Katu* has also *Kaphahar* property. *Madhur vipaka vata pitta shamak* hence shows *tridosahar* action.²⁹

Karma: Looking to the *karmas*, it is clear that the drugs are having *Kushthaghna*, *Kandughna*, *krimighna*, *shothshar*, *shoolprashman*, *dahaprashman*, *vedanashapan*, *twakdoshahara*, *raktashodhak karma* which clearly explain its mode of action in Allergic skin diseases. In Allergy, *Jatharagnimandhya* and *Dhatvagnimandhya* are involved and also *Ama rasa*. Maximum drugs are having *Deepana*, *Pachana*, *Anulomana* properties which corrects this condition of *Agnimandya* & stops the production of *Aamavisha*. *Karma* like *Deepana*, *Pachana*, *Rochana* and *Rasayana* corrects *Agni* and are having definite effect on *Srotasa* that produces proper *Rasa Dhatu* which ultimately correct *Kapha* as it is *Aasharaya* of *Rasa Dhatu*. Hence, breaks pathology and corrects pathophysiology of allergy. *Raktashodhaka* property corrects the vitiated *Raktadhatu* and helps in maintaining normal functions of *Rakta Dhatu*. *Vishaghna* property helps in detoxifying the *Dushi Visha*, which is having *Alpaveerya* and is deep seated in *Raktadhatu*. Thus, prevents allergic skin diseases. **Prabhao/ Roghaghata:** *Ksharagad* works on *agnimandya*, *amadoshahara*, *immunostimulatory*, *shotha*, *daha*, *twakvikaar*, *vishavikar*, inflammation, *shool*, *krimi*, *deepan*, *pachan*, burning sensation, *raktavikar*. *Adaraka* and *Harida* shows direct effect towards Allergy. Being a combination of drugs bearing similar qualities a synergistic drug action can be assumed. Due to the above-mentioned properties *Kshargada* is *Tridosahara*, *Twakdoshahara*, *Antitoxic* and *Raktashodhaka*.

DISCUSSION

Present food habits, lifestyle and mental attitudes etc. are entirely different from that of the past. The basic essentials of life air, food and water are all polluted and the hazards paint a gloomy picture for the coming generation. The toxicity is nothing but the degree which a substance can harm human beings or animals. Hence,

while treating any skin disease we have to think of *Dushivisha* also. In *Ayurveda*, *Ksharagad* is one of the *agads* having contents that possess properties like *Varnya* (Good for skin colour), *Kapha-Pitta Shamak*, *Shothahar* (Reduce swelling), *Kushthaghna* (Beneficial in skin disease), *Vranropak* (Wound healing), *Raktashodhak* (Blood purifier), *Vedanasthapak* (Reduce pain), *Kandughna* (Reduce itching) and *Dahaprashaman* (Reduce burning), *vishaghna*, *krimighna*, *shoolprashman* which mostly act on *twakroga*. This preparation is very useful as they are having *Deepan*, *Pachan* properties, reduces the *Kleda*, which is helpful in pacifying the symptoms like *Kandu* and *Daha* of urticaria and also *agnideepan* property helps to pacify *ama*. As, *Prakupita Vata* and *Kapha* when being mixed with *Pitta* spreads internally and externally resulted into *Sheetapitta-Udarda-Kotha*. *Ushna*, *Tiksha*, *Ama Pachak* and *Vatanuloman* properties are excellent for *Vata Kapha Shaman* and *Vimargagami Pitta* treatment. *Marich* is said to be drug of choice for Urticaria. While other's having *Rasayana*, Antibacterial, anti-inflammatory, Antioxidant, immunostimulatory, anti-anxiety property helps to deal with allergic skin diseases and also acts on symptoms like *ajeerna*, *hrillas*, *aruchi*. So, *Ksharagad* is useful to treat allergic skin disorders caused by *dushivisha*.

CONCLUSION

From above discussion we can conclude that as per *Ayurveda* various conditions like *Asatmyaahara*, *Virudhahara* and *Dushivisha* are common etiological factors for these diseases which can be correlated with allergic conditions. *Dushivisha* shows various types of toxic symptoms and disorders in different systems of body including skin. *Udarda-Sheetapitta-Kotha* has almost similar symptomatology and causative factors as Urticaria. In modern science there is vast treatment of Urticaria and other allergic skin disorders, but recurrence of disease is common in many cases. *Ayurveda* has lot of potential in the treatment aspect of allergic skin reaction by using of various *Ayurvedic* formulations and by following *Pathya apanya* in a logical manner. So, here was the review to highlight on the effects of toxins on human body and challenges to-

wards the society and preventive as well as management regarding these toxic effects.

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