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Concept Of *Visha Upadrava* In Ayurveda: Perspective Framework

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ABSTRACT: -

Upadrava is the complication produced in a diseased condition. As a matter of fact, this complication is also a disease with a separate entity. The only fact to be remembered is that the *Upadrava* develops after the formation of the main disease. The etiology of *doshas* remaining the same for both. *Upadrava* is the disease produced after the formation of the main disease and is dependent on the main disease whether the *upadrava* is mild or grave. Besides the above definition the following are also considered as *upadrava*. It is a secondary disease or complication, produced by the same *dosha* as is responsible for the main disease. When the main disease is produced and the *doshas* are further vitiated owing to the abnormal diet, behavior etc. a second disease is super added and is called *upadrava*. Acharya Vagbhata has stated in his classical book *Ashtanga Sangraha* a separate chapter about *Visha Upadravas*. Sushruta has talked about *Visha upadrava* in the context of *Dushi Visha* and while explaining the management of snake poisons. These *Upadravas* are the aggravation of symptoms as quoted besides many others as stated by Vagbhata in a person afflicted by *Dushi Visha* (slow poison) or *Visha* at a later stage which again means a form of *Dushi Visha*. Understanding these *Upadravas* in the present clinical aspect is very much appreciated. Apart from venomous bites, as a possibility we can also consider the prolonged use of contaminated substances in the form of food, air, water, land, medication etc to be akin to *Visha* and their ill effects as the *Upadrava*.

Keywords: *Visha, Upadrava, Ayurveda, Vishatantra,*



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INTRODUCTION

The *Upadrava* is caused by the same *Dosha* it has its own independent *Dosha* – *Dushya Sammurchana And Sampraapti*. Hence the treatment of *Vyadhi* and its *Upadrava* aren't contradictory to each other. Generally the main disease persists during the course of *Upadrava*. As we know that the *Apaki Guna* of *visha* makes it indigestible and stays over a period of time giving rise to various manifestations during favorable factors such as time, food, behavior etc. (*Te Kaladi Balam Labdhva Kupyathi Anya Asrayeshu Api ...*) Acharya Vagbhata has stated in his classical book *Ashtanga Sangraha* ^[4] a separate chapter about *Visha Upadravas*. Sushruta has talked about *Visha upadrava* in the context of *Dushi Visha* ^[2] and while explaining the management of snake poisons ^[3]. These *Upadravas* are the aggravation of symptoms as quoted besides many others as stated by Vagbhata in a person afflicted by *Dushi Visha* (slow poison) or *Visha* at a later stage which again means a form of *Dushi Visha*. Understanding these *Upadravas* in the present clinical aspect is very much appreciated. Apart from venomous bites, as a possibility we can also consider the prolonged use of contaminated substances in the form of food, air, water, land, medication etc to be akin to *visha* and their ill effects.

MATERIALS AND METHODS

The thorough and detailed explanation about *Visha Upadrava* is found in all the *brhatrayees*

as well as many other classical texts along with that references are also analyzed under this section.

Visha upadravas are as follows:^[1]

Jwara –Fever:^[1]

Fever with poison as a background falls under *Aganthuja Jwara*. It is also similar to *ama visha* and can also be due to severe drug interaction termed as drug fever. This type of fever usually presents with a history of drug ingestion and presence of rash and is of short duration - e.g. Penicillin.

Kasa - Cough:^[1]

Under the term *Visha Upadrava* cough can be grouped as due to drug and smoking (including passive smoking), post infectious cough. Drugs such as ACE inhibitors and clonidine on long term use cause cough. Drug history is an important tool in clinching the diagnosis.

Vami - Vomiting:^[1]

Chemoreceptor trigger zone or the center by itself is not capable of stimulating vomiting. However, when the stimuli such as bacterial toxins, radiation or drugs such as apomorphine, digitalis or ergot alkaloids trigger vomiting. It sends efferent to the vomiting center, which initiates the act of vomiting.

Other drugs:

Alcohol, salicylate, chemotherapy agents, NSAIDs, antibiotics, narcotics, digoxin, theophylline, niacin etc.

The other important factor is food poisoning, wherein ingestion of food containing bacterial

and non-bacterial products, but the term is usually restricted to acute gastroenteritis due to bacterial infection of food and drink.

Causes:

- ❖ Poisoning due to bacterial causes
- ❖ Poisons of vegetable origin (natural food poisons) – Lathyrus sativus, Rye, Oats, Poisonous mushrooms and poisonous berries such as Atropa belladonna.
- ❖ Animal origin: poisonous fish, Mussel
- ❖ Chemicals: Flavoring agents in processed foods, coloring agents, preservatives, extraction of fat by solvents like hydrocarbons, accidental by pesticides or insecticides.

Swasa - Dyspnoea:^[5]

In salicylate poisoning (overdose) there is metabolic acidosis and thus dyspnea. It exhibits all those toxins, which have a spasm on the bronchial tree, e.g. In organo phosphorus poisons which have a muscarinic manifestation over the bronchial tree causing increased bronchial constriction, increased bronchial secretion, dyspnoea, cyanosis and pulmonary oedema.

Atimurchana - Coma:^[5]

It can be defined as a state in which the patient is unresponsive to environmental stimuli, unable to communicate in any manner and from which he or she cannot be aroused

The toxic causes of coma are lead arsenic, milk alkali syndrome and drugs with high level neuroleptics. The coma can be categorized into diffuse encephalopathy besides alcohol,

barbiturates, opium, heroin, kerosene, benzodiazepine, sedatives and hypnotics.

Mandrax and Melsedine containing Methaqualone are used in insomnia. Few are very sensitive to this drug and become unconscious even after taking one single tablet.

