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## Review Article

### A REVIEW ON SANJIVANA AGADA

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#### ABSTRACT

Agada tantra is a subject which deals with various poisons and its treatment. For the management of different poisons many formulations are mentioned in the treatises of Ayurveda. One such Agada yoga that is mentioned in the context of snake bite management is Sanjivana agada quoted in Shusruta Kalpasthana in the context of treatment of snake bite. It contains ten ingredients including eight herbs, ghee and honey. The easy availability of the ingredients and simplicity of the preparation and preservation of the formulation may encourage the physician to use this formulation in poisoning conditions. So an effort has been made to review this formulation in order to its pharmacological properties for its medicinal use.

**KEY WORDS:** Agada tantra, Snake bite, Sanjivana agada, Poison, Ayurveda

#### INTRODUCTION

Agada tantra, a branch of Ayurveda, deals with various kinds of poisoning and its management. In the context of management of snake bite conditions, a formulation called Sanjivana agada is mentioned to treat the snake bite. This formulation consists of a

combination of eight herbs which are powdered and mixed with honey and ghee and used as collyrium, nasal inhalation (snuff) and internal medicine.<sup>1</sup> Although a number of agada yogas (anti-toxic formulations) are mentioned in Agada tantra, only a few of them are used today.

**Table 1: Ingredients of Sanjivana agada<sup>2</sup>**

Ingredients	Scientific name	Family
Laksha	<i>Rosa centifolia Linn.</i>	Rosaceae
Harenu (seeds of Nirgundi)	<i>Vitex negundo Linn.</i>	Verbinaceae
Nalada	<i>Nardostachys jatamansi DC</i>	Valerinaceae
Priyangu	<i>Callicarpa macrophylla Vahl.</i>	Vervenaceae
Sigru	<i>Moringa oleifera Lam.</i>	Moringaceae
Yastimadhu	<i>Glycyrrhiza glabra Linn.</i>	Liguminosae
Prithvika	<i>Nigella sativa</i>	Ranunculaceae
Haridra	<i>Curcuma longa Linn.</i>	Zingiberaceae
Ghrita	Ghee	
Madhu	Honey	

#### MATERIALS AND METHODS

##### Method of Preparation <sup>3</sup>

All the ingredients are taken in equal quantity. They are powdered separately and sieved. Then the fine powders of the ingredients are mixed well to form a homogenous mixture. Then the powder is mixed with honey and ghee till it attains into an even mixture and it is kept in cow's horn closed with another one until further use.

##### Mode of Administration <sup>4</sup>

It can be taken as an oral medicament as well as used as anjana (collyrium) and snuff (nasal inhalation).

##### Indications <sup>5</sup>

It is indicated in the management of snake bite.

##### Anupana (Adjuvant)

There is no specific anupana mentioned; based on the condition of poison and mode of administration the suitable adjuvant can be adopted.

