ISSN: 2322 - 0902 (P)
ISSN: 2322 - 0910 (O)

International Journal of Ayurveda and Pharma Research

Review Article

A CONCEPTUAL STUDY ON EFFECT OF *VISHANGHAN MAHAKSHAYA* ON *VISHJANYA* ALLERGIC SKIN DISORDERS

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ABSTRACT

As per the Ayurvedic treaties, *Visha* means the *Dravya* (substance) which causes *Vishaad* (sorrow or depression) is known as *Visha.* Drugs which act against toxic substances are called as *Vishghna* (Anit-toxic). *Charakacharya* described *Vishghna mahakashaya* which includes ten drugs having Anti-toxic action. The main objective of this review article is to discuss the therapeutic uses of *Vishghna Mahakashaya* and to discuss the different pharmacological properties and therapeutic uses of isolated constituent drugs of *Vishghna Mahakashaya* in respect to *Vishjanya* skin disorders. *Vishghna Mahakashaya* is described by Acharya Charak for the management of various diseases produced due to deterious effect of *Vish*. It includes *Haridra (Curcuma longa), Manjishtha (Rubia cordifolia), Suvahaa (Pluchea lanceolata), Sookshama elaa (Elettaria cardamomum), Paalindee (Operculina turpethum), chandan (Santalum album), Kataka (Strychnos potatorum), Shireesh (Albizzia lebbeck), Sinduvaara (Vitex negundo), Shleshmaataka (Cordia dichotoma)*. Drugs like *Haridra, Manjistha, Chandan, Shirish, Shleshmaataka* have very tremendous properties on various skin disorders like allergy. As per old sages, these drugs are useful in the treatment of all types of poisoning especially snake bite, scorpion bite, spider bite, rat bite, insect bite. Present paper highlights on various pharmacological properties of individual drugs of *Vishghna mahakashya* especially those properties due to which they can be used in various *Vishjanya vikaar*.

KEYWORDS: *Visha, Vishghna mahakashaya*, Anti-toxic.

INTRODUCTION

In Ayurveda, allergic manifestation is mentioned under the concept of *Satmyaasatmya*. It manifests due to exposure to *Asatmya ahara-vihara* and contact with different poisonous materials (allergens).[1] Symptoms of allergic skin reaction is mentioned as *Kotha* in *Brihata Trayi* later on it is developed as separate disease under the title *Sheetapitta-Udarda-Kotha* by *Madhavakara*. [2] Allergy is one of four forms of hypersensitivity and is formally called as type I (or Immediate) hypersensitivity. Allergic reactions are distinctive because of excessive activation of certain white blood cells called mast cells and basophils by a type of antibody called Immunoglobulin E (IgE). This reaction results in an inflammatory response which can range from mild discomfort to grave consequences. Skin allergies frequently cause rashes, or swelling and inflammation within the skin, which is known as a "wheal and flare" reaction characteristic of hives [Urticaria] and angioedema. “Urticaria is a recurrent, transient, cutaneous swelling with erythema which resolves within 24 hours without leaving any residual cutaneous signs.” [3]

Charakacharya described *Vishghna mahakashaya* which includes ten *Vishghna* drugs. It includes *Haridra (Curcuma longa), Manjishtha (Rubia cordifolia), Suvahaa (Pluchea lanceolata), Sookshama elaa (Elettaria cardamomum), Paalindee (Operculina turpethum), Chandan (Santalum album), Kataka (Strychnos potatorum), Shireesh (Albizzia lebbeck), Sinduvaara (Vitex negundo), Shleshmaataka (Cordia dichotoma). Laghu, Ruksha, Aashu, Vishad, Vyavayi, Tikshna, Vikaashi, Sookshma, Ushna, Anirdeshyarasa* are the ten qualities of poisonous drugs. Drugs which act against these qualities of toxic substances are called as *Vishghna.* Drugs in *Vishghna Mahakashaya*, work due to their *Raspanchak* antagonist to *Vish* (poison) and helps in treating diseases. Various studies on drugs suggest their following action.

