

A REVIEW ON VISHAGNA KARMA OF TAGARA (VALERIANA WALLICHII DC.)**[Rekha Patil](#)¹, [Shrinidhi R.](#)², [Chaithra Hebbar](#)³, Muralidhar Ballal⁴**

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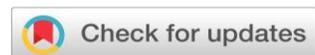
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**ABSTRACT**

Tagara or Indian Valerian (*Valeriana wallichii* DC of *Valerianaceae* family) is an active remedy for sleep disorders and poisoning as mentioned in Ayurvedic literature. It is included as an ingredient in many *Agada Yoga* (anti-poisonous formulations) due to its potency to manage casualty. Folklore practitioners use this drug in snake bites. *Samhita*, the age-old Ayurveda credentials also indicate this herb in the treatment of *Bhoota* (psychological disorders) and *Apasmara* (epilepsy)⁶. Taxonomists have recorded around 200 valerian species worldwide including *V. wallichii* DC., *V. edulis* Nutt., and *V. fauriei*. In the United States, valerian is regulated by the Food and Drug Administration (FDA) as a dietary supplement. The present article attempts to review by gathering information in Ayurveda literature about the *Vishagna Karma* linked with *Tagara* (*Valeriana wallichii* DC.) including its association with various *Agada Yoga* (anti-poisonous formulations).

Keywords: *Vishagna*, *Tagara*, *Valeriana wallichii* DC., *Agada Yoga*

INTRODUCTION

In Ayurveda, some herbs used in therapies have spiritual importance. One such plant is *Tagara*, *Valeriana wallichii* DC. belonging to the *Valerianaceae* family, a hairy perennial herb growing in the temperate Himalayas from Kashmir to Bhutan between the elevation of 1200 meters and 3000 meters used in various consecratory ceremonies, such as fire ritual (*Homa*). The rationality may be due to its role in purifying the environment, its antimicrobial property and its effectiveness in psychological disorders. Its utility is practiced in the treatment of *Bhoota Roga* (psychological disorders), *Visharoga* (poisonous conditions) *Apasmara* (epilepsy) and *Shiroroga* (diseases related to head) too. All its exhibited therapeutic properties including its potent anti-poisonous impacts are evidenced by Ayurveda literature and much research focused on its bioactive components. The name '*Tagara*', signifies that which acts against *Gara* i.e., compound poisonous substances. It acts as a chelating agent, in case of cumulating poisons. It is used as a very common ingredient in most of the *Agada* formulations mentioned in *Samhita*.

METHODOLOGY:

A literature review is conducted to document anti poisonous therapy modalities of *Tagara* specific to *Visha Chikitsa* from various Ayurvedic literature.

Caraka Samhita, *Sushruta Samhita*, *Ashtanga Hrudaya*, *Ashtanga Sangraha*, *Bhaishajya Ratnavali*, *Vangasena Samhita*, *Bhavaprakasha Nighantu*, *Raja Nighantu*, *Kaiyyadeva Nighantu*, *Madanapala Nighantu*, *Priya Nighantu*, *Dhanvantari Nighantu* and a regional text of *Visha Vaidya Shastra* from Karnataka named "*Khagendramani Darpana*" are explored to review about the drug.

RESULTS:

Habitat and Habit:¹

Found in the temperate Himalayas from Kashmir to Bhutan between the elevation of 1200 meters and 3000 meters. Hairy perennial herb, up to 45 cm in height with thick, horizontal and tufted roots; leaves are basal, deeply cordate or ovate, usually toothed or sinuate, sharply pointed with 2.5-7.5 cm in diameter bearing persistent and long petiole. It has much smaller, entire or pinnate, often crowded few cauline leaves. Flowers are dioecious, white to tinged with pink, in a terminal corymb, unisexual male and female in different plants. Fruits are oblong, compressed, hairy or glabrous.

