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A CASE STUDY OF APPLICABILITY OF BILWADI AGADA IN VISUCHIKA

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ABSTRACT

One area of *Ashtang Ayurveda, Agadtantra,* deals with poisoning from toxic substances and treatments for it. Toxins produced by *V. cholera* and bacterial strains[1] can be countered by *agada kalpa*. *Bilwa, Surasa, Karanja, Nata, Suvaha, Haridra, Daruharidra, Triphala,* and *Trikatu* are among the 13 constituents. There are references to it in the *Sarpa damsha, Loota visha, Unduru visha, Vrischika visha, Visuchika, Ajeerna, Gara visha,* and *Jwara, Bhoota bhada* texts. *Visha chikitsa* currently makes extensive use of *Bilwadi Agad*, which is referenced in *Ashtang Hrudaya Uttarstana. Bilwadi Agad* can be utilised in *visuchika* because of the special combination of medications in it. This *Ayurvedic* remedy is frequently used to treat a variety of gastrointestinal conditions. *Jwar* and *Mandagni* are the primary causes of *Ama* (Undigested Food Residue) production in the body. Drugs found in *Bilvadi agad* mostly have the qualities of *Katu, Tikta Rasa, Laghu, Tikshana, Ruksha Guna, Usna Virya, Madhura Vipaka, Deepana, Pachana, Anulomana, Rochana, Shoolhara, Krimighna, Jwaraghna, Triptighna, and Vishaghna* and act on the *Kapha-Vata.* The many ingredients in *Bilwadi Agada* have *vishaghna, jwaraghna* and *visuchikahara* qualities that could be used to treat the disease's symptoms. The utilisation of *Bilvadi agada* as *visuchikahara* is the aim of this paper.

KEYWORDS: *Bilvadi Agad, Visuchika, Ajeerna, Jwara.*

INTRODUCTION

What is cholera? How and where did it start? How did and does it spread? There is a lack of agreement about the early history of cholera. Confusion arose because it was difficult to

define cholera precisely (which has a broad clinical spectrum) and to distinguish it from many other diseases associated with diarrhoea and vomiting. There is also not agreement on the etymology of the term "cholera." The term, first seen in the works of Hippocrates, was believed to have been derived from the Greek words chole (bile) and rein (to flow), thus meaning flow of bile.[2,3,4]

Alexander Trallianus, however, said in 1622 that the word had come from *cholades* which means intestine, as the evacuations were often serous and not bilious. In 1872, an eminent philologist, Emile Littre, expressed the opinion that the term originated from the Greek word cholera. which means gutter (of a roof), probably because the discharges in cholera flow as from a spout. He reaffirmed his conviction again in 1878.[5] Thomas Sydenham, the "English Hippocrates" of the 17th century, is given the credit for coining the term cholera morbus to distinguish cholera, the disease, from cholera, the state of anger. *Haeser* has been quoted2 as maintaining that the later Greek writers added the word *nousos* (which means sickness) after cholera to distinguish the illness from the building structure, i.e., roof gutter. McLeod[6] thought the Hippocratic term cholera meant bilious diarrhoea.

MacNamara[7] of the Indian Medical Services, a leading British authority on cholera, who had studied under Koch himself, wrote "while we have numerous treatises on the works of Sushruta and Avicenna, we have literally no clue in the oriental languages as to the history of epidemic cholera in India." While the description of the disease in the translated Sushruta Samhita agrees closely with that of cholera as is known today, it has been described as a sporadic condition. In Charaka Samhita, a slightly later publication in India, there is a chapter *Janapadowansa* on epidemics which also mentions the *dosha upakrama* as *langhan, langhan pachan, dosha avasechan.*[8]

Charak Samhita describes *atisaar, jwara, prameha, kushtha* as *doshaj vikaar* in *Vimansthan.*[9]

In India, the Sanskrit word believed to denote cholera is visuchika. which found a place in the Sushruta Samhita.[10] The age of the Sushruta Samhita is difficult to ascertain but it is estimated to have been written about 500-400 B.C., or around the time of Lord Buddha. The word visuchika literally may mean an abnormal bowel movement or merely a disturbance of the stomach and intestine. However, the description of a case of visuchika in the Sanskrit literature, as will be seen later, agrees very closely with a typical case of cholera.[11]

Literature review

Shodhan -

Chikitsa Upakrama

1) Vaman
2) Virechan

Shaman -

1. Langhan[12]
2. Deepan.
3. Pachan - Peya, vilepi, Yusha.[13,14]
4. Samyak Kshudha Pravartan.

A case study

A 36-year-old woman Charter Accountant by profession visited the OPD with present complaints of *drava mala pravrutti, udarshula, brahma, aanaha,* thirst, *jwara, chardi.* She had tried with Allopathic medicine but she now desired switching to *Ayurveda* because she began experiencing the same complaints as soon as she stopped taking allopathic medicine.