1. Immunomodulator Anti-stress
2. Adaptogenic Nootropic
3. Antioxidant

These properties of drugs help them to treat allergic skin diseases produced due to various *Astamya aahar-vihaar, Dushivish* and also due to contact or by their external application or produced by bites of various organisms like snake, spider etc. [4]

Haridra

Latin Name- *Curcuma longa*

Family- *Zingiberacae*

Chemical Constituent

Rhizome contains a volatile oil 1 percent, an active principle curcumin, turmeric oil, an essential oil a lactone and an alcohol obtained from the volatile distillate.

Karma *- Tvakvikara hara, Varnya, Visodhana, Visha, Kandughna, Kusthaghna, Tvaka, Daha, Vedna Sthapna, Raktaprasadana, Vranashodhana.* [5]

Various preparations showing *Vishghna* action of plants

Sushruta Samhita	***Ashtangahrdaya***
1. *Mahaagad*-all type of poisoning 2. *Sanjivani agad*- all type of poisoning[6] 3. *Rajanyadi agad- keet visha* 4. *Kumkumadi agad- Shatapadi visha*[7], 5. *Shireeshadi agad* - insect bite.[8]	1. *Padamakadiagad- keetvisha* 2. *Champakaagad*- spider bite[9] 3. Rate bite it is used locally[10]

Table 1: Showing different pharmacological properties of *Haridra* [11]

	Pharmacological properties
1.	Anti-inflammatory effect
2.	Immunomodulatory effect
3.	Hepato-protective effect
4.	Anti-diabetic effect
5.	Antimicrobial effect
6.	Antioxidant effect
7.	Anti-allergic effect
8.	Anti-carcinogenic property
9.	Cardio-protective role
10.	Protective role in skin diseases
11.	Protective role in Alzheimer's disease

Hepatoprotective activity of *Curcuma Longa Linn.*

Curcumin, the most common antioxidant constituent of *Curcuma longa* rhizome extract, was reported to enhance apoptosis of damaged hepatocytes which might be the protective mechanism whereby curcumin down-regulated inflammatory effects and fibrogenesis of the liver. The ethanolic extract of Curcuma Longa rhizomes showed a significant hepatoprotective effect when orally administrated in doses of 250 mg/kg and 500 mg/kg, and the protective effect was dose dependent. Thus, by counter acting the liver pathology, anemia is corrected by *curcuma longa*. [12]

2. *Manjishtha*

Latin Name - *Rubia cordifolia*

Family - *Rubiaceae*

Chemical Constituent- It contains chemical components belongs to the anthraquinone group. Saponins and some napthlene derivatives are also isolated. It contains alizarin, Pseudoparpurins, Rubiadin along with its glucosides, lucidine, Asperuloside, purpurin and manjisthin.

Karma- *Raktaprasadana, Raktashodhak, Varnya, Tvachya, Kushthaghna, Visaghna.* These properties of *Manjistha* will help to reduce the symptoms produced from skin allergy.[13]

***Various preparations showing Vishghna* action of plant**

Sushruta Samhita	***Ashtangahrdaya***
1. *Mahaagada Sarpadansh* 2. *Rushabha agada- Keet visha.* [14] . 3. *Ksharagada*- all types of poisoning 4. *Kal-yanaka ghruta*- all types of poisoning[15]	*Champakagada- spider bite.* [16]

Table 2. Showing different pharmacological properties of *Manjishtha* [17]

S.No.	**Pharmacological properties**
1.	Blood purifier
2.	Astringent
3.	Antiseptic
4.	Inflammations
5.	Erysipelas
6.	Skin diseases

3. Suvahaa

Latin name- *Pluchea lanceolata*

Family- *Compositae*

Chemical Constituent-

It contains protein, quercetine, iso-rhamnetin and pluchine.

Karma- *Raktasodhaka*, *Vishaghna*, *Raktavikara*, *Sheetaprashamana*, *Shitopanayana,* Rasayana. [18]

***Various preparations showing Vishghna* action of plant –**In Sushruta Samhita it is useful in the treatment of spider bite. [19]

Table 3. Showing different pharmacological properties of *Subaha* [20]

S.No.	**Pharmacological properties**
1.	Anodyne
2.	Skin diseases
3.	Allaying the pain caused by the sting of scorpions
4.	Psoriasis
5.	Inflammations

4. *Sookshma Elaa*

Latin name- *Elettaria Cardamomum*

Family- *Zingiberaceae*

Chemical Constituent

Seeds contain fixed oil, essential oil, principle constituent of the oil are cineol, terpineol, terpinene, limonene, subinone and terpineol in the form of formic and acetic acids.

