

## AYURVEDIC MANAGEMENT OF LOOTA VISHA- A CASE STUDY WITH LITERATURE REVIEW

Dr. Pooja Prasad\*<sup>1</sup> and Dr. Santosh Kumar Vishwakarma<sup>2</sup>

<sup>1</sup>PG scholar, Dept. Agad Tantra evam Vidhi Vaidhak, Government Ayurvedic Medical College, Patna.

<sup>2</sup>Assistant Professor, Dept. Agad Tantra evam Vidhi Vaidhak, Government Ayurvedic Medical College, Patna.

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### \*Corresponding Author

Dr. Pooja Prasad

PG Scholar, Dept. Agad  
Tantra evam Vidhi Vaidhak,  
Government Ayurvedic  
Medical College, Patna.

### ABSTRACT

Bites are common in some parts of the world, they are uncommon in India, and fatalities from such bites are uncommon. Notably, although most spider species have venom, only a small proportion of them pose a serious threat to human life. The two forms of spider venom are neurotoxic and cytotoxic. A few species, such as the brown recluse or violin spider and the black widow or hourglass spider (both of which are cytotoxic), generate powerful venom that primarily affects peripheral nerve endings or the myoneural junction, frequently resulting in ascending motor paralysis or damage to these nerve ends. It's critical to emphasize that subsequent illnesses, not the venom itself, frequently cause mortality in such situations. Toxins are divided into

two groups in the world of Ayurveda: *Sthavar* (originating from plants) and *Jangam* (originating from animals), which includes things like snakes, spiders, scorpions, and insects. The causes, signs, forms of poisoning, and methods of treatment for *Loota Visha* are all covered in great detail in our traditional works. A male patient recently complained of vesicular lesions in the axillary region and a discharge that persisted for two days when he visited our outpatient department (OPD). The patient was treated using the principles of *Agadatantra*, which include techniques like *Vishaghna* (countering poisons) and *Kusthaghna* (treating skin ailments), and the results were spectacular, with the symptoms disappearing in a remarkably short amount of time.

**KEYWORDS:** *Loota, Visha, Spiders, Ayurveda.*

## INTRODUCTION

A spider bite may result in localized tissue damage and ulceration at the biting site, which may later spread elsewhere. Muscles in the back, shoulder, thighs, legs, arms, and face eventually become involved, along with immediate severe pain, swelling, and tremors. The systemic symptoms include nausea, vomiting, cramping in the abdomen, trouble breathing, hypertension, tachycardia, restlessness, irritability, perspiration, and swollen eyelids. Muscle spasms, intravascular hemolysis, abrupt renal failure, and neurotoxicity are complications. According to *Acharya Sushruta*, *Vasishta Maharshi's* forehead sweat, which dropped to the ground, is the source of origin of *Loota*.<sup>[1]</sup> *Acharyas* also described a variety of *Loota*, including *Acharya Sushruta*, *Astanga Hrudaya* said 16,28,1000, and untold numbers.<sup>[2]</sup> *Acharya Sushruta* also indicated a death period of 7, 10, and 15 days for severe, moderate, and mild poisoning, respectively, based on the effects of the poison.<sup>[3]</sup> Their bites, faeces, urine, semen, saliva, nails, menstrual blood, and breath all release venom. When items like clothes or other items become polluted with spider secretions, which can also cause contact poisoning.<sup>[4]</sup>

Swelling similar to an urticaria that may be pale, black, red, yellow, or greyish, soft, raised, and black or blue in the center are some general symptoms of poisoning. Fine vesicles are erupting all over the place, giving it a sieve-like look. Along with various kinds of discomfort and fever, there will be swelling that is spreading in nature. The deeper tissues shed as a result of exudation, putrefaction, and tissue death that results from the bite wound. *Loota* is *Pittakaphadhika's Dosha Avastha Vishaja Agneya loota*. Burning, thirst, fever, hallucinations, high temperature, vesicles, exudation of a reddish and yellow colour, and swelling resembling a grapefruit are all side effects of laxatives. Hard, pale swellings called *Kaphaja loota Vishaja Laxanas*, as well as increased sleep, rigors, fever, coughing, and intense itching, are symptoms. *Vagbhata* classified *Loota* as a *Keeta* since it has some characteristics with the *Keeta Visha*.

Numerous treatments were described, including local ones like *Chedana*, application of heat, collyrium, massage, application of paste, medicated liquid for drinking and pouring over the spot, medicated fumes, bloodletting, and *Shodhana*, which involved vomiting, purgation, nasal drops, etc.

## CASE REPORT

A 19-year-old male patient native to Patna district of Bihar state working reported with complaints of pustular lesions marked with redness on armpit in the last 2 days visited at the Government Ayurvedic Hospital Patna OPD on 7.07.2023, Central Registration No-984 and Department Registration number as '82423A42798'. Patient was not diabetic and normotensive.

Appetite- Moderate, (Burning Sensation after meal)

Bowel- good

Sleep- good

### History of previous illness

N/A

### Investigations

N/A

### Diagnosis

- **Site-** Right side of armpit.
- **Symmetry-**Asymmetrical
- **Color-**Reddish Black
- **Margin-**Elevated
- **Discharge-**Clear Watery
- **Scaling-**Absent
- **Crusting-**Present
- **Tenderness-**Mild

Based on history and clinical presentation this case is diagnosed as *Loota Visha*.