Inclusive Groups:

The plant *Tagara* according to various literature is grouped under various *Varga* or cluster of drugs with similar property and function as follows:

Table 1:

Varga (Group)	Literature
<i>Sheetaprashamana</i>	Caraka Samhita ³
<i>Eladi Varga</i>	Sushruta Samhita ⁴ , Ashtanga Hrudaya ⁵
<i>Aushadi Varga</i>	Kaiyyadeva Nighantu ⁶
<i>Chandanaadi Varga</i>	Dhanvantari Nighantu ⁷ , Saraswati Nighantu ¹³ Shodhala Nighantu ¹⁵
<i>Vividoushadi Varga</i>	Madhava Dravyaguna ⁸
<i>Karpuraadi Varga</i>	Bhavaprakasha Nighantu ⁹ , Madanaphala Nighantu ¹⁰ , Saligrama Nighantu ¹⁴
<i>Shatapushpadi Varga</i>	Priya Nighantu ¹¹
<i>Karaveeraadi Varga</i>	Raja Nighantu ¹²
<i>Jatamansi Varga</i>	Nighantu Adharsha ¹⁶

Synonyms

Table 2:

<i>Tagara</i>	*A.N. ² , K.N. ⁶ , D.N. ⁷ , M.D. ⁸ , B.N. ⁹ , M.N. ¹⁰ , R.N. ¹² , Sr.N. ¹³ , Sh.N. ¹⁵
<i>Vakra</i>	A.N. ² , K.N. ⁶ , D.N. ⁷ , P.R. ¹⁷ , Sr.N. ¹³ , Sh.N. ¹⁵
<i>Nata</i>	A.N. ² , D.N. ⁷ , P.R. ¹⁷ , B.N. ⁹ , M.N. ¹⁰ , R.N. ¹² , Sh.N. ¹⁵

<i>Kalaanusari/Kalaanusarvakam</i>	A.N. ² , D.N. ⁷ , P.R. ¹⁷ , B.N. ⁹ , Sr.N. ¹³ , Sh.N. ¹⁵
<i>Katila /Kutila</i>	D.N. ⁷ , P.R. ¹⁷ , B.N. ⁹ , R.N. ¹² , Sr.N. ¹³ , Sh.N. ¹⁵
<i>Jihma/ Jihva</i>	K.N. ⁶ , D.N. ⁷ , P.R. ¹⁷ , Sr.N. ¹³ , M.N. ¹⁰ , R.N. ¹² Sh.N. ¹⁵
<i>Barhina/ Barhana/ Barhista/Bahista</i>	K.N. ⁶ , B.N. ⁹ , M.N. ¹⁰ , R.N. ¹² , Sh.N. ¹⁵
<i>Shata</i>	K.N. ⁶ , D.N. ⁷ , P.R. ¹⁷ , R.N. ¹² , Sh.N. ¹⁵
<i>Nahusha</i>	K.N. ⁶ , D.N. ⁷ , B.N. ⁹ , M.N. ¹⁰ , R.N. ¹² , Sh.N. ¹⁵
<i>Nrupa</i>	K.N. ⁶ , D.N. ⁷ , Sh.N. ¹⁵
<i>Apara</i>	K.N. ⁶ , B.N. ⁹ , M.N. ¹⁰
<i>Dandamatanga</i>	K.N. ⁶
<i>Kunchita</i>	K.N. ⁶ , D.N. ⁷ , B.N. ⁹ , Sh.N. ¹⁵
<i>Mahoraga</i>	K.N. ⁶ , P.R. ¹⁷ , M.N. ¹⁰ , Sh.N. ¹⁵
<i>Katuka/ Katu</i>	K.N. ⁶ , M.N. ¹⁰
<i>PindaTagara/ Pindi</i>	K.N. ⁶ , B.N. ⁹ , M.N. ¹⁰ , R.N. ¹² , Sh.N. ¹⁵
<i>Heena</i>	K.N. ⁶
<i>Dheena</i>	D.N. ⁷ , P.R. ¹⁷ , M.N. ¹⁰ , R.N. ¹² , Sh.N. ¹⁵
<i>Anruja</i>	K.N. ⁶ , D.N. ⁷
<i>Bhurja</i>	M.D. ⁸
<i>Dhanhasti</i>	B.N. ⁹
<i>Vaktranahwa</i>	M.N. ¹⁰
<i>Vinamra</i>	R.N. ¹²
<i>Dadruhasta</i>	R.N. ¹² , Sh.N. ¹⁵
<i>Parthiva</i>	R.N. ¹²
<i>Rajaharshana</i>	R.N. ¹²
<i>Kshathra</i>	R.N. ¹²
<i>Muneendudha</i>	R.N. ¹²
<i>Kanja</i>	Sr.N. ¹³
<i>Natambamrushta</i>	Sr.N. ¹³
<i>Shandaka</i>	Sr.N. ¹³
<i>Mangala</i>	Sr.N. ¹³
<i>Vanya</i>	Sh.N. ¹⁵
<i>Tagarapadika</i>	Sh.N. ¹⁵