Karma: *Dahashamaka, Raktapitta shamak, Mukhashodhana, Anulomana, Durgandhnashak.* [21]

Various preparations showing *Vishghna* action of plant.

Sushruta Samhita
1. *Ajeya ghruta*- in the treatment of poisoning. 2. *Dooshivishari agada- Dooshivisha.* [22] 3. *Tarkshya agada*- snake bite 4. *Rushabha agada*- insect bite. [23] 5.*Mahasugandhiagada*- scorpion bite and spider bite. [24]

Table 4: Showing different pharmacological properties of *Ela* [25]

S.No.	**Pharmacological properties**
1.	Purgative
2.	Antibacterial
3.	Anti-inflammatory
4.	Antioxidant
5.	Skin disorders

5. *Paalindee*

Latin name- *Operculina terpethum*

Family- *Convolvulaceae*

Chemical Constituent

Root bark of *Trivrit* is rich in turpeth resin consisting of 10% 'turpethin' which is a glycoside analogue of Jalapine and Convolvulin and is insoluble in ether, benzine, carbon sulphide and essential oils.

Karma

Sukhavirechna, Sothahara, Kaphapittashamaka[26].

***Various preparations showing Vishghna* action of plant.**

Sushruta Samhita-	***Ashtangahrdaya***
1.Eksara gana, Rushabha agada - Sarp visha, insect bite. [27]	1.As purgative in snake, rat and insect bite [28]

Table 5. Showing different pharmacological properties of *Paalindee*[29]

S.No.	Pharmacological properties
1.	Pruritus,
2.	Ulcers,
3.	Erysipelas
4.	Anti inflammatory
5.	Antibacterial
6.	Anthelmintic

6. *Chandan*

Latin name- *Santalum album*

Family- *Santalaceae*

Chemical Constituent

Heartwood contains essential oil, containing santalol. The bark contains a triterpeneurs-12-en-3butyl-palmitate. Other constituents include sesquiterpenehydrocarbons-alpha-, beta-, epibeta-santalene and alpha-and betacurcumene and beta-farnesene.

Karma- *Dahaprashamana, Varnya, Twagdoshahara, Raktashodhaka, Raktapittashamaka, Kushthaghna, Vishaghna.* [30]

***Various preparations showing Vishghna* action of plant**

Sushruta Samhita
1. *Kalyanaka ghruta, Mahasugandhi agada-* all type of poisoning.[31].
2. *Tarkshya agada-* snake bite
3. *Rushabha agada-* insect bite.[32]
4. *Ajeya ghruta-* poisoning.[33]

Table 6. Showing different pharmacological properties of *Chandan*[34]

S.No.	Pharmacological properties
1.	Disinfectant
2.	Blood purifier
3.	Skin diseases
4.	Tonic
5.	Deodorant

7. *Kataka*

Latin name- *Strychnos potatorum*

Family- *Loganiaceae*

Chemical Constituent

Seeds do not contain strychnine but it has brucine in little quantity.

Karma

Vranasothapachana, Kusthaghna, Vishaghna, Stambhaka. [35]

***Vishghna* action**

It is useful in the treatment of poisoning. [36]

Table 7. Showing different pharmacological properties of *Kataka*[37

S.No.	**Pharmacological properties**
1.	Antimicrobial
2.	Antioxidant
3.	Leprosy

8. *Shireesha*

Latin name- *Albizzia lebbeck*

Family- *Leguminosae*

Chemical Constituent- Saponins and Tannins

Karma

Vishghna, Varnya, Raktasodhaka-sothahara, Kusthaghna. [38]

***Various preparations showing Vishghna* action of plant**

Sushruta Samhita	***Ashtangahrdaya***
1.*Eksara yoga-* snake bite.[39] 2.*Vanshtwagadi agada-* snake bite, insect bite, spider bite, rat bite. 3. Decoction of *Shireesha-* insect bite.[40] 4.*Ksharagada, Amruta ghruta, Mahasugandhi agada-* all type of poisoning.[41] 5.*Shireesha kalka-* rat bite.[42]	*Himvaan agada-* snake-bite.[43] *Shireesha* seeds processed with *Arka (Calotropis procera) Dugadha* and then mix *Pippali (Piper longum)* powder- insect bite, snake bite, rat bite and scorpion bite.[44]

