

**AN OVERVIEW ON UTILITY OF VISHA VARGA IN RASASHASHTRA****Dr. Ketan R. Rathava\***

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Article Received on  
20 Oct. 2023,

Revised on 10 Nov. 2023,  
Accepted on 30 Nov. 2023

DOI: 10.20959/wjpr202321-30457



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**ABSTRACT**

Visha Varga holds immense utility in Rasashashtra, offering a unique approach to treating various diseases. These poisonous plants are carefully processed and purified to eliminate their toxic properties while retaining their therapeutic benefits. The utility of Visha Varga lies in its ability to enhance the potency and effectiveness of medicinal formulations. Its ability to target specific ailments, provide quick relief, and deliver long-lasting effects due to its Vyavayi, Asukari, Visada, Vyavayi, Vikasi, Suksma properties makes it a valuable tool in the field of medicine. For example, certain visha varga preparations are used to treat digestive disorders, respiratory problems, skin diseases, and even neurological disorders. However, it is essential to approach Visha Varga with caution and under the guidance of a knowledgeable practitioner to ensure safe and effective treatment.

**KEYWORDS:** Visha, Rasashashtra, Vatsanabha, Kuchla.

**INTRODUCTION**

Rasashashtra, an ancient Indian science of alchemy, holds immense significance in the field of medicine. It encompasses the knowledge of preparing various medicinal formulations using minerals, metals, and herbs. One of the essential aspects of Rasashashtra is Visha Varga, which refers to the group of poisonous substances used in the preparation of medicines.

Visha is defined as that which gives misery to the human beings and others by mere its sight. It may cause death also. Visha is a substance which produces very harmful effect on mind and body is called as Visha (poison). Visha is having Synonyms like Ksweda, Garala & Kalkuta.

**Varities** – Basing on the origin Visha is of 2 kinds: 1. Sthavara (Plant or Mineral origin) 2. Jangama (Animal origin)

Sthavara Visha has been classified into 2 types such as

1. Mahavisha (Eg. Vatsanabha etc.)
2. Upavisha (Eg. Tinduka etc.)

Kalakuṭa, Vatsanabha, Sringaka, Pradipana, Halahala, Brahmaputra, Haridra, Saktuka and Souraṣṭrika etc. are the 9 drugs belongs to Sthavar Mahavishas and the 7 drugs belong to Upavishas such as- Arka, Snuhi, Dhatura, Langali, Karaviraka, Gunja, Ahiphena etc. which are useful for mercurial operations.

### **Pharmacological properties**

Visha is Laghu, Ruksam, Asukari, Visada, Vyavayi, Tiksana, Vikasi, Sukṣma, Uṣṇa, Unexplainable tests etc. ten Gunas.

### **Visakta Laksana**

Udwega, Daha, Sarira kampa, Bhupatana, Angavaikalya, Phena vamaṇa, Jadatwa, Marana.

### **Need of Sodhana**

Before poisonous plants are therapeutically used, they are to be subjected to a process called as purification. This process reduces the toxicity of the poisonous plant product considerably and keeps it to required optimum level. When such purification processes are carried out the poisonous substances are attributed with certain properties. These are (1) Rasayana, (2) Yogawahi, (3) Tridosaghna (4) Brimhana, (5) Viryavardhaka, (6) Pranadayi.

### **Therapeutic uses**

Kushta, Madhumeha. Agnimandya, Sannipata Jwara, Plihodara, Apaci, Sotha, Sirahsula, Vrscika Visha, Sula, Kandu, Vrana, Mutrakriccha.

**Antidotes for Visha**

Borax, Turmeric, Juice of Meghanada, Sarpakshi, Putrajivaka, Lemon juice, Powder of Terminalia arjuna, Vandhyakarkotaki, Trishulika, Gojihva, Ghee prepared from cow's milk, Goat milk.

**Following substances to avoid during treatment with Visha**

Ghee, Milk, Sugar, Honey, Wheat, Rice, Black pepper, Rock salt, Black grapes (dried), Sweet liquids.

