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Review Article

A REVIEW ON URITHOOKKI TAILAM IN SARPAVISHA

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ABSTRACT

In Ayurveda literature, the poisonous snakes are classified under three categories. They are *Darvikara (vata predominance)*, *Mandali(pitta predominance)*, and *Raajila (Kapha predominance)*. This classification is mainly based on their quality of visha. Snake poison has foremost importance among the jangama visha (animate poison) category as it is a condition which needs emergency management. The tradition of *Agadatantra* in Kerala is most developed and *Ayurvedic* toxicologists (*VishaVaidya*'s) of Kerala considered seven famous treatises as their authentic reference books. *Prayoga samuchayam* is one among that. Multiple formulations which can be used for all types of poisoning cases were comprised in this. The "*Urithookki tailam*" formulation taken from this famous book and it covers only one drug, *Iswari (Aristolochia indica)*. This formulation can be used as a confirmatory test as well as treatment of *sarpa visha* (snake poison). As soon as a patient who is bitten by a snake comes, apply 2-3 drops of the *taila*(oil) in a betel leaf, based upon the taste perceived by the patient, *Vaidya* differentiates the nature of *Sarpavisha* (Snake venom) and treat accordingly. Further research works on this preparation may prove the exact mode of action on the *Sarpavisha* (snake venom) and its use in the field of *Ayurveda*

Keywords: *Prayogasamuchayam, Urithookki tailam, Iswari, Sarpavisha, sarpavishachikitsa*

INTRODUCTION

Agadatantra or toxicology is a branch among *Ashtanga Ayurveda*'s which deals with the science of poisoning. In Kerala the tradition of *Agadatantra* is most developed, many authentic books are available here which were written by *vishavaidyas*(toxicologists).

Snake bite is a significant health concern especially in rural population's. In India, snake bites take a heavy index of human lives and therefore warrant urgent attention. The bite inflicted are frequently accidental and it is commonly seen in farmers, plantation workers, and labors etc.¹

Several formulations are comprised of authentic books of *keraliya vishachikitsa* for all types of poisonous cases. In these most of them are not obtainable nowadays, even some of them are prepared only by the traditional toxicologists. The *yogas*

which were interpreted like this if we adopt in present era we will get astonishing results.

From the famous book of *visha chikitsa, Prayoga samuchayam* one of the formulation is *Urithookki tailam*², which is described in the Malayalam language. So there develops a need to review this formulation to utilize this with more confidence in the present era.

REVIEW OF LITERATURE

About *Urithookki tailam*

Urithookki tailam is a formulation which can be used as either for the diagnosis of snake bite or for the management of same. The reference of *Urithookki tailam* is available in *prayogasamuchayam, panchamaparichedam, tailadi yogas*³. It also accessible in *vishavaidya jyotsnika sarvamahavishachikitsa*⁴, and *jyotsnika Vishachikitsa, tailaadi prayoganga*⁵. It is covered by only one drug.

Table-1 List of ingredients of *Urithookki tailam*⁶

Ingredients	Quantity
<i>Ishwari(Urithookki-Aristolochia indica)</i>	40 palam (1920gm)
<i>Jala</i>	40 idangazhi (30.72 Litre)
<i>Tila taila(nallenna)</i>	4 naazhi (768ml)



Figure 1(Aristolochia indica)



Figure 2(Aristolochia indica)

Table-2 Properties of ingredients

Ingredients	Rasa	Guna	Veerya	Karma
Iswari (Aristolochia indica) ⁷	Kashaya, Tikta Katu	Laghu, Ruksha	Ushna	Kaphavatahara, Vishahara, kushtagna, mutralasarpavisha, vruschikavisha ,jwara, krmi, vrana
Jala ⁸	Avyaktarasa	Laghu	Sita	Jeevanam, Tarpanam, Hrudyam, Hladana,budhiprabhodanam
Tila taila ⁹	Madhura, kashaya	Guru,sukshma, vishada,sara, vyavayi,vikasi	Ushna	Vatakaphahara,bruhmana, deepanam,lekhanam,sihairyabala varnakaram

Method of preparation¹⁰

1920 g of *urithookki* is made into *kwatha* (decoction) with 30.72 ltr of water and reduced to 1/4th the quantity. To this decoction 16 *pala* (768 ml) of *Tila taila* (sesamum oil) is added and prepared in low flame. For paste, root of the same plant is taken and oil is prepared

Administration of *Urithookki tailam*¹¹

Urithookki tailam is to be applied over *tamboola patra* (Piper betel) and if that leaf is taken by the poisoned person, all types of *visha vicara* (toxic symptoms) will be pacified at once.

