

ROLE OF PIPPALYADI AGADA IN DUSHIVISHA JANYA TWAK VIKAR: A REVIEW

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<https://doi.org/10.46607/iamj3108102020>

(Published online: October 2020)

Open Access

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Article Received: 04/09/2020 - Peer Reviewed: 25/10/2020 - Accepted for Publication: 27/10/2020

**ABSTRACT**

Skin is one of the important sensory organs that protects against mechanical trauma, UV light and infection, in addition the skin is concerned with thermoregulation, conservation, excretion of fluid and sensory perception. The pores present in skin help in the hair nourishment, detoxification process and keeping skin healthy. Therefore, any anatomical or physiological abnormalities in skin or related organs may leads various disorders of skin like Psoriasis, Acne, Leprosy, Hyper pigmentation, Skin allergy. The incidences of Skin diseases are increasing day by day. Modern medicine provides temporary relief but not complete cure. Therefore, peoples are gradually turning towards Ayurveda for safe and complete cure of diseases. Especially in the field of Skin diseases. In Ayurveda concept of *Dushivisha* is very unique. *Dushivisha* is a low potent poison which vitiates *Dhatu*s. In its relationship with *Raktdhatu* some of the Skin diseases caused by *Dushivisha* which are described in Samhitas are *Kustha*, *Visarpa*, *Shitpitta*, *Udarda*, *Kotha*. In present era, people are exposing to various toxins in day to day life which are causing various health problems. There are many such kind of diseases where treatment does not work, as it is not eliminating the root cause. Skin diseases can be prevented and if it occurs then can be cured through Ayurvedic *Agada*'s. *Agada*'s are the counter measures taken against this manifestation. Acharya Yogratnakara mentioned *Pippalyadi Agada* in the management of *Dushivisha*. It can be a better choice for the treatment of *Dushivisha janya Twak vikar* by its *Kusthghna*, *Krimighna*, *Vishaghna*, *Kandughna* properties.

Keyword: Pippalyadi Agada, Dushivisha, Twakvikar, Kusthghna, Skin diseases etc.

INTRODUCTION

Almost everybody suffers from Skin diseases sooner or later, and it is estimated that around 5-10% of consultations in general practice involve a skin problem. There are huge number of types of Skin diseases and dermatological expertise can be achieved only by prolonged clinical experience.¹ Now a days due to uses of various synthetic and chemical added food items and changes in the lifestyle of a modern man, immune system of a person declines and leads to evolution of various diseases. Skin diseases are common among them.

The Histology of Normal Skin

According to Modern² - Skin has layers, the epidermis and dermis. Coned shaped dermal papillae extend upward into the epidermis forming peg like rete ridges. Various layers of the epidermis from below upwards are Stratum Germinatum, Stratum Malpighi, Stratum Sgranulosum, Stratum Indicum (palms and soles) and Stratum Corneum. The dermis has fibrocollagenic tissue containing blood vessels, lymphatics and nerves and adnexal structures (sweat glands, sebaceous glands, hair follicles, arrectores pilorum and nails).

According to Ayurveda³ - The seven layers of skin are formed in the same manner as the layers of cream are formed on the surface of boiled milk.

- ❖ The first layer from outside is known as *Avabhasini* (reflecting layer). This reflects all the colours and the five shades (five *bhutas*) are brought into light. Its thickness one-eighteenth of the *vrihi* (rice grain) and this layer is the seat of *Shidma* and *Padma-kantaka*.
- ❖ The second layer is called *Lohita* (reddish layer), its thickness one-sixteenth of the *vrihi* and this layer is the seat of *Tilkalaka*, *Nyaccha*, *Vyainga*.
- ❖ The third layer is called *Shweta* (white layer), its thickness one-twelfth of the *vrihi* and this layer is the seat of *Charmadal*, *Ajagalli* and *Mashaka*.
- ❖ The fourth layer is called *Tamra* (pigment layer), its thickness one-eighth of the *vrihi* and this layer is the seat of *Kilasa*, *Kustha*.