**Table 2: Pharmacological properties of the ingredients of Sanjivana agada**

Drug	Rasa	Guna	Veerya	Karma
Laksha <sup>6</sup>	Tikta (Bitter), Kashaya (Astringent), Madhura (Sweet)	Laghu (Light), Snigdha (Unctuous)	Sheeta (Hot)	Pittashamaka (Balance pitta humor), Varnya (Enhance skin complexion), Shothahara (anti-oedematous), Vranaropana (Wound healing), Deepana (Gastro-stimulant), Pachana (Digestive), Anulomana (Carminative)
Harenu <sup>7</sup>	Katu (Pungent), Tikta (Bitter)	Laghu (Light), Ruksha (Dry)	Ushna (Hot)	Kapha-vata shamaka (Balances Kapha-vata humor), Kasahara (Cough relieving), Mutrala (Uriliser), Kushtaghna (prevent skin diseases), Kandughna (anti-pruritic), Jwaraghna (anti-pyretic)
Nalada <sup>8</sup>	Tikta (Bitter), Kashaya (Astringent), Madhura (Sweet)	Laghu (Light), Snigdha (Unctuous)	Sheeta (Cold)	Kapha-pitta Shamaka (Balances Kapha-pitta humor), Dahaprashamana (relieving burning sensation), Vedanasthapana (analgesic), Deepana (Gastro-stimulant), Pachana (Digestive), Anulomana (Carminative), Mutrala (Uriliser)
Priyangu <sup>9</sup>	Tikta (Bitter), Kashaya (Astringent), Madhura (Sweet)	Guru (Heavy), Ruksha (Dry)	Sheeta (Cold)	Tridoshashamaka (Balances all the three humor), Dahaprashamana (Relieves burning sensation), Vedanasthapana (analgesic), Deepana (Gastro-stimulant), Anulomana (Carminative), Raktashodhaka (Blood purifier), Jwaraghna (Anti-pyretic)
Sigru <sup>10</sup>	Katu (Pungent), Tikta (Bitter)	Laghu (Light), Ruksha (Dry), Teekshna (Sharp)	Ushna (Hot)	Kapha-vata shamaka (Balances Kapha-vata humor), Vedanasthapana (analgesic), Shothahara (anti-oedematous), Deepana (Gastric stimulant), Pachana (Digestive), Mutrala (Uriliser), Jwaraghna (anti-pyretic)
Yastimadhu <sup>11</sup>	Madhura (Sweet)	Guru (Heavy), Snigdha (Unctuous),	Sheeta (Cold)	Vata-pitta shamaka (Balances Vata-pitta humor), Chardihara (anti- emetic), Trishnahara (Relieves thirst), Dahashamaka (Relieve burning sensation), Vedanahara (analgesic), Stambhanana (Anti-hemorrhagic), Mutrala (Uriliser)
Prithvika <sup>12</sup>	Katu (Pungent), Tikta(Bitter)	Laghu (Light), Ruksha (Dry), Teekshna (Sharp)	Ushna (Hot)	Kapha-vata shamaka (Balances Kapha-vata humor), Shotha hara (Anti-oedematous), Vedanasthapana (analgesic), Mutrala (uriliser), Jwaraghna (anti-pyretic)
Haridra <sup>13</sup>	Tikta (Bitter), Katu (Pungent)	Laghu (Light), Ruksha (Dry)	Ushna (Hot)	Kushtaghna (anti-leprotic), Kandughna (Anti-pruritic), Vishaghna (Anti-poisonous), Lekhaniya (aids in reducing corpulency), Krimighna (Anti-microbial), Kaphavata doshahara (balances Kapha and Vata humor)
Ghrita <sup>14</sup>	Madhura (Sweet)	Mridu (Soft), Snigdha (Unctuous)	Sheeta (Cold)	Vata-pitta shamaka (Balances Vata-pitta humor), Snehana (Causes internal oleation), Apasmahara (Anti-epileptic), Vedanasthapana (analgesic), Jwarahara (anti-pyretic), Anahahara (cures abdominal distension), Medhya (Enhances memory power), Balakaraka (Provides strength), Vrishya (Enhance sexual potency), Vayasthapana (Anti-aging)
Honey <sup>15</sup>	Madhura (Sweet)	Laghu (Light), Ruksha (Dry)	Sheeta (Cold)	Kapha-pitta shamaka (Balances Kapha-pitta humor), Balya (Provides strength), Varnya (Enhance skin complexion), Stambhana (Anti-hemorrhagic), Chhardihara (anti- emetic), Pramehahara (Anti-diabetic)

The pharmacological properties of the particular ingredients of Sanjivana agada are discussed here to get a clear idea about the mode of action in the management of snake bite poisoning:

#### Based on rasa

About 70% of the ingredients of the formulation contain tikta rasa (astringent taste). 50% of the ingredients have madhura rasa (sweet taste), 30% of the ingredients contain both katu (pungent) and kashaya rasa (astringent taste).

#### Based on guna

70% of the ingredients of the formulation have laghu guna (light), 60% of them having ruksha guna (dry), about 40% of the ingredients contain snigdha guna (unctuous) and 20% of them contain both guru (heavy) and teekshna guna (sharp properties).

#### Based on Veerya

In this formulation 60% of the ingredients have Sheetta veerya (cold potency) and 40% of them are having Ushna veerya (hot potency).