(*A.N. – Astanga Nighantu; K.N.- Kaiyyadeva Nighantu; D.N. – Dhanwantari Nighantu; R.N. – Raja Nighantu; M.N. – Madanaphala Nighantu; Sr.N. – Saraswati Nighantu; Sh.N. – Shodhala Nighantu; P.R. – Paryaya ratnamala; M.D. – Madhava Dravyaguna) The term *Tagara* is derived from ‘*Geeryante Pra-naahanena Iti, Garam Visham, Grunigarane*’.¹⁶ referring to that which protects the life against poison as an antidote. Another derivation says, from ‘*Tasya Krodasya Prasiddha Vishasyaya Garam Tasya Nashakatwat Tagaram*’.¹⁶ which means it acts as an antidote for *Kroda Visha* (*Kroda* refers to the abdominal region, which is above the *Basti* and below

Hrt, Kroda Visha refers to manifestations arising from the oral poisoning).

Rasapanchaka⁹

Rasa – Madhura, Guna – Snigdha, Laghu, Veerya – Ushna, Vipaka – Katu, Doshagnata – Tridosahara Karma – Visha (various poisonous conditions), *Apasmara*(epilepsy), *Shiro- Akshiroga nashana* (various disorders of head, eyes), *Bhoota Roga* (psychological disorders), *Mada* (intoxication).

Phytochemistry¹

The therapeutically useful part of the plant is rhizomes which contain 0.5- 2% essential oils. Root contains Atinidine, Carotene, Jatamols A & B, Jata-

mansic acid, Nardol, Valeranol, Virolin, Valeroidate, Valeriotetrate A and Hexocosanic acid.

Therapeutic Dose¹⁶: Choorna – 12- 24 ratti

Tagara in various Agada Yoga in Visha Chikitsa

Caraka Samhita³

In the chapter *Visha pratisheda Adhyaya*, 13 Agada Yoga of Tagara viz., *Mritasanjeevana Agada*, *Swedana Yoga for Vata doshagata Visha*, *Mahagandhahastinama Agada*, *DhumaYoga in shota*, *Amashayagata Visha – Tagara with Sita and kshoudra*, *Dhatugata Visha – balamadhukadi Agada*, *Chandanaadi Agada*, *Takshaka damsha – Tagara*, *kushta*, *Ghritha*, *kshoudra*, *Ativishadi Agada*, *Chandanadi Agada*, *Kutajaadi Agada*, *Vachaadi Agada*, *Devadarvadi Agada*.

*Sushruta Samhita*⁴ *Annapanarakshakalpa Adhyaya 1 Yoga viz.*, *Chandanadi Agada in Abhyanga Vishaktata*. *Sthavaravisha Vijnaneeya Adhyaya 1 Yoga viz.*, *Ajeya Ghritha*. *Sarpadashtavisha Chikitsa Vijnaneeya Adhyaya 3 Yoga viz.*, *Ajita Agada*, *Taakshrya Agada*, *Saarovakarmika Agada*. *Dundubhiswaneeya Adhyaya 3 Yoga viz.*, *KsharaAgada*, *Kalyanaka ghritha*, *Mahasugandhi Agada*. *Keetakalpa Vijnaneeya 4 Yoga viz.*, *Kushtatagaradi Agada*, *Rajani agaraadi Agada*, *Kumkumatagaradi Agada*, *Shirisha tagaradi Agada*.

