



# A CASE REVIEW ON *LOOTHAVISHA* W.S.R *NEELITHULASYADHI KASHAYAM* AND *SLESHMATAKATWAK PARISHEKAM*

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## Abstract

*Agadatantra* deals with all types of *Visha*, its properties, actions, signs and symptoms and *Visha upakramas* in Ayurvedic and contemporary views. The basic categorization of *Visha* being *Kritrima* and *Akritrima* is further been elaborated to be *Sthavara*, *Jangama* in *akritrimavisha* and *Garavisha* in *kritrimavisha*. *Lootha* falls under *Jangama visha* and is said to be *dreadful* and needs meticulous *chikitsa* to attain *Vishamukta lakshanas*. *Lootha*, a *pittakaphapradhana visha* shows numerous symptoms related to doshik dominancy and is hemotoxic in nature. Such symptoms are treated in this study by internal administration of *Neelithulasyadhi kashayam* along with external *Parishekam* by *Sleshmatakatawak kashayam*.

**Keywords:** *loothavisha*, *Neelithulasyadhi kashayam*, *Sleshmatakatawak*, *pittakapha*, *hemotoxic*

## I. Introduction

Among all the *Keetavishas*, *lootha* is said to be *ghoratama* i.e. *dreadful*. *Lootha* is a *tridoshajanya visha* with predominance of *Pittakaphadosha*<sup>1</sup>. Hence in *lootha chikitsa* medications pacifying *Pitta &Kapha* which doesn't increase *vataadosha* must be adopted. *Lootha* or spider poisoning is very common and it mainly affects the areas located above *Naabhipradesha* or the umbilicus<sup>2</sup>. Most of the patients come with the symptoms in areas like face, lower arm and upper body parts. *Loothavisha* shows symptoms like *dadru*, *mandala* with *pitta prakopa lakshanas* like *jwara*, *daaha*, *paaka* and the chances of suppuration if left untreated in initial phase itself is also been referred by *Acharyas* like *Damshakotha*, *damsha paaka*, *damshaavatarana* etc. Along with *Pitta kaphapradhana* symptoms too are seen like *kandu*, *kledatva*, *sopha* which is *mandaruj* and soft to touch. The *kledatva* in *lootha* plays a vital role in spread of the disease to many areas. The *loothavisha* gets spreaded to the areas wherever this *kledatva* comes in contact with. Henceforth *Loothavisha* must be treated cautiously and meticulously to get a complete recovery. *Paanam* and *Parishekam* are the methods of *visha chikitsa* mentioned by *Acharya Charaka* under 24 *upakramas* of *Visha* in *Chikitsasthana Vishachikitseeyam* chapter<sup>3</sup>. *Paanam* is internal intake of medicated liquids and *parishekam* is the form of continuous pouring of medicated liquids at the bite site for about 20-30minutes. The tradition of *visha chikitsa* has been widely practiced among *keraleeya visha vaidyas* & they contributed many literatures which were explained different treatment modalities and formulations. *Kriyakoumudi* written by shri V.M. Kuttikrishnamenon, *Prayogasamucchayam* written by Shri Kochunni tamburan and *visha jyotsnika* by shri Karattu Nambootiri, are few examples for such renowned text which are widely followed in *Agadatantra* clinical practices of Kerala.

## II. Conceptual view of *Neelithulasyadhi Kashayam* and *Sleshmatakatawak*

### a) *Neelithulasyadhi kashayam*<sup>4,5,6</sup>:

Classical reference of this formulation is mentioned in the *ashtama paricheda* "*Lootha visha samanya chikitsa*" chapter of *Prayogasamucchaya* written by Kochunni Tamburan. In this text it is given as *Neelithulasyadi ghrita* (ghee) and *Neelithulasyadi kera taila* (oil). In "*Keetadhivishaprakaranam*" chapter of *Kriyakoumudi* written by V.M. Kuttikrishnamenon, it is given as *Neelidaladi ghritam* and *Vishajyotsnika* by Karattu Nambootiri the formulation is explained as *Neelidaladhi ghritam*.

### b) *Sleshmatakatawak*:

*C. dichotoma* is commonly found in tropical and subtropical regions. It grows in the sub-Himalayan tract and outer ranges, ascending up to about 1500 m elevation. It is found in divers of forests ranging from the dry deciduous forests of Rajasthan to the moist deciduous forests of Western Ghats in India and tidal forests in Myanmar. In Maharashtra, it grows in moist monsoon forest. It does not grow gregariously, but is found growing singly in moist shady ravines and valleys. The species is widespread in the Philippines and found in thickets and secondary forests at low and medium altitudes<sup>7</sup>.

C dichotoma is highly potent plant being used traditionally for various human ailments. Its therapeutic properties may be due to the presence of varied range of compounds isolated from this plant including but not limited to apigenin, cordioic acid, quercetin, linolenic acid, rutin, hesperidin, arabinose, caffeic acid, robinin and arabino glucan. This plant also contains carbohydrates, proteins, tannins, saponins, amino acids, steroids, glycosides and phenolic compounds. Owing to the presence of multiple useful compounds and its multifaceted uses C. dichotoma attain a lot of medicinal importance. It is scientifically proven by various researchers to possess activities like antidiabetic, antiatherosclerotic, antihypertensive, antilipidemic, wound healing, antifungal, antimicrobial, analgesic, anticancer, anti-inflammatory, antipyretic, antioxidant, antiviral, gastroprotective, antiulcer, anthelmintic and hepatoprotective activity.