- ❖ The fifth layer is called *Vedini* (sensory layer), its thickness one-fifth of the *Vrihi* and this layer is the seat of *Kustha*, *Visarpa*.
- ❖ The sixth layer is called *Rohini* (proliferating layer), its thickness of this equal to the *vrihi* and this layer is the seat of *Granthi*, *Apachi*, *Arbuda*, *Slipada* and *Galganda*.
- ❖ The seventh layer is called *Mansadhara* (muscle supporting layer), it has twice the thickness of *vrihi* and this layer is the seat of *Bhagandara*, *Vidradhi* and *Arsha*.

Aetiology of Twak Vikar- In Ayurveda etiology of Skin diseases given are consumption of contradictory diets, eating again before the previous meal has been digested, incompatible food, suppressing the natural urges, unsystematic employment of procedures of oleation, cause diseases of the skin.

Definition of Dushivisha – *Dushivisha* is one of the unique concepts explained in Ayurveda. It is a type of toxin which remains inside the body for long-term & then produces various ill effects on the body. *Sthavar*, *Jangam* or *Kritirima visha* which cannot be eliminated from the body completely but it is destroyed or denatured due to use of anti poisonous remedies in past, fire, air, sun exposure or due to its low potency it does not kill the human instantly. But as it is encapsulated by *Kapha dosha* it remains accumulated in the body for several years producing various ill effects.⁴ Different factors aggravates this condition, like, *Dushta desha* (wet lands), *Dushta Kaal* (cloudy days), *Dushta anna*, *Diwaswapna* (day sleep), *Pragwat* (air from eastern region), *Ajirna* (Indigestion), *Ativyayam* (over exertion), *Ativyavay* (sexual intercourse), *Krodha* (anger).^{5,6,7} In present era, people are exposing to various toxins in day to day life which is causing various health problems. There are many such illnesses where treatment does not work, as it is not eliminating the root cause.

Purva Roopa of Dushivisha Poisoning - According to Sushruta - *Nidra* (Sleepiness), *Gurutva* (Heaviness), *Jrumbha* (Yawning), *Vishlesh* (Sense of looseness in

joints), *Romancha* (Horripilation), *Angamarda* (Bod-yache).⁸

Rupa of Dushivisha Poisoning - According to Sushruta, clinical features of *Dushivisha* are as follows intoxication, fainting and discoloration, intermittent fever, oligospermia, urticaria, vomiting, epileptic attacks, increased thirst, Appearance of red patches all over the body, indigestion, diarrhoea, insanity, distension of the abdomen, Oedema of the face and extremities, Skin disorders.⁹ *Dushivisha* vitiates *Rakta dhatu* and causes skin lesions such as *Kitibha* and *Kotha*. *Dushivisha* vitiates the *Doshas* and *Dhatus* one by one and at last results in death. Some of the poisons produces insanity some of them cause constipation, some of cause loss of semen, while others lead to blurred speech, leprosy (*kustha*) and various other diseases.¹⁰ Complications like pyrexia, burning sensation, hic-cough, obstipation, azospermia, oedema, diarrhoea, fainting, heart disease, abdominal enlargement, insanity, tremor and other complications may develop.¹¹

Aim and Objectives-

1. To study about *Dushivisha*.
2. To study about *Pippalyadi Agada*.
3. To understand effect of *Pippalyadi Agada* in *Dushivisha janya Twak vikar*.

Material and Method - This paper is based on text-book of Ayurveda along with Modern textbooks and various websites to collect information on the relevant topics.

Management - According to Acharyas *Twak vikar* as *Kitibha*, *Kotha*, *Kandu* are mentioned in the sign and symptoms of *Dushivisha*. The etio-pathogenesis of dermatological disorder involves the *Sapta dhatu*, *Vata*, *Pitta*, *Kapha*, *Twacha*, *Rakta*, *Mansa* and *Ambu / Lasika*, which is vitiated by different sources of *Dushivisha*. So, on looking at the importance of skin and increased incidence rate of Skin diseases, it's a need to find some conservative source which would be helpful in management of Skin diseases from the root by cleansing vitiated *Dhosha* and balancing whole body. These diseases can be prevented and if it occurs then can be cured through Ayurvedic *Agada's*. *Agada's* are the counter measures taken against this manifestation. *Dushivisha janya Twak vikar* may be cured by *Pippalyadi Agada* described in *Yogratnakara* in the treatment of *Dushivisha*.

