

CRITICAL REVIEW OF KOTTAM THAGARADI AGADA

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ABSTRACT

In traditional *visha chikitsa*, there are numerous formulations that have been used to treat different kinds of poisoning. *Kottam thagaradi agada* is one among them and it is used to treat *mandali sarpa visha* (viperine bite). The initial reference of *kottam thagaradi agada* is seen in *prayoga samuchayam* written by Kochunny Thampuran¹. This formulation consists of six ingredients which are pounded together and used as *lepa* (external application) or *paana* (internal drink) in *mandali sarpa visha* (viper snake bite). This paper is an attempt to make a review on the formulation *kottam thagaradi agada*.

KEYWORDS: *kottam thagaradi agada, visha chikitsa, mandali visha.*

INTRODUCTION

Agada tantra (toxicology) is a special branch of Ayurveda which deals with the signs and symptoms, detection and the management of poisoning resulting from bite of snakes, insects, spiders, scorpions, rats etc., and various other poisons produced by inappropriate combination of substances. There are various literatures given rise to the field of *visha chikitsa* in different languages. *Prayoga samuchayam* is one of the most popular books on *visha chikitsa* in Malayalam contributed by Kochunny Thampuran who learned *vishachikitsa* from King Ramavarma (Madirashiyil Theepetta Thampuran). *Prayoga samuchayam* contains several simple preparations which can be easily prepared and used for managing poisoned conditions. *Kottam thagaradi agada* is one such formulation specified in management of

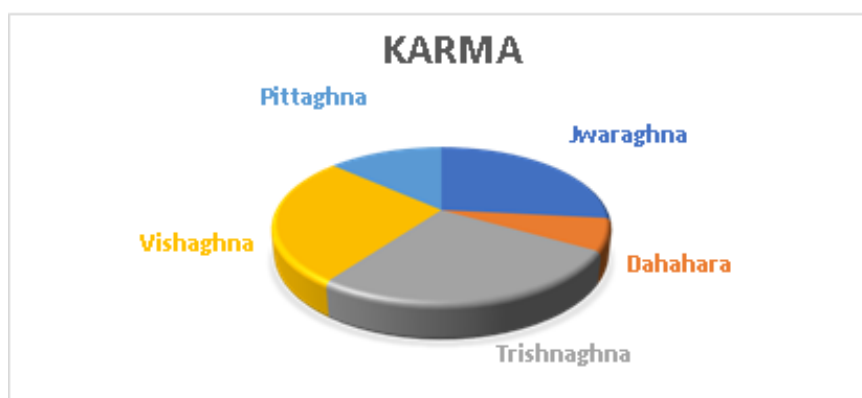
mandali sarpa visha (viperine bite). In Ayurveda, *sarpa* (snakes) are classified into *Darvikara*, *Mandali*, *Raajimantha*. *Mandali sarpa* (viperine snakes) is having *pitta pradhana visha*. The *samanya lakshana* (common characteristics) of *mandala visha* is *Toda* (pricking sensation), *Daha* (burning sensation), *jwara* (fever), *Trishna* (thirst), *Twagadi peetatva* (yellowish discolouration of skin etc.).

REVIEW OF LITERATURE

The initial reference of this formulation is seen in *thritheeya paricchedam* (third chapter) *mandali visha chikitsa* (treatment of viperine bite) of *Prayoga samuchayam*. It consists of six ingredients i.e., *Kottam*, *Thagaram*, *Ramacham*, *Chandanam*, *Madhukam*, *Sariba*.