Table 8. Showing different pharmacological properties of *Shireesha*[45]

S.No.	Pharmacological properties
1.	Skin Diseases
2.	Inflammation
3.	Anti itching
4.	Allergic disorders
5.	Leucoderma
6.	Treatment of snake bite
7.	Erysipelas

9. Sinduvaara

Latin name- *Vitex negundo*

Family- *Verbenaceae*

Chemical Constituent-

Leaves contain a colourless essential oil and a resin. Fruits contain an acid resin, as astringent organic acid, malic acid, traces of an alkaloid.

Karma-

Vednasthapana, Rasayana, Kusthaghna, Kandughana, jantughna, Vish-sarpvisa-musikavisahar[46]

***Various preparations showing Vishghna* action of plant**

Sushruta Samhita	***Ashtangahrdaya***
1. *Mahasugandhi agad*- all type of visha. [47] 2. *Sinduvaara+* honey- rat bite. [48] 3. *Tarkshya agad- mandali sarpdansha*. [49] 4. *Eksara yoga*- snake bite. [50]	1. Root- *Darveekara sarpdansha* [51] 2. Spider bite. [52]

Table 9. Showing different pharmacological properties of *Sinduvaara*[53]

S.No.	**Pharmacological properties**
1.	Antibacterial
2.	Anti inflammatory
3.	Healing Wounds
4.	Anti-Ulcers
5.	Antihistaminic
6.	Anti-oxidant

Researches on effect of *Vitex Negundo* on oxidative stress

Leaf extracts of *Vitex negundo* were determined to possess anti-oxidant potential. The extracts were useful in decreasing levels of superoxide dismutase, catalase and glutathione peroxidase in adjuvant induced arthritic-rats. The extracts also possess the ability to combat oxidative stress by reducing lipid peroxidation owing to the presence of flavones, vitamin C and carotene. evaluated the antioxidant and therapeutic potential of *Vitex negundo* flavonoids in modulating solenoid-induced cataract and found it to be effective. [54]

10. *Shleshmataka*

Latin name- *Cordia dichotoma*

Family-*Boraginaceae*

Chemical Constituent- Bark contains tannin.

Karma

Kaphanissar ak, Pittaghna, Vataghna, Krimighnna, Vishaghnna, Mutral, Snehan Raktpittasamak, twakdoshahar, Kushtaghana. [55]

Various preparations showing *Vishghna* action of plant

Sushruta Samhita
1. Kshara agad- all type of *Visha*. [56] 2.*Darveekara* and *Rajimaan* type of snake bite. [57] 3. In the treatment of spider bite. [58] **4.** It is also a content of *Vishghna yavagu*. [59]

Table 10. Showing different pharmacological properties of *Shleshmataka*[60]

S.No.	**Pharmacological properties**
1.	Astrigent
2.	Demulscent
3.	Anthelmintic
4.	Antiulcer
5.	Wound healing
6.	Anti-inflammatory

Researches on acute inflammatory study of *Cordia dichtoma*

Anti-Inflammatory activity

The ethanol extract and aqueous fraction of *C. dichotoma* possess acute anti-inflammatory activity. The effects of *Cordia dichotoma* Forest. Seeds extracts on different phases of acute inflammation were examined. The dry powdered seeds were found to contain alkaloids, glycosides, saponins, tannins and carbohydrates. Thus it is found that ethanol extract and aqueous fraction of this plant possesses acute anti-inflammatory activity. [61]