*Ashtanga Hrudaya*⁵ *Vishapratisheda Adhyaya 3 Yoga* such as *Chandrodaya Agada*, *DooshiVishari Agada*, *Moorvadi Agada*. *Sarpavishapratishedha Adhyaya 4 Yoga* such as., *Katukadi Agada*, *Nata*, *kushta*, *ghrita*, *madhu* in *takshakadashta*, *Twakmanohvadi Agada*, *Bilwadi Agada*. *Keetalootadivishapratisheda Adhyaya* has 5 Yoga such as., *Vrischika Agada*, *Champaka Agada*, *Mandaro Agada* and *Gandhamaadano Agada*, *Hriveradai Agada*, *Bilwachandanadi Agada*. *Mooshikaalarkavishapratisheda Adhyaya* has 3 Yoga such as., *Shirishadilepa*, *Sindhuravaraadi Agada*, *Sindhuvaraadipana Yoga*.

*Ashtanga Sangraha*¹⁹

Vishapratisheda Adhyaya 8 Yoga viz., *Sanjeevana Agada*, *Yaapano Agada*, *Suryodaya Agada*, *Priyangwadi Agada*, *Gajapippalyadi Agada*, *Ajita Agada*, *Ankolaadi Anjana Yoga*, *DooshiVisha ri Agada*. *Sarpavishapratisheda Vijnaneeya Adhyaya 8*

Yoga viz., *Katukadi Agada*, *Vakra*, *kushta*, *ghrita*, *kshoudra – takshakadamsha*, *Dhatugata Visha – Baladi Yoga*, *Amashayagata Visha – Tagara with sita*, *kshoudra*, *Vajra choorna*, *Takshya Agada*, *Lodradi Agada*, *Bilwadi Agada*. *Keetavishachikitsa Adhyaya 5 Yoga viz.*, *Vachaadi Agada*, *Nagaradi Agada*, *Swetapataladilepa*, *Swajakakushtadilepa*, *Kutajaphaladi Yoga*. *Loota Visha pratisheda Adhyaya 6 Yoga viz.*, *ErandadibastiYoga*, *Vachaadi Anjana*, *Tagaradi Agada*, *Haridraayugaladi Agada*, *Sarpaakshyadirvaro Agada*, *Katabhimooladi Agada*. *Pratyekalootapratisheda Adhyaya 3 Yoga viz.*, *Chandanaadi Agada*, *Mahasugandhi Agada*, *Haridradi Agada*. *Mooshikaalarkapratisheda Adhyaya 5 Yoga viz.*, *Shirishaadilepa*, *Sindhuvaradi kwatha*, *Haridradilepa*, *Kapittadi Agada*, *Yavamashadi ghritha*. *Vishopadravapratisheda Chikitsa 2 Yoga viz.*, *Grihadhumadibasti*, *Shireeshadi dhoopana*. *Vishopayogiya Adhyaya 5 Yoga viz.*, *Mritasanjeevana Yoga*, *Shirisha Kusuma*, *Tagara in Aku Visha*, *Devadarvadi Yoga – Samasta Visha*, *Vakrakushtadi Yoga in Switra*, *Lakshadi Yoga in Switra*.

*Vangasena Samhita / Chikitsasara Sangraha*²⁰

Visha rogadhikara 10 Yoga viz., *Pindi Tagaralepa in Sarpadamsha*, *Tarkshya Agada*, *Dashangadhoopa*, *Kauntikushtadi Agada*, *Ajeya ghritha*, *Chandanadi Agada*, *Paravata shakrt haritakhyadi Agada*, *Kumkumatagaradi Agada*, *Hingukushtadilepa*, *Nagakesaradilepa*.

