

REVIEW ON *LOOTHA DAMSHA LAKSHANA* AND MANAGEMENT W.S.R. TO *PRAYOGA SAMUCCHAYAM*

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ABSTRACT

Introduction: *Agadatantra* is a branch in *Ayurveda* that deals with the management of various *Visha* Conditions. *Lootha visha* is one among the *Jangama Visha* which needs proper management at time. Various traditional practices have been followed by *Visha Vaidyas* and many of them are documented in regional languages. This article explains about the treatment aspects in *Lootha Visha* in a traditional *Visha Vaidya Grantham* named *Prayoga samucchayam* which is written in the language Malayalam. **Materials & Methods:** Here is an attempt made to translate and review about the *Lakshanas* and *Chikitsa* mentioned for *Lootha Damsa* in *Prayoga samucchayam*. Results: All the treatment modalities and formulations have reviewed in detail.

KEYWORDS: *Agada, Visha, Lootha damsas, Yogas.*

INTRODUCTION

Agadatantra, one among the eight branches of *Ayurveda* is a subject that has persistently maintained its necessity, relevance and application from its ancient development to present day.^[1] *Sthavara, Jangama, Gara* as well as *Dushi Visha* has been well explained in all our classics. Apart from the *Brihat trayis* various books in other regional languages explain about the practical knowledge of treatment of the same from the experiences of *Visha Vaidyas*.

Kerala has a rich heritage in the treatment of *Agadatantra*. *Kriya kaumudi, Prayoga samuchayam, Kodasseri margom, Visha Jyotsnika* etc are the books written in Malayalam

language which widely describes about the *Lakshans* and *Chikitsa* of various types of *Visha* conditions. The traditional *Vaidyas* who developed their own way of treatment methods were totally depended on their practical experience which makes these traditional books more logical in the present era.^[2] *Prayoga samuchaya*, a text book of *Vishachikitsa* by “Sri Kocchunni Thamburan” from Cochin dynasty, who himself was a reputed Toxicologist.^[3] This book was written in Malayalam language, which is a compilation work of *Ayurveda Samhithas* and mentioned his own experience in the treatment. It contains many simple and practically feasible formulations which can be easily prepared and used for managing various *Visha* conditions. The entire book is divided into eleven chapters which describes about various types of *Visha* and its management in detail. *Lutha Visha Lakshana* and *Chikitsa* with various *Yogas* have been described in eighth chapter.^[4] Day to day changes of the lesion for 7 days and the corresponding treatment has been explained along with management for tumorous skin growths. In this article an attempt is made to throw light on details regarding *Lootha Damsa Lakshana* and *Chikitsa* mentioned in *Prayoga Samuchaya*. Though the book is written in Malayalam language and regional names of drugs have been used, it finds difficulty in practioners as well as researches to explore this book. In this article an attempt is made to throw light on details regarding *Lootha Damsa Lakshana* and *Chikitsa* mentioned in *Prayoga samuchayam*.

AIMS AND OBJECTIVES

To review the *Lootha Damsha Lakshana* and *Chikitsa* mentioned in *Prayoga samuchaya*.

MATERIALS AND METHODS

This literary review was done by referring the traditional *Visha Vaidya* book named *Prayogasamuchaya*. All the matter mentioned in *Lootha Visha Prakara* has analysed and compiled.

REVIEW OF LITERATURE

LUTHA VISHA

Lakshana and *Chikitsa* for twenty types of *Lutha* have been mentioned in *Prayogasamuchayaya*.^[4] Besides these, four varieties of *Lutha* had been described as *Asadhya*. *Swasa*, *Damshtra*, *Sukla*, *Mala*, *Mootra*, *Arthava*, *Nakha*, and *Lala* are the eight *Visha adhistanas* for *lutha*. Among the *Adishtanas* *Lala* is said to be more fatal. *Lutha visha* is said to be more potent than *Vrischika visha*.^[4]

There is difference in opinion regarding the number of *Lutha* as sixteen, twenty eight etc. Based on *Dosha* involved, *Eka Doshaja Lutha Visha* is considered as *Krichrasadya* and *Samsargaja* is said to be *Yapya*.^[5]

LAKSHANA DUE TO PITTA PRADANA DOSHA^[5]

Daha, Moha, Jwara, Roma Harsha, Peetha Aruna Srava and *Damsha Stana* will appear like *Draksha Phala*.