Sanskrit Name	Rasa	Guna	Veerya	Vipaka	Karma
Kottam <i>Saussurea lappa</i> (C.B Clarke) Asteraceae	<i>Tikta</i> (bitter), <i>Katu</i> (pungent), <i>Madhura</i> (sweet)	<i>Laghu</i> (lightness), <i>Rooksha</i> (dryness), <i>Teekshna</i> (sharp)	<i>Ushna</i> (hot)	<i>Katu</i> (pungent)	<i>Jwaraghna</i> (mitigates fever)
Thagaram <i>Valeriana wallichii</i> (DC) Valerianaceae	<i>Katu</i> (pungent), <i>Tikta</i> (bitter), <i>Kashaya</i> (astringent)	<i>Laghu</i> (lightness), <i>Snigdha</i> (unctuous)	<i>Ushna</i> (hot)	<i>Katu</i> (pungent)	<i>Vishaghna</i> (helps in treating poisonous condition)
Ramacham <i>Vetiveria zizanioides</i> (Linn.) Graminae	<i>Tikta</i> (bitter), <i>Madhura</i> (sweet)	<i>Rooksha</i> (dryness), <i>Laghu</i> (lightness)	<i>Sheeta</i> (cold)	<i>Katu</i> (pungent)	<i>Jwaraghna</i> (mitigates fever), <i>Vishaghna</i> (helps in treating poisonous condition), <i>Trishnaghna</i> (reduces thirst), <i>Dahahara</i> (reduces burning sensation)
Chandanam <i>Pterocarpus santalinus</i> (Linn.) Fabaceae	<i>Tikta</i> (bitter), <i>Madhura</i> (sweet)	<i>Rooksha</i> (dryness), <i>Guru</i> (heaviness)	<i>Sheeta</i> (cold)	<i>Katu</i> (pungent)	<i>Trishnaghna</i> (reduces thirst), <i>Pittaghna</i> (reduces pitta), <i>Jwaraghna</i> (mitigates fever)
Madhukam <i>Glycyrrhiza glabra</i> (Linn.) Fabaceae	<i>Madhura</i> (sweet)	<i>Guru</i> (heavy), <i>Snigdha</i> (unctuous)	<i>Sheeta</i> (cold)	<i>Madhura</i> (sweet)	<i>Pittaghna</i> (reduces pitta), <i>Vishaghna</i> (helps in treating poisonous condition), <i>Trishnaghna</i>

					(reduces thirst)
Sariba <i>Hemidesmus indicus</i> (R. Br) Asclepidaceae	<i>Madhura</i> (sweet), <i>Tikta</i> (bitter)	<i>Guru</i> (heavy), <i>Snigdha</i> (unctuous)	<i>Sheeta</i> (cold)	<i>Madhura</i> (sweet)	<i>Jwaraghna</i> (mitigates fever), <i>Trishnaghna</i> (reduces thirst), <i>Vishaghna</i> (helps in treating poisonous condition)



Method of preparation

To prepare *kottam thagaradi agada*, collect all the above-mentioned drugs which are unadulterated and dried properly. *Kottam*, *Thagaram*, *Ramacham*, *Chandanam*, *Madhukam*, *Sariba* are taken in equal quantity (each 5 g). Then pound it well in clean *khalwa yantra* (mortar) till it become fine powder. Filter the powder with sieve no.120 and store it in dry and sterile area. The fine powder of *kottam thagaradi agada* can be used as *Lepa* (external application) in case of *shopha* (swelling). It can also be used as *Paana* (drink), *Nasya* (nasal drops), *Moordha lepana* (External application on head) in case of *vishahara* (management of poisoning).

**Kottam****Thagaram****Ramacham****Chandanam****Madhukam****Sariba****All drugs taken together****Pounded in khalwa yantra****Filtered through sieve and fine powder is obtained**

DISCUSSION

Mandali sarpa visha (viperine bite) causes *pitta dosha* aggravation and its poison is *amla* (sour), and *ushna* (hot) in nature. *Lepana* (external application) is one among the *chathurvimshti upakrama* (24 treatment procedure) explained by Acharya Charaka for treatment of *visha* (poisoning). As per *veganurupa chikitsa* (treatment based on stages) of *Mandali sarpa visha* (viperine bite), the *lepana* should be done with *sheeta veerya dravya* (cold potency drugs). Most of the drugs in *kottam thagardi agada* is *Sheeta veerya* (cold potency) in nature. *Tikta* (bitter), *Madhura* (Sweet), *Kashaya* (astringent) *rasa* (taste) is predominant in *kottam thagardi agada* which helps in *Shamana* (pacification) of *pitta dosha*. Considering *karma* (action), 27% of drugs are *Vishaghna* (helps in treating poisonous condition), 27% of drugs are *Trishnaghna* (reduces thirst), 27% of drugs are *Jwaraghna* (mitigates fever), 6% of drugs are *dahaghna* (reduces burning sensation). After scrutinising, *Veerya* (potency), *Rasa* (taste), *Karma* (action) of *Kottam thagaradi agada*, all the drugs are having the properties of mitigating symptoms triggered by *mandali sarpa visha* (viperine bite).

CONCLUSION

Kottam thagaradi agada is one of the important formulation used in management of *mandali sarpa visha*. The original reference of *Kottam thagaradi agada* is found in prayoga samucchayam written by Kochunny Thampuran. All the ingredients of *Kottam thagardi agada* is easily available. *Kottam thagardi agada* is easy to prepare and the mode of administration (either as *lepa* or *paana*) is also very convenient. Even though it is well-known formulation, further clinical research must be done for the better explanation of its effects.

REFERENCES

1. Kochunny Thampuran; Prayoga Samucchayam Thirtheeya Paricchedam; Sulabha books; Thrissur, 68.