*Bhaishajya Ratnavali*²¹

Visha rogachikitsa prakarana has 3 Yoga namely., *Kushtadi Agada in Takshaka damsha*, *Ajita Agada*, *Shikari ghritha*.

*Khagendramani Darpana*¹⁸

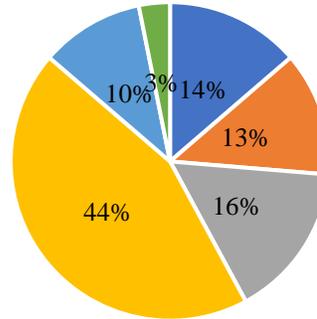
Anjana Prakarana 1 Yoga such as *Tagaraneelyadi Anjana Yoga in sarpadamsha*. *Nasya Prakarana 1 Yoga* such as *Vachamanjishtadi nasya Yoga in sarpadamsha*. *Lepana Prakarana 3 Yoga* such as *Dwiharidradilepa in Sarva Visha*, *Vachadilepa in sarpavsha*, *Indravarunyadilepa in Sarpa Visha*. *Mandala Visha Prakarana 3 Yoga* such as *Tagaradantyadi pana in Sarpa Visha*, *Utpalaadipana Yoga in Sarpa Visha*, *Pippalyadi Yoga in Sarpa Visha*. *Jangama Visha Prakarana 3 Yoga* such as *Agaradi*

Yoga in Keeta Visha, Tagaradi Yoga Lepana in Sarvajangama Visha, Neelidevadalyadilepa in Sarvajangama Visha. Paanadhikara Prakarana 2 Yoga such as, Agarvadi Paana in Kapha Doshagata Visha, Dwiharidradi Yoga. Sthavara Visha Prakarana 1

Yoga such as, Eladi Yoga in Dhumopagataja lakshana. Sarvajangama Visha Prakarana 2 Yoga such as, Agarvadi Yoga in Sarvakeeta Visha, Tagaraadi Yoga in Sarvajangama Visha.

DISCUSSION

Agada Yoga having Tagara in different literatures.



- Caraka Samhita
- Sushruta Samhita
- Ashtanga Hrudaya
- Ashtanga Sangraha
- Vangasena Samhita
- Bhaishajya Ratnavali
- Khagendramani Darpana

