

CHAPTER-23

RELEVANT AGADA YOGAS THAT CAN BE USED FOR SKIN DISEASES w.s.r RAKTAPRADOSHAJA VYADHIS: A REVIEW

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ABSTRACT

20-30% of the population has skin diseases which affect the quality of the life in significant amount. This disease arise's as raktapradoshaja vyadhis and visha is substance that's affects the rakta dhatu first and later affects the whole body. visha also affects the shairika doshas also and they also cause in manifestation of skin disorders. Many agada yogas has been mentioned in the classical text for the treatment of visha and its complications. The same yogas mentioned have both qualities like vishaghna, kushtaghna, vranaya etc. So, we can we can use this yogas in skin diseases that arised as raktapradoshaja vyadi. neelitulasiyadi kashyam and dooshivishari agada are the main yogas that can be used this condition which have better result in treating this disease.

Keywords: skin diseases, raktapradoshaja vyadis, agada yogas, visha, vishaghna, kushtaghna, neelitulasiyadi kashayam, dooshivishari agada.

1. INTRODUCTION

The Agada Tantra is one of the several sections of Ayurveda that addresses toxicity. The largest organ in the body is the skin. Skin illnesses impact 20–30% of the population and significantly lower their quality of life. This illness is caused by raktapradoshaja vyadhis, and visha is a material that initially affects the rakta dhatu before affecting the body as a whole. Skin problems also appear as a result of visha's influence on the shairika doshas. The classical book mentions numerous agada yogas for treating visha and its aftereffects. Both of the previously stated yogas – Vishaghna, Kushtaghna, Pranya, etc. – have these attributes. Thus, we can apply these yogas to treat skin conditions that developed as raktapradoshaja. The primary yogas that are useful in curing these ailments and yield better results are dooshivishari agada and neelitulasiyadi kashyam.

2. LITERATURE REVIEW

2.1 Dooshi Visha

Poisons which constantly vitiates Rasa-Raktadi Dhatu due to the factors like Desha, Kala, Anna, Divasvapa etc is said to be Dushi Visha.^[1] Whenever inanimate, animate or artificial poison doesn't get eliminated from the body because either its old or remains in the body for longer time or whose poisonous potency is reduced due to anti-poisonous drugs is known as Dooshi Visha. Because of its low potency it cannot cause sudden death as it is enveloped by Kapha Dhatu.^[2] Acharya Charaka mentioned symptoms like Rakta Dhatu vitiation, Kitibha, Kotha, Kandu on skin.^[3] Acharya Sushrut mentioned Mandala, Kotha, Asyashopha, Vaivarnya, Kushtha.^[4]

2.2 Gara Visha

It is formed by combination of 2 or more than 2 poisonous or non-poisonous drugs which affects the body by vitiating the Doshas by acting fast or slow. It is mentioned in Samhita that human waste like Sweda, Artava, powder of insects, Virudh Aushadh Bhasma used to produce Gara Visha along with food. Gara Visha Adhithana can be Anna, Pana, Dantakashtha, Kasaya, Nasya, Dhuma, Anulepana, Utsadana, Parisheka, Anjana, Vastram, Shayya, Paduka and dermatological symptoms occur according to Adhishthana.^[5]

2.3 Aamvisha

Viruddh Ahaar, Adhyashan, Ajirna are the causes of Aamvdosha which further leads to Aamvish and its symptoms are Vishaj.^[6] Generally food whose qualities are similar to the qualities of Sharirik Dosha and opposite to Dhatu vitiate Strotas.^[7] and indirectly disturbing Raktavaha Strotas. Viruddh Ahaar, Adhyashana, Ajirna leads to vitiation of Raktadhatu causing Raktapradoshaj Vyadhi.^[8]

2.4 Occupational Hazards

Food service, cosmetology, health care, agriculture, cleaning, painting, mechanics, printing, construction are some of the occupations in which dermatological manifestations can occur. Occupational dermatitis is one of the major health problems with an estimated annual incidence of 1.89 mill/yr. example: pesticide related dermatitis, cement dermatitis, ulceration in industry workers etc.^[9]