Anupana

Tambula patra (Betel leaf)

Indication¹²

All types of poisoning

DISCUSSION

There are more than 2000 species of snakes in the world and about 216 species in India, of which 52 are venomous. The common snake encountered in India include Common Cobra(*Naja Naja*), Common Krait (*Bangarus caeruleus*), Russell's viper (*Vipera or Daboia russelli*) and Saw-scaled vipers(*Echis carinatus*). Pit vipers and sea vipers are also included¹³.

In Ayurveda literature, the poisonous snakes are classified under 3 categories¹⁴. They are *Darvikara (vata pradhana)*, *Mandali (pitta pradhana)*, *Raajila (Kapha pradhana)*. This classification is mainly based on their quality of *visha* and vitiation of bodily ailments.

For the management of snake bite cases, we need proficient remedies. *Urithookki tailam* is a formulation which is elucidated in Malayalam books of *visha chikitsa* and the speciality is only one drug embrace in this.

Iswari (Aristolochia indica) having *kashaya* (astringent) *rasa pradhana*, *laghu ruksha* quality and *vishahara* (antidote) property¹⁵. *Iswari* has synonym *Garudi*, how the eagle (*Garuda*)

destroy the snake same way the drug *Iswari* destroys the snake poison¹⁵.

The main chemical constituent of *Iswari* is aristolochic acid. When the drug-containing aristolochic acid is orally ingested it will be absorbed through the GIT into the blood stream and distributed throughout the body. Moreover, this component has mutagenic properties¹⁶. For the preparation of *Urithookki tailam* we are involving the root of *Iswari* which contains more amount of aristolochic acid.

Tila taila (sesamum oil) is mentioned in the ingredients, which have properties like *sookshma, vikasi, vyavayi, vishada, and sara*¹⁷. This will help the drug to move through minute channels of the body and reach the destination.

The reference for the use of this formulation for the detection of poison is not available. This practice is still persisted in traditional toxicologist's families of Kerala. The way of administration is same as *vishaharilehya* which are also a potent drug in snake poison management. As soon as a patient who is bitten by a snake comes, apply 2-3 drops of the oil in a betel leaf and the patient is asked to chew it. The patient asked to narrate the taste which he experiences in his mouth. The normal taste of *Urithookki taila* is *tiktha rasa* (bitter).

- If the patients feel sweet taste in his mouth it is indicating that the patient is going to die soon.
- If pungent taste, person bitten by *Darvikara sarpa*
- If astringent taste, person bitten by *mandali sarpa*
- If sour taste, person bitten by *Raajila sarpa*

While managing poisonous case we have to consider the medicines which are more potent than *visha*, just like for overtaking a fast moving vehicle the vehicle behind the need to increase the speed. Similarly, the medicine with much potency and having the properties of *visha* will overtake and snag the poison.

CONCLUSION

Ayurvedic diagnosis of snake bite is totally different from the other systems of medicine. The treatment is planning according to the *dosha* predominance. Similarly in *agadatantra* for treating a snake bite case our *acharyas* quoted many formulations, which can be taken under *vata shamaka* (subsides

vata), *pittashamaka* (subsides pitta) and *kaphashamaka* (subsides kapha). In case of treating a poisonous case the difficult task is fixing the amount of envenomation than has taken place. In Kerala *vishavaidya* families they are using the treatment protocols for managing snake bite cases which were mentioned in famous *vishachikitsa* granthas (toxicology books) like *prayogasmuchayam*, *vishajyotsnika*, *kriyakoumudi* etc. By using *Urithookki taila* we can differentiate and treat the snake poisoning. If we are considering formulations like this we can avoid the treatments like the use of ASV which causes other adverse reactions.

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