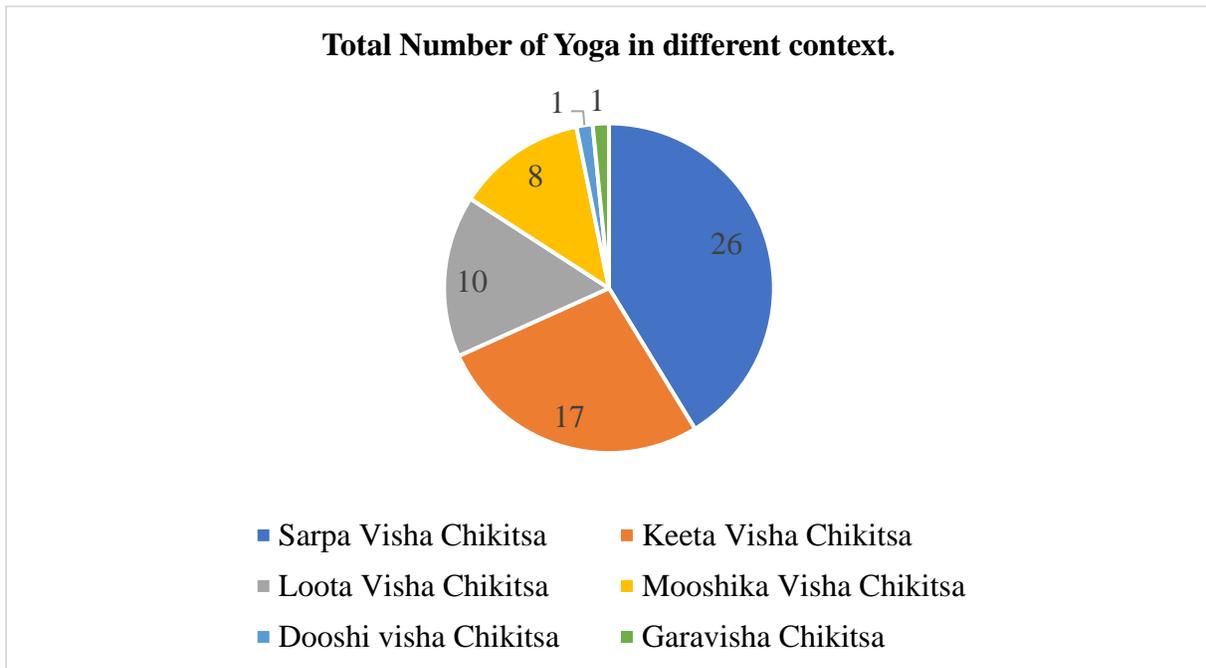
After reviewing the literature, 13 Yoga in Caraka Samhita, 12 Yoga in Sushruta Samhita, 15 Yoga in Ashtanga Hrudaya, 42 Yoga in Ashtanga Sangraha, 10 Yoga in Vangasena Samhita, 3 Yoga in Bhaishajya Ratnavali and 16 Yoga in Khagendramani Darpana are explained under Visha Chikitsa which have Tagara as a constituent. Among which nearly 26 are in Sarpa Visha Chikitsa, 17 are in Keeta Visha Chikitsa, 10 are in Loota Visha Chikitsa, 8 are in Mooshika Visha Chikitsa, 1 each in Dooshi and Gara Visha Chikitsa and other Yoga with general indications of all Vishaktata have been mentioned. Among 10 different kinds of literature reviewed, 40 synonyms were obtained and 10 were derived from the Vishagna property of Tagara viz., Tagara, Bhurja, Barhista, Barhana, Mangala, Kanja, Aparā, Kshattra, Pindi Tagara, Tagarapadika. Tagara/ Pinditagara/ Tagarapadika - that which destroys Garavisha (inanimate poisoning), Bhurja - that which

acts as Rakshadravya, Barhishta/Barhana – barha refers to Agni, which corrects the Agni in cases of Garavisha, Mangala – which is auspicious used in Homa etc., purifies environment, Kanja – due to its action as Amrutha, Kshattra – which is useful in treating injuries.

Tagara acts at both macro and micro levels, by denaturing the toxins and neutralizing them from a cellular level which helps in excretion from the body²². The Tikta Rasa of the drug acts as Vishagna⁵, and the Ushna Veerya acts as Vatashamaka. The phenolic compounds and flavonoids present in the Tagara help in chelating the heavy metal molecules, thus reducing oxidative stress²². Previous studies indicated that the roots and rhizomes are highly aromatic and contain valerenic acid that has been shown to inhibit the breakdown of neurotransmitter gamma-aminobutyric acid (GABA) that results in sedation²³. Another study has concluded that valeriana reduced both ethanol

dependence and withdrawal in a GABA_A-dependent

manner showing promising anti-addictive potential.²⁴



CONCLUSION

Today's era of developing industrialization has exposed humans to far-flung varieties of toxins, which further is the basis for causing a wide range of diseases. *Tagara* is one such drug that is explored traditionally, ethnobotanically and therapeutically for its medicinal properties. It is being used extensively in the treatment of *Manovashrotovikara* (mental disorders), *Visha Roga* (poisonous conditions), *Bhoota Roga* (psychological disorders), and *Shiro-akshi-roga* (diseases related to head, eyes etc). In *Visha Chikitsa*, it is majorly used in treating *Jangama Visha* (Animate poisons), *Dooshi* and *Gara Visha* (inanimate poisons). In many folklore practices, it is used as an antidote for the treatment of *Sarpa Visha* (Venomous snake bites) and *Samanya Visha Roga* (toxic conditions). Further detailed research work has to be carried out for single-drug therapy in poisonous conditions.

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