LAKSHANA DUE TO KAPHA PRADHANA DOSHA

Katina Sopha, Pandu Varna, Damsha Stana appears as *Kharjura Phala, Sheeta Jwara, Kasa, Kandu* and *Nidra*.

LAKSHANA DUE TO VATA PRADHANA DOSHA

Parusha Sopha, Sandhi Bheda, Jwara, Krishna Varna.

ASADHYA LAKSHANA

Moha, Hikka, Swasa, Shirograha, Sweta Peeta Rakta Asita Pitaka, Swayathu, Vepathu, Chardi, Daha, Aandhyam, Syavatha in Nakha Mukha Oshta, Vakranasa, Sravathi Sonitham and Pakva Jambuvana Samam.

BASED ON VISHA

Teekshna, Madhyama, Manda visha which will be fatal after 15, 10 and 7 days respectively without treatment.

SAMANYA LAKSHANA

Similar to *Dadru and Kushta*, *Vrana* will be in *Swetha, Syava, Aruna Varna, Mridu*. There will be blackish or bluish discolouration in the middle part and resembling as a network formation in its edges. It will be fast spreading with burning sensation, severe pain, and fever. It undergoes quick ripening with exudation, sloughing, and there will be development of ulcers at the site of contact.

DAYWISE SYMPTOMS AND MANAGMENT^[6]

DAY	SYMPTOMS	MANAGMENT
1	<i>Kandu, Karshnya, Angasada</i>	<i>Raktamokshana</i> , followed by <i>Lepana</i> with <i>Haridra</i> and <i>Tulasi</i> .
2	<i>Sopha, vaivarnya, Kandu, Romaharsha, Kampa</i> .	<i>Pana</i> with <i>Tulasimoola Kalka</i> in milk

3	<i>Jwara, Romaharsha, Daha, Vruna appears like a Sarava, Ruja</i>	<i>Pana and Lepa with Yashti, Chandana, Usheera</i>
4	<i>Sopha, Kampa, Moha, Jwara</i>	<i>Lepa with Shireesha Moola and Neeli Moola with Shireesha Swarasa.</i>
5	<i>Gatrasada, Jihwa sosha</i>	<i>Pana with Tanduliyaka kalka in milk</i>
6	<i>Jwara, Moha, Shiro ruja, Taalu sula.</i>	<i>Pana with kalka of Usheera, Neeli moola, Asana mixed with milk</i>
7	<i>Trishna, Daha, Murcha, Marana</i>	<i>Nasya and Anjana with Vishahara Dravyas.</i>

GENERAL MANAGMENT

1. *Chedana*
2. *Dahana karma* except in *Pitha* predominant cases.
3. *Lepana* with *Agada yoga* mixed with *Saindhava* and *Madhu*.
4. *Seka / Dhara* - *Naalparamara kashaya*

SPECIFIC MANAGEMENT

1. LEPA AND DHARA

- *Aswatha*^[7] (*Ficus religiosa*, *Moraceae*)
- *Vibhitaki* (*Terminalia bellirica*, *Combretaceae*)
- *Sleshmataka*^[8] (*Cordia dichotoma*, *Boraginaceae*)

2. PANA AND NASYA

- *Palandu* (*Allium cepa*, *Amaryllidaceae*)
- *Haridra* (*Curcuma longa*, *Zingiberaceae*)
- *Vaca* (*Acorus calamus*, *Araceae*)
- *Hingu* (*Ferula asafoetida*, *Apiaceae*)

With equal part of *Sunti* by *Bhavana* in *Gomutra*

3. LEPA AND PANA AFTER RAKTA MOKSHANA

- *Haridra* (*Curcuma longa*, *Zingiberaceae*)
- *Tulasi* (*Ocimum tenyiflorum*, *Laminaceae*)