Past history

It was found that her work life was full of stress. Her Dietary routine and sleep patterns were irregular. At times she had to consume street food due to extended work hours. She had consumed *Pav bhaji* for couple of days, before visiting to clinic.

Patient had a history of Type 1 diabetes; patient was on fair BSL control.[15]

So, diagnosis was *Visuchika*.

On examination

Heart rate - 70 /min

Blood pressure - 100/60 mm of Hg

Temperature – 101^0F

Respiratory rate - 22/min

BSL (F)- 130, (PP) – 160

HBA1C - 7

Personal history

Appetite – Good

Bowel – Disturbed

Sleep – Disturbed

Stool - watery 9-10 times/day

Vomiting - 4-5 times/day

Urine- 3 to 4 times /day

Investigations

Stool Routine

Stool Culture

Complete Blood Count

MATERIALS AND METHODS

Treatment given was

Sr No.	Name of drug	Dose and Frequency	*Kaal*
1.	*Bilwadi gulika*[16]	2 Tablets twice a day	Before food 8am & 6pm with Luke warm water
2.	*Praval panchamruta*[17]	2 Tablets twice a day	After Meals with Luke warm water

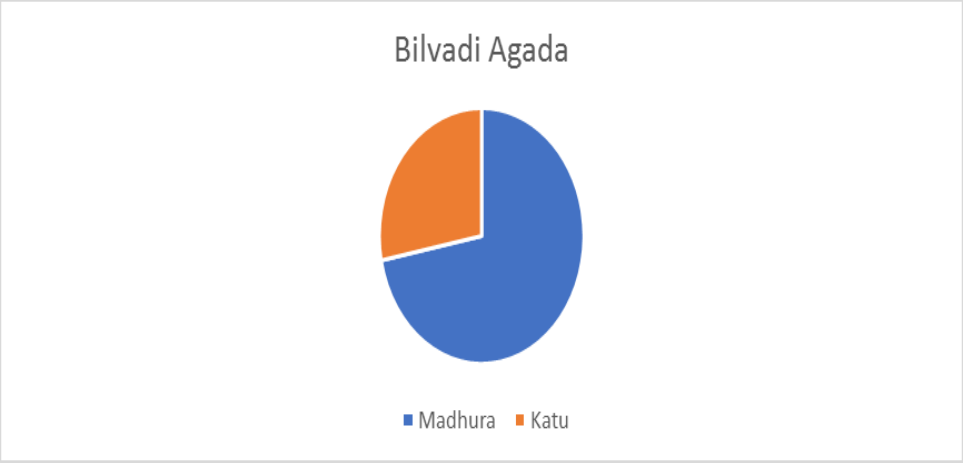
1) Bilwadi gulika

Sr. no.	Name of the drug	*Rasa*	*Virya*	*Vipaka*	*Guna*	*Karma*	Pharmacological actions
1.	*Bilwa*	*Kashaya, tikta*	*Ushna*	*Katu*	*Laghu, ruksha*	*Kapha-vataghna, Vishamjwaraghna, shothaghna, balya, raktasthambhak, grahi,hrudya*	Antiviral, cardiac stimulant, antibacterial, antidiarrheal antipyretic.[18]
2.	*Surasa*	*Katu, tikta*	*Ushna*	*Katu*	*Laghu, ruksha*	*Kapha-vataghna, vishaghna, krimighna, Vishamjvaraghna, Deepana-pachanaanulomana, janthughna, shothaghna, hrudya, shwasa-kasa-hikkaparshwashoolhara,*	Analgesic, hepatoprotective, immunoprotective, antispasmodic, antibacterial, antifungal.[19]
3.	*Karanja*	*Tikta, katu, Kashaya*	*Ushna*	*Katu*	*Laghu, tikshna*	*Kapha-vata shamaka, Krimighna, janthughna, Raktashodhak, kustaghna, Vishaghna,*	Antibacterial.[20]