### Chemical Constituents of Sleshmataka<sup>8</sup>

The phytochemical constituents isolated so far from the plant C. dichotoma are given below – } Bark: Allantoin,  $\beta$ -sitosterol and 3', 5-dihydroxy-4'- methoxy flavanone-7-O- $\alpha$ -L- rhamnopyranoside, apigenin. Fruits and leaves: Presence of pyrrolizidine alkaloids, coumarins, flavonoids, saponins, terpenes and sterols. Fruit: Arabinoglucan, D-glucose (67.6%) and L-arabinose (13.2%).

### Ayurvedic Properties of Sleshmatakatwak<sup>9</sup>

Rasa: Madhura, Katu, Tikta, Kashaya

Guna: Rooksha

Veerya: Sheeta

Vipaka: Katu

Karma: Kapha-pittahara

### **III. Case report:**

A lady patient of age 42years walked into the OPD with complains of itching with minute eruptions and discoloration in her cheeks and facial area beneath the right ears since 2days. The patient was asymptomatic and observed the symptoms increasing with time. No history pertaining to the symptoms has been found out but she explained she felt discomfort after wiping her face with a towel, so washed the face again and left it unconsidered. Patient is non-diabetic, non-hypertensive and no such lifestyle disorders noted. Her menstrual cycle is quite normal with respect to her age and no hormonal imbalance been significantly observed. On examination no rashes been noticed in any other body parts. By considering all the facts observed on examination and as the symptoms are localised much importance was given to bites and stings

### **IV. Diagnosis:**

Lootha Damsha

### **V. Treatment methodology**

- Neelithulasyadhi Kashaya Paanam* - 15ml *kashayam* with 60ml luke warm water to be taken orally twice daily an hour before the food.
- Sleshmatakatwak Kashaya Parishekam* – *Sleshmatakatwak* is taken and made into *kashayam* form by boiling it in water. After cooling, the *kashayam* must be taken to pour at bite site for around 20-30 minutes continuously, meticulously and in same flow. This is advised to be done 3-4 times a day.

### **VI. Result**

The patient got 50% relieved from the symptoms after 3days course of treatment itself, and advised to continue the medicine thereafter for a week more to rule out the chances of *Dooshivisha* later on. The patient was completely relieved from the symptoms after complete 10days treatment.

### **VII. Discussion**

*Lootha visha* is *tridoshajanya* but *pitta-kapha pradhana visha*. It is in spider poisoning the symptoms starts appearing after few hours to a day after bite. As per modern concept spider poisoning is hemotoxic in nature. The symptoms more looked like a *pittapradhana damsha* as discoloration in this case was more of red in colour with localised rise in temperature on examination. Itching is also prevailing so *kapha dosha* involvement is checked and the formation of pustules, blisters are taken into thoughts. Henceforth the medication that are sheeta in nature are adopted. Internally *Neelithulasyadhi kashayam* twice a day prior food and externally *Sleshmatakatwak Parishekam muhurmu* has been suggested.

*Rasa* (taste) 36% of drugs have *tikta* (bitter) - *katu* (pungent) *rasa*, 11% *kashaya* (astringent) *rasa* that contributes to pacification of *kaphaja* condition. 14% *madhura* (sweet) *rasa*, 3% have *lavana* (salt) *rasa* which pacifies *vata* dosha.

Acknowledging *gunas* (properties) 38% drugs have *laghu* (lightness) *guna* and 21% have *ruksha guna* (roughness) which facilitates easy spreading of medicine. 21% *snigha* and 10% drugs have *guru guna* which pacifies *vataja* condition and 10% drugs have *tikshna guna*. Dealing with *veerya* (potency) 72% drugs have *sheeta* (cold) *guna* it pacifies the deteriorating nature of *visha* (poison). And 28% drugs have *ushna* (hot) *veerya* act as *kaphavata shamaka* (pacifies *kapha* and *vata*). Scrutinizing the *vipaka* (post digestive taste) 64 % have *madhura* (sweet) *vipaka* pacifies *vata* and 36 % have *katu* (pungent) *vipaka*, pacifies *kapha*. Considering *karma* (action) 29% drugs have *kushtagna* (pacifies skin problems), 26% drugs have *vedanasthapana* (reduces pain), 14% drugs have *vishagna* (anti-toxic), 7% drugs have *raktaprasadana* (purifies blood) and *vranasodhana* (purifies blood) properties.

### VIII. Conclusion

*Lootha*, the hemotoxic, *pittakapha pradhana damsha* can be easily cured in initial stages if able to diagnose it exactly. *Neelithulasyadhi Kashayam* and *Sleshmatakatawak* together showed better results in few days itself. This is quite a safe drug to opt if systemic involvement is absent. As the symptoms were just popping up in this condition, we could cease the spread of disease with the limited prescribed medicine and the results were miraculous. Follow up medicines can be opted so that it doesn't turn out to be a case of *dooshivisha* in the future.

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