#### Based on action/karma

In sanjivana agada, 80% of the ingredients have Kaphashamaka karma, 70% of them are vatashamaka, 60 % of them are pittashamaka, 50% of the ingredients are having vedanasthapana karma (analgesic), 50% of them have jwaraghna (anti- pyretic) action, 40% of them are mutrala (uriliser), 30% of them are shothahara (anti- oedematous) and dahaprashamaka (relieves burning sensation), 20% of them are kusthaghna (anti-leprotic), Varnya (increases complexion) and stambhana (anti-hemorrhagic) and 10% of them are equally having vishaghna (anti- poisonous), trishnahara (thirst relieving), kandughna (anti-pruritic), raktashodhana (blood purifier) and vranaropana karma (wound healing) properties.

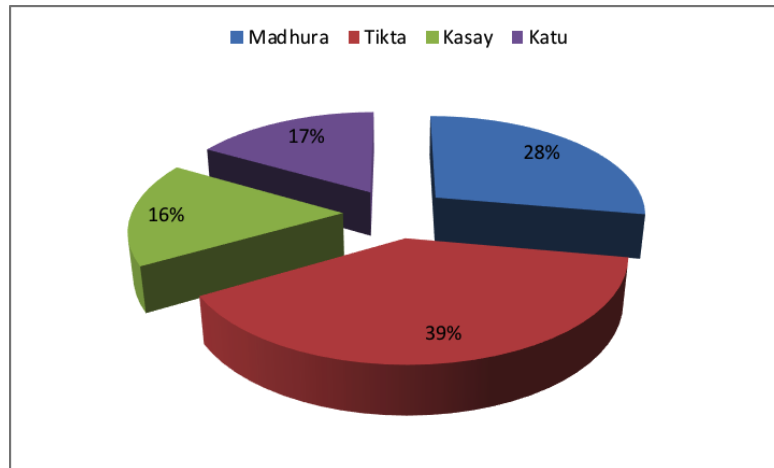


Figure 1: Percentage of Rasa of the Ingredients

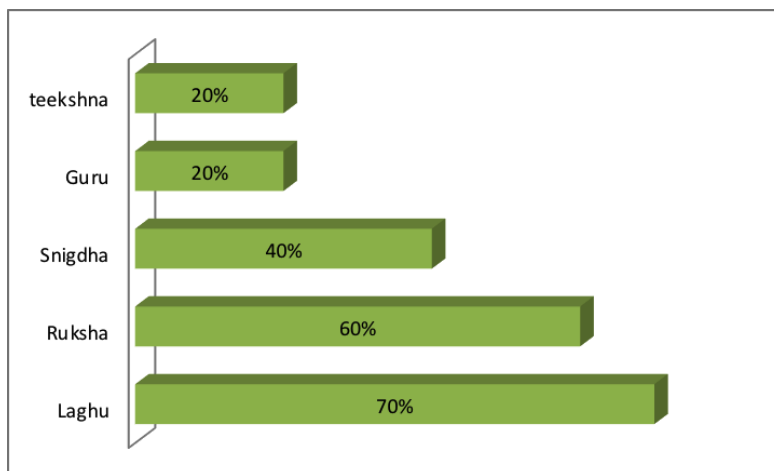


Figure 2: Percentage of Guna of the Ingredients

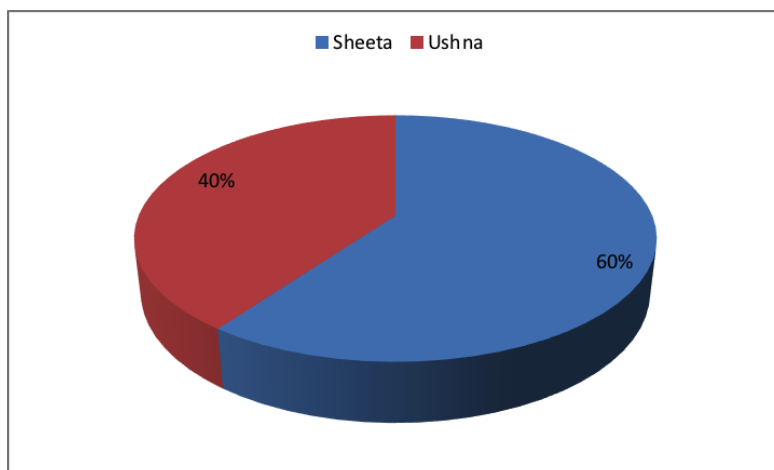


Figure 3: Percentage of Veerya of the Ingredients

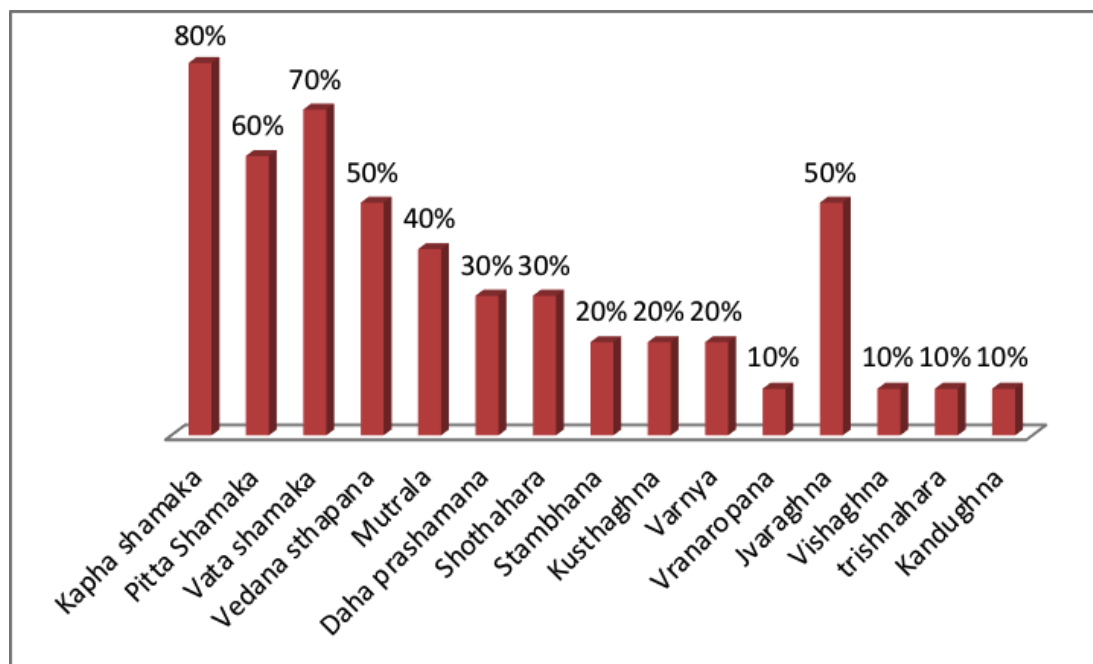


Figure 4: Percentage of Karma of the Ingredients

## DISCUSSION

Sanjivana agada is mentioned to treat the patients of snake bite. The formulation is simple with only a few ingredients. As the ingredients of the formulations are katu (pungent) and kashaya (astringent) dominated, it helps to regain consciousness when it is administered as snuff (nasal inhalation) and Collyrium. When it is taken internally, due to the laghu guna (lightness property) of its ingredients it acts fast and the snigdha guna (unctuous property) of the ingredients helps to counteract the poison. The other symptoms of snake bite like shotha (swelling), toda (pricking and knotty pain), kandu (itching), daha (burning sensation), jwara (fever)<sup>16</sup> are countered by shothahara (anti-oedematous), vedanasthapana (analgesic), kandughna (anti-pruritic), dahaprashamana (relieves burning sensation), pittahara (pacifies pitta humor) and jwarahara (anti-pyretic) actions of the particular ingredients. As a whole this medicine is capable of counter acting the snake poison due to its numerous and varied properties and actions.

## CONCLUSION

The ingredients of Sanjivana agada are easily available and the preparation and preservation methods are also simple. The multifold pharmacological properties and actions of the ingredients make it worth of use in snake bite and other visha (poisoning) conditions where the symptoms mimic the previous. In times when a patient needs the Anti-Snake Venom treatment in remote area the use of this formulation may delay the worsening of the poisoning condition and help to retain consciousness of the patient. Further scientific elaborated study might be helpful to explore the exact mode of action and to use it in said conditions.

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