						shothaghna, vedna sthapana, Deepana pachana	
4.	*Natam*	*Tikta, katu, Kashaya*	*Ushna*	*Katu*	*Laghu, snigdha*	*Kapha-vata shamaka, vishaghna, vednasthapaka, jwaraghna, Bootaghna, madahara, shiro-rogahara, akshepahara, saraka, medhya*	convulsant and sedative.[21]
5.	*Surawha*	*Tikta*	*Ushna*	*Katu*	*Laghu, snigdha*	*Kapha-vata shamaka, Deepana, kasashwasa-hikkahara, shothahara, kandughna, jwaraghna, tandrahara, kushtaghna bhootaghna, krimighna, raktaprasadana*	Anti-inflammatory anti-histaminic.[22]
6.	*Haritaki*	*Kashaya pradhan lavana varjitha pancha-rasa*	*Ushna*	*Madhura*	*Laghu, ruksha*	*Tridoshahara, anulomana, rasayana, hrudya, indriya prasadana, medhya, shothahara, vednasthapana, vrushyakrimighna, kasa-shwasapliharogahara, vishamjwarahara.*	Antibacterial, antifungal, antiviral, antimutagenic, antioxidant, antiulcer.[23]
7.	*Vibhitaki*	*Kashaya*	*Ushna*	*Madhura*	*Laghu, ruksha*	*Tridoshahara, krimighna, shothhara, raktasthambhana, vednasthapana, deepana, anulomana, jvaraghna, shwasa, kasa, vami, gara nashna*	Antimicrobial, antioxidant, antidiarrheal, analgesic, immunomodulatory hepatoprotective, antispasmodic and bronchodilator.[24]
8.	*Amalaki*	*Amla pradhan lavana*	*Sheeta*	*Madhura*	*Guru, ruksha,*	*Tridoshahara, Rasayana, hrudya,*	Anti-inflammatory, antirheumatic, hepatoprotective,

		varjith pancha-rasa				*vyasthapana, kanthya, jwaraghna, kasahara, raktapittaghna, shulaprashmana, dahaprashmana, deepana, anulomana*	antioxidant.[25]
9.	*Shunti*	*Katu*	*Ushna*	*Madhura*	*Laghu, snigdha*	*Vata-kaphahara, deepana, shothahara, shoolaprashmana, hrudaya, atisara, kasashwasa-hikkahara, vednasthapana, naadi utejaka. jwarahara*	Anti-inflammatory, antimicrobial, antioxidant, immunomodulatory, antitussive.[26]
10.	*Maricha*	*Katu*	*Ushna*	*Katu*	*Laghu, tikshna*	*Vata-kaphahara, krimighna, vishaghna, bhootaghna hrudya, kasa-shwasahara, deepana, pachana, shoolaprashmana*	Antidiarrheal, antioxidant, antibacterial, anti-inflammatory, analgesic.[27]
11	*Pippali*	*Katu*	*Ushna-Sheeta*	*Madhura*	*Laghu, snigdha tikshna*	*Kapha-vata shamaka, kushtaghna, jwaraghna, balya rasayana, hrudya Shoolaprashmana, janthughna deepana hikkanigrahana, pachana, shwas-kasa pliharogahara*	Anti-amoebic, anthelminthic, anti-tumor and anti-diabetic
12	*Haridra*	*Tikta, Katu*	*Ushna*	*Katu*	*Ruksha, laghu*	*Kapha-vata shamaka, kushtaghna, jwaraghna Vishaghna, krimighna, raktadoshahara, pitta rechaka, shothahara, vednasthapana*	Anti-bacterial, anti-inflammatory, antiarthritic, antihistamine.[28]

13	*Daru-harida*	*Tikta, Kashaya*	*Ushna*	*Katu*	*Laghu, ruksha*	*Kapha-pitta shamaka, katu-paushtika netrya, vishaghna, shothahara, vednasthapana, kandughna, krimighna, varnya, raktashodhaka, vishamjvaraghna*	Anti-pyretic, anti-bacterial, anti-inflammatory, antifatigue.[29]
14	*Basta mutra*	*Katu, lavan*	*Ushna*	*Katu*	*Laghu, ruksha, tikshna*	*Kaphaghna, vatakara, Kasa-shwasaghna, shoophaghna, pandughna,*	Antibacterial[30]



2) *Praval panchamrut*[31]

Sr. no.	Ingredients	Parts/Praman	Properties
1.	*Praval* Bhasma (Corallium librum)	2	*Pittashamak, Madhur utpadak, Mutral*
2.	*Moukatik* Bhasma (Mytilis Margari tiferus)	1	*Hridya, Dahashamak, Pittashamak, Raktaprasad, Mutral*
3.	*Shankha Bhasma* (Tritonium)	1	*Pachak, Agnideepak, Stambhak*
4.	*Shukti bhasma* (Avicula)	1	*Pachak, Agnideepak*
5.	*Kapardik Bhasma* (Calcium carbonate)	1	*Pachak, Agnideepak, Shulaghna*