Atisara - Diarrhoea:^[1]

Acute: Infectious – Bacterial, viral, protozoal, and fungal, which release endotoxins.

Drugs: Sorbitol, Colchicines and Theophylline

Chronic: drug abuse – Antacids (Magnesium tri sillicate, Cimetidine), antihypertensives (Methyl – dopa and propranolol), theophylline, diuretics, chemotherapeutic agents (methotrexate) antibiotics (ampicillin, lincomycin), digoxin, iron preparations, levodopa, NSAIDS and mefenamic acid.

In metallic poisoning-^[1]

- ❖ Arsenic – like rice water in early stages, later bloody.
- ❖ Mercury – Blood stained diarrhea and tenesmus
- ❖ Copper – Diarrhea with much straining, motions are liquid and brown but not bloody.

Atikatinya – Constipation^[1]

Chronic: prolonged use of drugs such as anticholinergic drugs, bismuth, aluminum, morphine, codeine and tricyclic antidepressants.

Adhmana - Flatulence:^[1]

Potassium nutrients and morphine and all those, which cause chronic constipation, create an intra abdominal pressure and distention.

Vitamins: Most vitamins are non-toxic but prolonged intake of Vitamin – A and Vitamin – D can cause toxicity.

Vitamin – A produces vomiting, constipation, flatulence and muscle pain and nephron calcinosis.

Siro ruk - Headache:^[1]

- ❖ Infection – Typhoid and Paratyphoid
- ❖ Drugs – Indomethacin, calcium channel blockers, caffeine, appetite suppressants, nitrates, estrogen and antihypertensives.
- ❖ Chemicals: Benzene, lead, insecticides and carbon monoxide.

Swayathu - Oedema:^[1]

Causes:

- ❖ Toxic – Epidemic dropsy
- ❖ Drug induced – Amantadine, NSAIDs, Corticosteroids, calcium channel blockers, vasodilators, estrogen and carbenoxolone.
- ❖ Peripheral oedema – Drugs containing sodium (Fludro – cortisone, NSAIDs) and Nifedipine.

Chakrapani in his commentary on the remedy for *Vishaja Swayathu* states that while preparation of Agada which have toxic substances such as *Vatsanabha (Aconitum ferox)* in *Sanjeevani agada* etc, it causes

swelling in the person who is preparing the medicine.

Rakta srava – Bleeding^[1]

Viperidae venom is hemotoxic. Phosphatides cause hemolysis and most of the effects on the heart and circulation. Hemolysis by venom is accelerated by lecithin, phospholipases A, B, C and D are catalysts involved in the hydrolysis of lipids. Cholinesterase catalyses the hydrolysis of acetylcholine and acetic acid.

Puti damsā – putrefaction at the site of bite / injury^[1]

Besides putrefaction of the site of bite, the other conditions such as punctured wounds from an infected material long back can give rise to wounds, which shows signs of putrefied discharge at a later stage when factors are favorable.

Improperly healed gunshot wounds etc can also be considered at this juncture, others like vesicant or blistering gases used in war such as mustard gas and lewisite, which are volatile liquids. Mustard gas causes irritation of the eye, nose, throat and respiratory passage, nausea, vomiting and abdominal pain. It passes through the clothes into the skin and produces intense itching redness, vesication and ulceration especially in the moist areas^[3].

Few kinds of Venomous fish such as cat fish, eel, dragon fish, lion fish etc have spine, which causes poisonous wounds.

Visha anila – Vata dosha aggravated from visha.^[1]

A person afflicted by poison whose foods and activities are in favor of aggravating *Vata Dosha*, then he succumbs to various types of

vata disorders. If there is excess loss of blood in an emaciated person or by very nature of the poison, vata gets vitiated in the body, giving rise to insanity convulsions, mental disorders, epilepsy etc

DISCUSSION

Mental disorders such as retrograde amnesia in gas poisoning can be an example. The symptoms of mild *Unmada* are called as *Mada*, which is the first stage of *Madatyaya* [2] and many of the mental disorders such as ante retrograde amnesia in chronic alcoholism can also be considered as one of the elements of *Visha Anila*. Exposure to certain asphyxiants like CO, CO₂, Hydrogen sulphide and war gases have adverse effects. CO – The effect of Carbon monoxide are simply those of suboxia. Damage to Central Nervous System (CNS) may produce monoplegia or hemiplegia, impairment of higher intellectual functions, personality changes, cerebellar changes and Parkinsonism as a sequelae to organ phosphorus poisoning – occasionally the effects may last from several weeks to months. These include peripheral neuropathies, memory impairment, personality changes, depression, confusion and thought disorders. Mandrax and Melsedine containing Methaqualone are used in insomnia. In modest doses, produces euphoric state and inhibitions disappear. Excitation, delirium, extra pyramidal signs (hyper tonicity, hyperflexia and myoclonus) and convulsions occur. Muscular twitching, carpo - pedal spasm and paraesthesia. Infectious diseases can also be considered under visha upadrava. Hampered immunity during covid-19 crisis can be covered under the umbrella of complications of chronic cumulative toxicity inside the body in the form of *Dooshi Visha*. This facet of *Dooshivisha* can be underlining factor that can be taken into consideration of *Visha Upadrava*.

CONCLUSION

Visha upadrava are complications arising out of improper acute management of *Visha* conditions.

They are sixteen in number and many more as per the classical Texts. This is an prompt attempt to understand *Visha Upadravas* in brief. Further comprehensive and analytical studies are necessary to establish the concept of *Visha Upadravas* in the covid-19 crisis which may open new dimensions to understand the concept of *Visha Upadravas*.

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