2.5 Drug Induced Skin Disorders

There are many drugs which shows skin manifestation such as – Erythematous eruption due to penicillin, anticonvulsant etc. Urticaria due to – NSAIDS, anticancer drugs. Vasculities – NSAIDS, Cephalosporins, sulphonamides, methotrexate etc.^[10]

2.6 Bacterial Infection of Skin

Staphylococcus aureus is the most common cause of cutaneous and systemic infections. Impetigo, the most common bacterial infection in children. Dermal infection like erysipelas, cellulitis, necrotising fasciitis.^[11]

2.7 Neelitalasiyadi Kashayam

This Agada is mentioned in visha jyotsnika a Malayalam visha chikitsa text in the context of spider bite.

Table-1: Ingredients of neelitulasiyadi kashayam with Properties and Indication

Dravya	Rasa	Guna	Virya	Vipaka	Karma
Neeli	Tikta(bitter)	Laghu(light), ruksha	Ushna(hot)	Katu(pung ent)	Vishaghna, krimighna
Tulasi	Tikta(bitter)	Ruksha, Laghu(light)	Ushna(hot)	Katu(pung ent)	Krimighna,vis haghna
Nirgun di	Katu(pungent), Tikta(bitter), Kasaya(astringent)	Laghu(light), Ruksha	Ushna(hot)	Katu(pung ent)	Vatakapha samaka, Vata samaka
Lasuna	Katu(pungent), madhura(sweet), lavana(salty), Tikta(bitter), kashaya(astringent)	Guru, snigdha, sara, Tikta(bitter)	Ushna(hot)	Katu(pung ent)	Kushtaghna, sulaghna, sophahara
Shunti	Katu(pungent)	Laghu(light), snigdha	Ushna(hot)	Madhura(s weet)	Dipana, pachana, kasahara, sulahara
Pippali	Katu(pungent)	Laghu(light), Snigda Teekshna	Anushna sheeta(nor cold nor hot)	Katu(pung ent)	Shoolaprash- amana, Krimighna
Maricha	Katu(pungent)	Tikshna, Laghu(light)	Ushna(hot)	Katu(pung ent)	Dipana, krimighna, sulahara, vishaghna
Aswaga ndha	Tikta(bitter), kashaya(astringent)	Laghu(light), snigdha	Ushna(hot)	Madhura(s weet)	Vishaghna, krimighna, rasayana
Chanda na	Tikta(bitter), madhura(sweet)	Ruksha, Laghu(light)	Sheeta(cold)	Katu(pung ent)	Krimighna, kushtaghna, kandughna
Yastima dhu	Madhura(sweet)	Guru, snignda	Sheeta(cold)	Madhura(s weet)	Vata pitahara, kandugna

Tagara	Katu(pungent), Tikta(bitter), kashaya(astringent)	Laghu(light), snigda	Ushna(hot)	Katu(pungent)	Tridosahara, vishagna, kushtagna
Kushta	Tikta(bitter), Katu(pungent), madhura(sweet)	Laghu(light), rooksha	Ushna(hot)	Katu(pungent)	Vishagna, kandugna
Sariva	Tikta(bitter), madhura(sweet)	Guru, snigdha	Sheeta(cold)	Madhura(sweet)	Vishaghna, kushtahara
Eswari	Katu(pungent), Tikta(bitter), kashaya(astringent)	Laghu(light), ruksha	Ushna(hot)	Katu(pungent)	Vishaghna, krimighna

2.8 Dooshivishari Agada

This Agada is mentioned in Ashtanga hrudya uttarasthana visha prathisheda chapter 34 in the context of dooshi visha.