Table 10: Pharmacodynamic properties of *Vishghna Mahakashaya*

Drug name	**Botanical name**	**Family**	***Guna***	***Rasa***	***Veerya***	***Vipaaka***	***Doshkarma***
Haridra[62]	*Curcuma longa*	Zingiberacae	*Ruksha, Laghu*	*Tikta, Katu*	*Ushna*	*Katu*	*Kaphavaatnashaka*
Manjishta[63]	*Rubia cordifolia*	Rubiaceae	*Guru, Ruksha*	*Tikta, Kashaya, Madhur*	*Ushna*	*Katu*	*Kaphapitt ashamaka*
Suvahaa[64]	*Pluchea lanceolata*	Compositae	*Guru*	*Tikta*	*Ushna*	*Katu*	*Kaphavaatshamaka*
Sookshma elaa[65]	*Elettaria Cardamomum*	Zingiberaceae	*Laghu, Ruksha*	*Katu, Madhur*	*Sheeta*	*Madhur*	*Tridoshhara*
Palindee[66]	*Operculina turpethum*	Convolvulaceae	*Laghu, Ruksha, Tikshna*	*Tikta, Katu*	*Ushna*	*Katu*	*Kaphapittashodhana*
Chandan[67]	*Santalum album*	Santalaceae	*Laghu, Ruksha*	*Tikta, Madhur*	*Sheeta*	*Katu*	*Kaphapittashamaka*
Kataka[68]	*Strychnos potatorum*	Loganiaceae	*Laghu, Vishada*	*Madhur, Kashaya, Tikta*	*Sheeta*	*Madhur*	*Vaatshamana*
Shireesh[69]	*Albizzia lebbeck*	Leguminosae	*Laghu Ruksha, Tikshna*	*Kashaya, Tikta, Madhur*	*Ushna*	*Katu*	*Tridoshnashaka*
Sinduvaara[70]	*Vitex negundo*	Verbenaceae	*Laghu, Ruksha*	*Katu Tikta*	*Ushna*	*Katu*	*Kaphavaatshamaka*
Shleshmataka [71]	*Cordia dichotoma*	Boraginaceae	*Snigdha, Guru, Pischil*	*Madhur*	*Sheeta*	*Madhur*	*Vatpittashamaka*

Discussion

Vishghna mahakashya contains 10 *Dravyas*. These drugs possess various medicinal properties and hence used in the treatment of various disorders especially skin disorders. In Ayurveda, allergic manifestation is mentioned under the concept of *Satmya-asatmya*. It manifests due to exposure to *Asatmya ahara-vihara* and contact with different poisonous materials. In modern, allergy is type of hypersensitivity reaction based on the immune system of body. Various drugs of *Vishghna Mahakashaya* like *Haridra* has immunomodulator properties, antiallergic property and also work as antiseptic. *Manjistha* and *Chandan* acts as blood purifier

and can help in curing skin diseases by counteract the adverse effect of *Vish*. *Suvaha* has tremendous effect on skin diseases due to its *Raktshodhak* property. *Ela* acts as an antioxidant, antibacterial and helps in regaining the original texture of skin. *Pallindee* helps in reducing the pruritis caused due to allergy and also works as anti-inflammatory. *Shireesha* acts as antiitching agent and reduces the allergy and has *Varnya* property. *Sindhuvaar* has antihistaminic property due to which it counteracts the allergy caused due to *Vish*. The ingredients of *Vishghan Mahakashya* of *Charak Samhita* having antitoxic effects along with *Raktpittshamak, Tvachaya, Krimighan, Kanduhar, Udardprashman,* properties. Thus all the ingredients of *Vishghan mahakashaya* together helps in reducing the adverse effect of skin allergy caused due to *Vish.*

CONCLUSION

As we concluded from this discussion, that *Vishghan Mahakashaya* have very good role in allergic disorders and its able to break down the pathogenesis of *Anurjta* (allergy) In the present review an attempt has been made to provide a collective knowledge on therapeutic, pharmacological and medicinal applications of *Vishghan Mahakashaya* and its constituent drugs. This collective knowledge on these drugs would motivate to researchers and provide lead to further exploration of pharmacological activities of these ingredients as the demand for Ayurvedic products is growing exponentially due to its fewer side effects as compare to other systems of medicine.

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Cite this article as:
Rajveer Sason, Anita Sharma, Neelam Arya. A Conceptual Study on Effect of Vishanghan Mahakshaya on Vishjanya Allergic Skin Disorders. International Journal of Ayurveda and Pharma Research. 2016;4(5):63-68.
Source of support: Nil, Conflict of interest: None Declared

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