Pippalyadi Agada¹² - *Pippalyadi Agada* includes nine drugs *Pippali*, *Dhanyaka*, *Jatamansi*, *Lodhra*, *Ela*, *Maricha*, *Tagara*, *Sarjika kshara*, *Suvarn gairika*.

Table 1: Contents of *Pippalyadi Agada*

Drug (Sanskrit Name)	Latin name	Family
<i>Pippali</i> ¹³	<i>Piper Longum</i> Linn.	Piperaceae
<i>Dhanyaka</i> ¹⁴	<i>Coriandrum Sativum</i> Linn	Umbelliferae
<i>Jatamansi</i> ¹⁵	<i>Nardostachys Jatamansi</i> DC	Valerianaceae
<i>Lodhra</i> ¹⁶	<i>Symplocos Racemosa</i> Roxb.	Symplocaceae
<i>Sukhsma ela</i> ¹⁷	<i>Elleteria Cardimomum</i> (Linn.) Maton	Zingiberaceae
<i>Maricha</i> ¹⁸	<i>Piper Nigrum</i> Linn.	Piperaceae
<i>Tagara</i> ¹⁹	<i>Valeriana Wallichii</i> DC.	Valerianaceae
<i>Badi ela</i> ²⁰	<i>Amomum Subulatum</i> Roxb.	Zingiberaceae
<i>Sarjika kshara</i> ²¹		
<i>Suvarna gairika</i> ²²	Red ochre	

Table 2: *Ras Panchaka (Guna - Karma)* of *Pippalyadi Agada*

Drug (Sanskrit Name)	Rasa	Guna	Veerya	Vipaka	Doshghnta	Therapeutic Uses
<i>Pippali</i> ¹³	<i>Katu</i>	<i>Laghu Snigdha Tikshna</i>	<i>Anushna sheeta</i>	<i>Madhura</i>	<i>Kaphavatashamaka</i>	<i>Kusthaghna Krimighna Raktavikar</i>

						Deepan Shothaghan
<i>Dhanyaka</i> ¹⁴	<i>Kashaya Tikta Katu Madhura</i>	<i>Laghu Snigdha</i>	<i>Ushna</i>	<i>Madhura</i>	<i>Tridoshashamaka</i>	Deepan Pachan Krimighna, Visarpa Sothaghana Agnimandyahar Dahanasak
<i>Jatamansi</i> ¹⁵	<i>Tikta Kashaya Madhura</i>	<i>Laghu Snigdha</i>	<i>Sheeta</i>	<i>Katu</i>	<i>Tridoshashamaka</i>	Twakvikar Varnya Kusthaghna Shothaghna Vishavikar Dahanasak Deepan, Pachan
<i>Lodhra</i> ¹⁶	<i>Kashaya</i>	<i>Laghu ruksha</i>	<i>Sheeta</i>	<i>Katu</i>	<i>Kapha- pittashamaka</i>	Raktavikar Twakvikar Sothahara Kusthaghna Vishagha Vranaropana
<i>Suksma –ela</i> ¹⁷	<i>Katu Ma- dura</i>	<i>Laghu Ruksha</i>	<i>Sheeta</i>	<i>Katu</i>	<i>Kapha- vatashamaka</i>	Deepan Pachan
<i>Maricha</i> ¹⁸	<i>Katu</i>	<i>Laghu Ruksha Teekshana</i>	<i>Ushna</i>	<i>Katu</i>	<i>Kapha- vatashamaka</i>	Switra Kilasa, Pama, Krimighna Twakvikar, Agnimandya
<i>Tagara</i> ¹⁹	<i>Tikta Katu Kashaya</i>	<i>Laghu Snigdha</i>	<i>Ushna</i>	<i>Katu</i>	<i>Kapha- vatashamaka</i>	Vishaghna Kusthaghna Varyna Raktavikar Vranaropana Deepan Visarpa
<i>Badi ela</i> ²⁰	<i>Tikta Katu</i>	<i>Laghu Ruksha</i>	<i>Ushna</i>	<i>Katu</i>	<i>Kapa-vata shamaka</i>	Deepan Kandughna Raktavikara Twakaroga Vrana
<i>Sarjika kshara</i> ²¹	<i>Snigdha Sheeta</i>					Krimighna
<i>Suvarna gairi- ka</i> ²²	<i>Ruksha Teekshana Laghu Ushna</i>					Vishaghna Kandughna Udarda

