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## Review Article

### A REVIEW ON THE ANTI- POISONOUS FORMULATIONS IN PARISHISTA OF RASA TARANGINI

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#### ABSTRACT

Rasashastra and Bhaishajya kalpana is the science that deals with Ayurveda pharmaceutics. Various literature of rasashastra is available, one such treatise is Rasa Tarangini that deals with the description of different rasa dravyas. At the end of the chapters is an annexure mentioned. An interesting fact is that many simple and unique formulations are described in this part that is indicated in various disorders. Among which eight formulations are mentioned for the management of animate poisons. A literary review suggests that most of these formulations are a combination of herbo-mineral drugs that are very simple. These mineral drugs mentioned have anti-poisonous action and the herbs are alexiteric.

**Keywords:** Rasa Tarangini, visha, formulations, rasadravya, gold

#### INTRODUCTION

Rasa Tarangini is a book of rasashastra that deals with minerals, metals, poisonous drugs, etc. in detail with elaboration on its properties, use, shodhana (purification method), marana (incineration) and therapeutic use and formulations. The last chapter of the book is termed as parishishta or is an annexure

where forty-eight formulations indicated in various disorders is mentioned. The uniqueness of this is that very simple yogas are mentioned. A literary review on it puts light that eight formulations are mentioned in different types of jangamavisha (animate poisons); out of which six are for external application and two are for internal administration.

**Table 1: Formulations with ingredients**

| Name of the yoga                          | Ingredients and method of preparation                                                                                                                                                                                                      | Mode of administration                                                                                                 | Indications                                                                                                                     |
|-------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------|
| Vrischikahari Gutika <sup>1</sup>         | Haratala (orpiment) with equal quantity of Hingu ( <i>Ferula asafoetida</i> ) and bhavana with lemon juice ( <i>Citrus limon</i> )                                                                                                         | Pill of 1 g for external application                                                                                   | As lepa in vrischika visha (scorpion sting)                                                                                     |
| Vrischikavishanashaka Gutika <sup>2</sup> | Shirishabeeja ( <i>Albizia lebbeck</i> ), Karanja beeja (seed of <i>Pongamia pinnata</i> ), Kushta ( <i>Saussurea lappa</i> ), and manahshila (realgar) are taken in equal quantity and bhavana is given with water and pills are prepared | External use                                                                                                           | As lepa in vrischika visha (scorpion sting)                                                                                     |
| Kharjuravishahara yoga <sup>3</sup>       | Saindhava lavana (rock salt) is given bhavana with Changeriswarasa ( <i>Oxalis corniculata</i> )                                                                                                                                           | External use                                                                                                           | In centipede poison                                                                                                             |
| Sarpavishahara yoga <sup>4</sup>          | 1 g of saindhava lavana (rock salt) equal quantity of maricha ( <i>Piper nigrum</i> ) churna, pippali ( <i>Piper longum</i> ) and shanti churna ( <i>Zingiber officinale</i> )                                                             | To be given mixed with ghrita (ghee), madhu (honey) and navaneeta (butter) and administered                            | In sarpavisha (snake bite)                                                                                                      |
| Akhuvishahara yoga <sup>5</sup>           | Manjishta ( <i>Rubia cordifolia</i> ), haridra ( <i>Curcuma longa</i> ), gruhadhuma (chimney soot) and saindhava lavana in equal quantity                                                                                                  | External use                                                                                                           | As lepa in rat poison                                                                                                           |
| Varativishahara yoga <sup>6</sup>         | Maricha churna ( <i>Piper nigrum</i> ), shanti churna ( <i>Zingiber officinale</i> ), sauvarchala lavana (black salt) and saindhava lavana (rock salt)                                                                                     | External use                                                                                                           | To be applied with betel leaf juice in wasp poison                                                                              |
| Balachandra rasa <sup>7</sup>             | Swarna bhasma (gold) 1 part, Shuddha gairika (red ochre) 3 parts, muktapishti (pearl) 12 parts-all the ingredients are mixed in mortar and pestle into a homogenous mixture                                                                | 125 mg, two to four times a day with butter, sugar candy, guduchisatva, dadima, dadimavaleha or vasavaleha as adjuvant | Kritrimavisha (artificial poison) and datha (burning sensation) because of dushitavisha will subside the visha (poison) effects |
| Nakhadantavishahara yoga <sup>8</sup>     | Swarna gairika (red ochre) and amalaki churna ( <i>Phyllanthus emblica</i> ) are taken in equal quantity and mixed homogenously                                                                                                            | External use                                                                                                           | As lepa in poisonous manifestation because of teeth bite or nail scratch                                                        |

## DISCUSSION

A literary review on the formulations mentioned in the annexure of Rasa Tarangini puts light that the formulations indicated for various visha are eight in number. The individual ingredients of these formulations when reviewed have rasadravyas like haratala<sup>9</sup>, manahshila<sup>10</sup>, gairika<sup>11</sup> and these have anti-poisonous action. A review article puts light that few rasadravyas like red ochre, orpiment, real gar, mercury, antimony, coral, gold, chalcopyrite, etc. are useful in the management of venomous bites, as these rasa dravyas have balya, vrishya, rasayana properties that help in tolerating the toxic nature of poison<sup>9</sup>.

Swarna gairika (red ochre) is an ingredient in Balachandra rasa and Nakhadantavishahara yoga and Gairika (Red Ochre) is said as vishapaha (anti- poisonous), balya (strengthens body), vranaropana (wound healing), kandughna (antipruritic)<sup>10</sup>. Balachandra rasa also contains swarna (gold) that pacifies all the doshas, is a rasayana and is mentioned as vishahara (anti-poisonous)<sup>11</sup>.

Vrischikavishanashaka Gutika contains manahshila and realgaris kaphavatahara (alleviates kapha and vata), rasayana (rejuvenation of body), vishaghna (anti- poisonous), varnakara (increases complexion)<sup>12</sup>. The other ingredient in it is shirisha and it is said to be an anti-poisonous drug and is also mentioned in vishaghnagana dravyas<sup>13</sup>.

Vrischikahari Gutika contains haratala (Orpiment) and haratala is said as ojaskara, balakara (strengthens body), mrutyuhara, visharakta, bhutanut (alexeterics)<sup>14</sup>.

## CONCLUSION

In the annexure of Rasa Tarangini, the eight formulations mentioned are all very simple with few ingredients. The formulations are easy to be prepared. Out of the eight formulations mentioned all are indicated in animate poisons and six are for external use to be applied at the site of poison and only two formulations namely Balachandra rasa and a Sarpavishahara yoga is said to be used internally. Though these formulations are simple in preparation, the use of these in practice is not much and

neither any research works on these are highlighted. Thus, it opens arena for research for these formulations.

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