4. VRANA ROPANA

- *Hingu* with *Nagavalli*^[9] *swarasa* (*Piper betle*) ticturated in copper vessel

5. PANA AND LEPA

- *Sirisha* (*Albizia lebbbeck*, *Mimosaceae*)

- Nilini^[10] (*Indigofera tinctoria*, *Fabaceae*)
- Swarasa of Nilini and Sirisha with their Swarasa.
- Tanduliya^[11] (*Amaranthus spinosus*, *Amaranthaceae*)

Chandana (*Santalum album*, *Santalaceae*) with ksheera

- Kushta (*Saussurea lappa*, *Asteraceae*) Usheera (*Vetiveria zizanioides*), Nilini moola (*Indigofera tinctoria*, *Fabaceae*), Chandana (*Santalum album*, *Santalaceae*)

6. DHARA AND PANA

- Sariva (*Hemidesmus indicus*, *Asclepiadaceae*)
- Nilini (*Indigofera tinctoria*, *Fabaceae*)

7. ANJANA AND NASYA

- Karavella Patra^[12] (*Momordica charantia*, *Cucurbitaceae*)
- Tulasi patra. (*Osimum santum*, *Laminacea*)

8. SPECIFIC AGADA YOGAS

❖ Padmaka Agada

Drug	Botanical Name	Family
Priyangu	<i>Callicarpa macrophylla</i>	<i>Lamiaceae</i>
Haridra	<i>Cucuma longa</i>	<i>Zingiberaceae</i>
Madhu	<i>Apis cerena</i> ^[13]	<i>Apidae</i>
Ghritha		

❖ Panchakam Agada (for Lootha and Keeta visha)

Drug	Botanical Name	Family
Manjishta	<i>Rubia cordifolia</i>	<i>Rubiaceae</i>
Patrangah ^[14]	<i>Caesalpinia sappan</i> Linn	<i>Caesalpinaceae</i>
Haridra	<i>Curcuma longa</i>	<i>Zingiberaceae</i>
Daruharidra	<i>Berberis aristata</i>	<i>Berberidaceae</i>
Priyangu ^[15]	<i>Callicarpa macrophylla</i>	<i>Lamiaceae</i>
Chakramarda ^[16]	<i>Cassia tora</i>	<i>Caesalpinaceae</i>
Madhu and Ghrita		

❖ Mandara Yoga

Drug	Botanical Name	Family
Daruharidra	<i>Berberis aristata</i>	<i>Berberidaceae</i>
Apamarga	<i>Achyranthes aspera</i>	<i>Amaranthaceae</i>
Chakramarda	<i>Cassia tora</i>	<i>Caesalpinaceae</i>
Mayurashikha ^[17]	<i>Actinopteris dichotoma</i>	<i>Polypodiaceae</i>
Maricha	<i>Piper nigrum</i>	<i>Piperaceae</i>
Manayola ^[18]	<i>Arsenic disulphide</i>	

<i>Yashti madhu</i>	<i>Glycyrrhiza glabra</i>	<i>Fabaceae</i>
<i>Kushtam</i>	<i>Saussurea lappa</i>	<i>Asteraceae</i>
<i>Ela</i>	<i>Elettaria cardamomum</i>	<i>Zingiberaceae</i>
<i>Ghrita and madhu</i>		

Gairika is added in this formulation.

❖ *Gandha Mandara Agada*

Drug	Botanical Name	Family
<i>Lodra</i>	<i>Symplocos racemosa</i>	<i>Symplocaceae</i>
<i>Tagara</i>	<i>Valleiana wallichii</i>	<i>Valerianaceae</i>
<i>Patha</i>	<i>Cyclea peltata</i>	<i>Menispermaceae</i>
<i>Tamalapatra</i> ^[19]	<i>Cinnamomum tamala</i>	<i>Lauraceae</i>
<i>Ela</i>	<i>Elettaria cardamomum</i>	<i>Zingiberaceae</i>
<i>Syonaka</i>	<i>Oroxylum indicum</i>	<i>Bignoniaceae</i>