### Treatment option in modern medicine<sup>[5]</sup>

- Gently cleanse the wound using mild soap and water, then apply antibiotic ointment thrice daily to ward off infections.
- Place a cold compress over the bite for 15 minutes every hour. Employ a clean, water-dampened cloth or ice-filled pouch for pain and swelling reduction.
- Elevate the impacted area.

- Use over-the-counter pain relievers as required.
- Address itchiness with antihistamines like diphenhydramine (Benadryl) or cetirizine (Zyrtec).
- Monitor the bite for deterioration or infection. Antibiotics might be necessary if it transforms into an open wound or becomes infected.
- To manage pain and muscle spasms pain relievers, muscle relaxants, and administer a tetanus shot if needed.

### Ayurvedic intervention attempted at Government Ayurvedic College Patna, India as follows

The patient was considered as the case of '*Vidagdhajirna Janya Twak Vikara*' and subjected to internal medicines.

#### Internal medicines

<i>Bilwadi Gutika</i>	1*2
<i>Annakam Vati</i>	3-0-3-0
<i>Bactimo Capsule</i>	2*2
<i>Bactimo Ointment</i>	Local application
<i>Kaishor Guggulu</i>	2*2
<i>Arogyavardhini Vati</i>	2*2
<i>Dasanga Agad</i>	1*2

#### Pathya and Apathya

- Patient was advised to intake moong dal on her diet. Preferably three times a day along with *Rice*/or in the form of *Khichdi*.
- Vegetables to be avoided- *Bhindi*, *Cabbage*, *Radish*, *Potato*, *Jackfruit*, *Arui* (*Arbi*).
- Vegetables preferred- *Parwal*, *Sahjan*, *Torai*, *Lauki*, *Karela*, *Kankoda* (spiny gourd).
- Dairy products and Non- Veg to be avoided.

### RESULTS

On 14-07-2023 (nearly 1 week of treatment), patient comes up with results showing that his lesion on armpit has improved.

- **Color**- Blackish
- **Margin**-Reduced
- **Discharge**-Dried
- **Scaling**-Absent

- **Crusting**-Present
- **Tenderness**-Absent

**Before****After**

## DISCUSSION

*Bilwadi Gutika* serve as a *Vishaghna*, *Krimighna*, and *Rakshoghna*. *Tikshna*, *Ushna*, and mild *Ruksha Guna* make up all of the constituents. It is *Vatakaphahara*, according to *Shoshana* of *Srava*. It is indicated in various conditions such as *Bhujanga Visha* (snake bite), *Luta Visha* (spider poison), *Unduru Visha* (rat bite), *Vrischika Visha* (scorpion sting), *Visuchika* (food poisoning with pain / Cholera), *Ajirna* (indigestion), *Gara Visha* (artificial poison), *Jwara* (fever) & it has also got *Bhutaghna* properties (antimicrobial, antiviral).<sup>[6]</sup>

*Annakam vati* is composed with *Indrayava*, *Shunthi* and *Erand Bhrusta Haritaki*- Facilitates *Saam Pitta*, *Vidagdhajirna* and given majorly as *Pitta Vikara Pratirodhak* in *Paittik Samuthan Bhedan Vikara*.

*Kaishor guggulu* has been therapeutically used in inflammatory ailments, wounds, abdominal disorders, and indigestion. It aids in enhancing gastrointestinal health, expelling toxins, and promoting the well-being of the stomach and intestines.<sup>[7]</sup>

*Arogyavardhini vati*-It is named for its components "*Arogya*" meaning well-being and "*Vardhini*" meaning enhancement, is an Ayurvedic formulation aimed at promoting holistic wellness. This remedy is alternatively referred to as "*Sarvarog Prashmani*," denoting its potential to address a wide range of ailments and contribute to overall health improvement.

The extensive utilization of *Arogyavardhini Vati* extends to addressing skin issues, attributed to its ability to balance *Pitta dosha* in the body.<sup>[8]</sup>

*Dashanga Agada/Dashanga Gutika* is an ayurvedic medicinal preparation in the form of a pill. It is used in treating insect bite (*keeta visha*) majorly in "*Sarva Keeta Visha*" counters all insect bites effectively, showcasing its remarkable ability to alleviate the effects of various insect stings and bites.<sup>[9]</sup>

## CONCLUSION

Given that the aforementioned medications possess the capacity to alleviate the indications of *Loota Visha* is, noticeable reduction in symptoms such as swelling (*sotha*), the alteration of color to reddish-black hue, and slight tenderness around the impacted area has been achieved through the administration of the mentioned drugs.

It has been established that spiders can induce contact poisoning as well, typically displaying vesicular eruptions. According to Ayurvedic principles, *Loota Visha* is more frequently triggered by interaction with bodily fluids, often exhibiting a connection with *Pitta*-dominant *Dosha*. However, in this particular instance, the individual manifested with an amalgamation of *Pitta-Kapha* dominance. They were managed using therapeutic compositions aimed at rectifying the *Pitta-Kapha* imbalance, and since it was a case of toxin (*Visha*) involvement, *Vishaghna*-type remedies were also administered, yielding remarkably positive outcomes.

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