**Formulations having Visha Dravya**

<b>Vatsnabha (Aconitum ferox)</b>	<b>Datur (Datura metal)</b>	<b>Bhallataka (Semicarpus anacardium)</b>
AnandBhairava rasa Tribhuvankeerti rasa Vataviswansanarasa Mrutyunjaya rasa Swasakuthar rasa Sanjeevanivati Sootashekara Rasa	Piyushvallirasa Sootashekara rasa Jayamangal rasa Kanakasavam Tribhuvankeerti rasa Laxmivilasa rasa puspadhanwarasa	Sanjeevanivati Narasimhachoorana Prasaranitaila Amrutabhallatakaghruta Panchatiktaguggulughruta Kutajavaleha
<b>Kupeelu (Strychnous nuxvomica)</b>	<b>Snuhi (Euphorbia nerilifolia)</b>	<b>Arka ( Calotropisprocera)</b>
Agni tundivati Mahavishagarbha tail Vishamustivati Shoolaharana yoga Krimimudgara rasa	Arshakuthara rasa Jalodaraari rasa Kaseesadi tail Abhyalavana	Pravalpanchamruta rasa Mahavataavidwansana rasa Sootikabharana rasa Bruhunmareechaditail

**Visha –Upavishas in Rasashastra at various places**

Visha, a toxic substance, is used sparingly in Aindra as rasayana, an Ayurvedic preparation. It is employed in the treatment of Kushta, a skin disease, along with Kakodumbara mula kwatha. Sannipatodara, a condition caused by the imbalance of three doshas, utilizes Sthavara Vishas like Gunja and Karaveera. Sarpa Visha, derived from snakes, is also used in Sannipatodara. Another unique technique involves purifying parada, a mercury-based substance, using Krishna Dhatura to eliminate its Chapalya guna. Rasa bandha aims to transform parada from a liquid to a solid or powdered state by eliminating its Chanchalyata and durgrahata. Shuddha Vatsanabha finds its use in preparing Parpati kalpanas like Tamra Parpati and Vijaya Parpati. Arka and Snuhi ksheera are employed in the creation of Shataputa Abhraka Bhasma, while Manahashila and Haritala churna are used in Gomutra Shilajatu marana.

## DISCUSSION

In Rasashashtra, Visha Varga plays a crucial role in treating various ailments. One of the primary reasons why toxic plants are used in Rasashashtra is because they possess unique therapeutic properties like Asukari, Visada, Vyavayi, Vikasi, Sukşma, that can't be found in non-toxic plants. These plants contain potent compounds that have the ability to treat a wide range of ailments, from common colds to chronic diseases. By harnessing the power of these toxic plants, Rasashashtra aims to provide effective and holistic treatment options for various health conditions. Furthermore, Visha Varga formulations are known for their quick action and long-lasting effects. Due to their potent nature, these medicines can provide rapid relief and address the root cause of the disease. This makes them particularly useful in acute conditions where immediate intervention is required. Take, for example, Aconitum ferox, commonly known as Vatsanabha. This plant is highly toxic and can be fatal if ingested in its raw form. However, when processed properly, it becomes a valuable ingredient in Rasashashtra. Vatsanabha is known for its analgesic and anti-inflammatory properties, making it an excellent choice for treating joint pain and rheumatoid arthritis. Another toxic plant Strychnos nux-vomica, also known as Kuchla. This plant contains a toxic alkaloid called strychnine, which can be lethal in large doses. However, when used in controlled amounts and after proper processing, Kuchla becomes a powerful stimulant for the nervous system. It is used in Rasashashtra to treat conditions like paralysis and muscular atrophy. Now, I must emphasize that the use of toxic plants in Rasashashtra requires extensive knowledge and expertise. It is not something that can be done haphazardly or without proper guidance. Rasashashtra practitioners undergo years of rigorous training to ensure the safe and effective use of these plants.

## CONCLUSION

Toxic plants may seem like an odd choice for medicinal purposes, but in the world of Rasashashtra, they play a crucial role. Through careful processing and extraction, these plants are transformed into potent medicines that can alleviate various health conditions. Its ability to target specific ailments, provide quick relief, and deliver long-lasting effects makes it a valuable tool in the field of medicine. Rasashashtra truly offers a unique approach to healthcare, it might just hold the key to unlocking a world of healing possibilities.

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