VISARPA DUE TO LOOTHA VISHA

1. *Dhara* done with *Ghrita* prepared out of *Kasaya* prepared out of *Palandu* (*Allium cepa*, *Liliaceae*), *Tulasi* (*Ocimum tenyiflorum*, *Lamiaceae*), *Aswaganda* as *Drava Dravya* and *Kalka* of *Sunti*, *Maricha*, *Pippali*, *Aswaganda*, *Lasuna*.
2. *Tulasi Patra Kasaya* and above mentioned drugs as *Kalka Dravya*.

SODHANA FOR TEEKSHNA VISHA

VAMANA

1. *Paana* with *Yashtimadhu*, *Madanaphala*, *Mahakoshataki*^[20] (*Luffa cylindrical*, *Cucurbitaceae*), *Ankola moola* (*Alangium salvifolium*, *Alangiaceae*) *Nirgundi moola* with *Tandulodakam*.
2. *Paana* with *Twak*, *patra*, *moola* and *beeja* of *Sirisha* (*Albizia lebbek*, *Mimosaceae*) with *Ankola* (*Alangium salvifolium*, *Alangiaceae*) in *Tandulodaka*.

VIRECHANA

1. *Paana* with *Trivrit* (*Operculina turpethum*, *Convolvulaceae*), *Bhumicampaka*^[21] (*Kaempferia rotunda*, *Zingiberaceae*), *Kusta*.

TREATMENT FOR KARNIKA (Eruptions)

After subsiding *Daha* and *Sopha*, *Lepana* with below drugs along with *Mastu* is mentioned.

Drug	Botanical Name	Family
<i>Patranga pushpa</i> ^[22]	<i>Caesalpinia sappan</i>	<i>Caesalpinaceae</i>
<i>Karutakah moola</i> ^[23]	<i>Pergularia daemia</i>	<i>Asclepiadaceae</i>
<i>Vamsha</i> ^[24]	<i>Bambusa arundinacea</i>	<i>Bambusaceae</i>
<i>Kushta</i>	<i>Saussurea lappa</i>	<i>Asteraceae</i>

<i>Nagadanti</i>	<i>Baliospermum montanum</i>	<i>Euphorbiaceae</i>
<i>Tiktaalabu</i> ^[25]	<i>Lagenaria siceraria</i>	<i>Cucurbitaceae</i>
<i>Maha koshataki</i>	<i>Luffa cylindrical</i>	<i>Cucurbitaceae</i>
<i>Saindhava</i>		

DISCUSSION

Lootha Damsha is one among the *Jangama visha* where *Visha* enters the body by *Damsha* of *Lootha* or with contact of its *Sukra*, *Mootra* etc. In the manifestation of symptoms various eruptions along with severe pain, burning sensation, and fever will be present. Blisters are formed which are exudating in nature and spreads to different body parts by the contact. This condition can be considered as a *Pitta* predominant one. It is observed that the symptoms does not manifest for half day after *Lootha Damsha*. Numerous *Paana*, *Lepa*, *Dhara*, *Anjana* and *Nasya yogas* have been mentioned in this book in detail. In addition to that specific formulations are also explained. *Neelidaladi ghritham* and *Lodhra sevyadi agada* are practically using formulations in *Lootha Visha Chikitsa* in the present scenario. Various researches have been done on the above mentioned two *Yogas* and its therapeutic efficacy has been proven. The ingredients as well as preparation are not included in this article to avoid repetition of the same.

CONCLUSION

Prayoga samuchayam is a compiled book that contains creams of various toxicology books, samhithas as well as practical experiences of the writer in the field of his practical experiences in treatment. This gives a guidelines for the treatment in *Vishaja* condition from the baseline. Since the book is in Regional language, Malayalam many of the practioners as well as people in the field of research find it difficult to approach. This article tried to review all the details about *Lootha Visha Chikitsa* mentioned in Prayoga amuchayam. There is a need of further research on the formulations given in the literature in clinical level.

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