Table-2: Ingredients of Dooshivishari Agada with Properties and Indication

Dravya	Rasa	Guna	Virya	Vipaka	Karma
Pippali	Katu(pungent)	Laghu(light) Snigdha (unctuous) Tikshna (sharp)	Ushna (Hot)	Madhura (Sweet)	Kushtaghna, Udara, Jwara, Gulma
Dhyamaka	Katu(pungent) Tikta(bitter)	Laghu(light) Ruksha (dry)	Ushna (hot)	Katu(pungent)	Krimighna, Jwara, Daha,
Jatamansi	Tikta(bitter) Kashaya (astringent) Madhura (sweet)	Laghu(light) Snigdha(unctuous)	Sheeta (cold)	Katu(pungent)	Kushtaghna, Kandu, Visarpa, Daha
Lodhra	Kashaya(astringent) Tikta(bitter)	Laghu(light) Ruksha (dry)	Sheeta (cold)	Katu(pungent)	Kushtaghna, Jwara, Atisara, Raktapitta
Ela	Katu(pungent) Madhura (sweet)	Laghu(light) Ruksha (dry)	Sheeta (cold)	Katu(pungent)	Swasa, Kasa, Chardi
Suvarchika	Madhura (sweet)	Guru (heavy) Snigdha(unctuous)	Sheeta (cold)	Madhura (sweet)	Kasa, Swasa, Prameha

Kutannata	Madhura (sweet) Tikta(bitter) Kashaya(astringent)	Laghu(light) Ruksha (dry)	Ushna (hot)	Katu(pungent)	Atisara, Aruchi
Tagara	Tikta(bitter) Katu(pungent) Kashaya(astringent)	Laghu(light) Snigdha(Unctuous)	Ushna (hot)	Katu(pungent)	Apasmara, Shiroroga, Netraroga
Kushta	Tikta(bitter) Katu(pungent) Madhura (sweet)	Laghu(light) Ruksha (dry) Tikshna (sharp)	Ushna (hot)	Katu(pungent)	Kushtaghna, Kandu, Visarpa
Yashtimadhu	Madhura (sweet)	Guru (heavy) Snigdha (unctuous)	Sheeta (cold)	Madhura (sweet)	Vrana, Chardi, Daha
Chandana	Tikta(bitter) Madhura (sweet)	Guru (heavy) Ruksha (dry)	Sheeta (cold)	Katu(pungent)	Kushtaghna, Vranaya
Gairika	Madhura (sweet) Kashaya (astringent)	Snigdha (Unctuous)	Sheeta (Cold)	Madhura (sweet)	Raktapitta,

Table 3: Analysis of karma of neelitulasiyadi kashayam

Karma (action)	In percentage
Vishagna (anti-toxic property)	17%
Kushtagna (pacifies skin diseases)	35%
Vedanasthapana (pacifies pain)	31%
Raktha prasdana (purifies blood)	9%
Vranasodhaka(wound healing property)	8%

Table 4: Analysis of karma of Dooshivishari Agada

Karma (action)	In percentage
Kushtaghna	40%
Udara	1%
Jwara	20%
Gulma	1%

Atisara	1%
Krimighna	20%
Daha	10%
Kandu	5%
Visarpa	1%
Vranya	1%

3. DISCUSSION

Table-3 analysis the karma of neelitulasiyadi kashayam 35% of kushtaghna karma which implies that this kashayam can be useful in treating skin diseases. Vedhanasthapana karma is around 31% which can be also seen in this yoga. Vishaghna karma is around 17% that implies this can be used diseases where visha involvement is present. This yoga also possess raktaprasadana and vranasodhaka property which is important karmas in the treatment of skin diseases.

Table 4 analysis karma of Dooshivishari Agada which shows 40% of ingredients is having karma as kushtaghna which implies this yoga is good in treating skin diseases. This is also karmas like visarpahara, vranya which are important in treating various skin ailments. Kandughna, Dahahara and jwarahara karma implies the usefulness of this yoga in symptomatic management of various skin ailments. Krimighna is also a important karma in treating skin diseases where krimi as nidana in manifesting the disease.

4. CONCLUSION

Neelitulasiyadi kashayam and dooshari Agada are those yogas mentioned have both qualities like vishaghna, kushtaghna, vranya etc. So, we can use this yogas in skin diseases that arised as raktapradoshaja vyadi. Neelitulasiyadi kashayam and dooshivishari agada are the main yogas that can be used this conditions which have better result in treating this diseases. More research has to be done on it for the better explanation of its effects.

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