DISCUSSION

Mode of action of *Pippalyadi Agada* can be explained in following way: Drugs exhibiting quick control over vitiating *Vata* and *Kapha*, while permanent relief is attainable through implementation of drugs having action *Agni* and *Pittastana* along with *Vata-kaphaghna*. So, the drug administered for the treatment of *Dushivisha janya Twak vikar* (skin disorder)

should have action on *Pitta*. *Pippalyadi Agada* has used as *Vishaghna* (Antitoxic) in *Dushivisha janya Twak vikar* (skin disorders). In all *Twak Rogas* mostly *Raktadushti* is the major factor. All the contents in *Pippalyadi Agada* have *Vishaghna*, *Kusthghna* and *Rakta-vikarnasak* properties and also some of the drugs in these *Agada* like *Pippali*, *Jatamansi*, *Lodhra*, *Ela*, *Tagar*, are *Kushthaghna*, *Vishaghna*,

Vranaropana, *Sothaghana* mostly act on *Twakroga*. The *Deepan*, *Pachan* properties of these drugs acts on *Dushivisha* treatment. The *Kustha* manifest by *krimi* and *Pippali*, *Dhanyaka*, *Maricha* has *Krimighna* property. *Lodhra* is the single drug of choice in skin diseases. The *Kshara* itself having the property to destroy the degenerated *Dhatus* and remove unhealthy tissues and *Doshas* from their location. The goals of treatment are eliminating the toxins and prevent skin diseases along with prevention of scar. Modern medications for Skin disorders include topical therapies, antimicrobials, hormones, surgery, UV- radiations, laser treatment etc. But these have many limitations and adverse effects. *Pippalyadi Agada* may be play a good role in the management of Skin diseases by the action of neutralize the toxins in body and purifying the blood by its *Vishaghna* property. The drugs having *Kusthaghna*, *Krimighna*, *Sothahara*, *Kandughna* properties, which are beneficial for the Skin diseases. *Vranaropana* property promotes faster healing of lesions without leaving scars. *Rakta shodhaka* property is helpful in blood purification. The *Kshara* itself having the property to destroy the degenerated *Dhatus* and remove unhealthy tissues and *Doshas* from their location and thus prevent from chronic diseases by cleaning the body internally and are helpful in management of *Dushivisha janya Twak vikar*. Thus, this *Pippalyadi Agada* may be cures the *Dushivisha janya Twak vikar*.

CONCLUSION

Skin disorders require long-term management. Today's changed lifestyle like Irregular diet, Pollution, Stress, Hormonal changes are directly affecting the skin and causes many Skin diseases. As we see the prevalence rate increases, so there is scope for new researches & study. Any type of poison *Dushivisha* and *Gara Visha* produced in body due to *Agnimandya*, *Virudha-Aahara*, which are not properly expelled out of body. *Dushivisha* vitiates the dhatus, causing hypersensitivity reaction in skin and leads to Skin disorders. Conclude that *Dushivisha* is important causative factor of *Twak Vikar* (Skin disorders). The *Virudhaahara*, *Ajirna*, *Agnimandya*, *Vegavrodha* and *Mansik*

bhava are causes of *Dushivisha*. So *Pippalyadi Agada* is beneficial for *Dushivisha janya Twak vikar*, by its action and properties. It will be helpful to eliminate *Dushivisha* from body and to cure the dermatological symptoms. Hence these review studies are concluded from this discussion, that *Pippalyadi Agada* may be effective in *Dushivisha janya Twak vikar*.

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Source of Support: Nil

Conflict of Interest: None Declared

How to cite this URL: Pooja Upadhyay et al: Role Of Pippalyadi Agada In Dushivisha Janya Twak Vikar: A Review. International Ayurvedic Medical Journal {online} 2020 {cited October, 2020} Available from: http://www.iamj.in/posts/images/upload/4772_4777.pdf