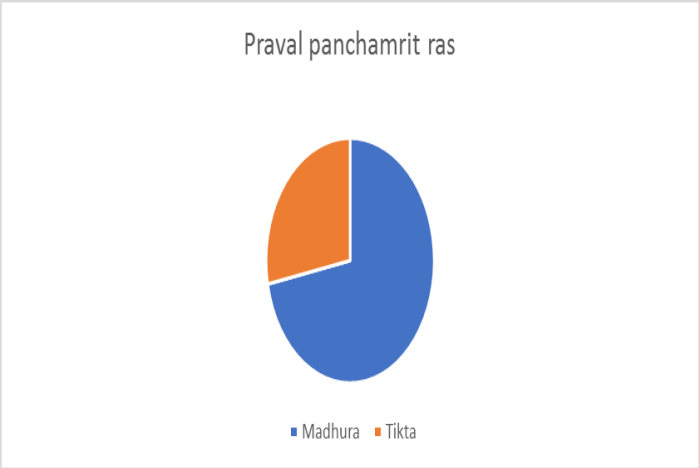
Bhavana: *Arka Dugdha* (Calatropisprocera)

Properties of *ArkaKshir*: *Tikshna, Ushna, Pachak, Sarak.*

In market we found two types of *Pravalpanchamrut* one having *bhavana* of *Arkadugdha* and other of *Godugdha*.

Arkadugdhabhavit Pravalpanchamrut acts as *vatakaphaghna* whereas *Godugdhabhavita Pravalpanchamrut* acts as *Pittaghna*.

Overall contents in the *kalpa* are *Sheeta, Pittashamak, Agnideepak, Mutral.*



Guna	**Sheet**
Vipaka	Madhura
Karma	Helps in reducing vidagdha pitta where vitiated Dravata, Amlata of pitta causes symptoms like amlodgar, hrillas, urodaha, adhaman. It is used when Kaphapittaja symptoms
Anupan	Nimbu Ras
Area of action	Madhyam Koshta(Grahani), Yakrit, Pliha which causes proper secretion of Pitta, pachan(digestion) of Aahar taken and gives strength by maintaining calcium to soft tissue of Amashaya and Grahani.

DISCUSSION

Based on the history, the condition was diagnosed as *Visuchika*. The treatment plan adopted was based on the etiology and dosha predominance. *Vishghna oushadha pana* and *deepana*, *pachana* has advised to the patient which has yielded good and quick response. *Bilvadi Agada* is an antitoxic medicine (*viṣaghna aushadhi*), indicated in all animate and inanimate poisoning (Keeta Visha, *Sarpaviṣa*, *Lootaviṣa*, etc., *Dushiviṣha* and *Garavisha*) and is mentioned as *Bhutaghna* (perhaps considered as antiviral), *Rakshoghna*, *kandughna*,

Vishaghna. It possesses *uṣṇa virya* (hot potency), *Katurasa*, *kapha vatahara* (Mitigating *Kapha* and *Vata). Pravalpanchamrut* contains calcium carbonate (CaCO3) which rapidly neutralizes oesophageal acid and may prevent reflux. Its mechanism of action is independent of acid neutralization giving effect like good antacid and it also provides calcium.

From ayurvedic point of view it contains *kshar* and *amla* property which results in *Madhura ras* production causing *Pittashaman.*

RESULT

For the assessment of symptoms

Sr. No.	Symptoms	Before treatment	After treatment Follow up			
			1 day	7 days	21 days	30 days
1.	*Brahma*	+++	++	++	+	
2.	*Drava mala pravrutti (phena yukta)*	+++	++	++	+	
3.	*Udarshula*	+++	++	++	+	
4.	*Aanaha*[32]	+++	++	+		
5.	Thirst	+++	++	+		
6.	*Jwara*	+++	+++	++	+	
7.	*Sa-aana Chardan*[33]	4-5 times/day	1 time/day	0	0	

CONCLUSION

The *samyoga visheshata* (unique mixture) that gives *Bilwadi agada* its action is what gives it a particular effect. The majority of medications have a *kapha-vatahara* effect because they are *tikta* (bitter), *katu* (pungent), and *rasa pradhan* (pacifies *kapha* & *vata*), many medications are *ushna veerya* (hot potency), the bulk of which are *katu vipaka*, and can therefore operate as rapidly as an antidote or *visha*. The mixture has anti-inflammatory, analgesic, antioxidant, and antibacterial properties. It can also be used to treat allergy disorders.

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