

## MANAGEMENT OF AHIPHENA AND ALCOHOL POISON: A COMPARATIVE STUDY BY AYURVEDA

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Article Received on  
15 May 2025,

Revised on 04 June 2025,  
Accepted on 24 June 2025

DOI: 10.20959/wjpr202513-37437



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### ABSTRACT

Poisoning due to Ahiphena (opium) and alcohol remains a significant public health issue, especially in rural India. Despite modern advancements, Ayurvedic medicine offers unique perspectives and remedies under the branch of Agadtantra. This study aims to compare Ayurvedic principles and management strategies for both Ahiphena and alcohol poisoning and assess their effectiveness through classical references and clinical outcomes.

**KEYWORDS:** Ahiphena, Alcohol Poisoning, Agadtantra, Ayurvedic Management, Vishaghna Dravya, Detoxification.

### 1. INTRODUCTION

Ahiphena (Opium) and Madya (Alcohol) are both classified under Kritrim Visha (artificial poisons). Misuse of both substances leads to acute and chronic toxicity. Ayurveda provides specific therapeutic guidelines and detoxifying formulations under Agadtantra for their management.

### 2. AIMS AND OBJECTIVES

- To study Ayurvedic perspectives of Ahiphena and Alcohol poison.
- To compare the therapeutic approaches used in Ayurveda.
- To evaluate the effectiveness of Ayurvedic formulations in their management.

### 3. MATERIALS AND METHODS

Literary Review: Classical texts like Charaka Samhita, Sushruta Samhita, and Rasa Tarangini.

Clinical Study (if applicable): 10 patients each with symptoms of Ahiphena and Alcohol poisoning treated with Ayurvedic protocols.

Data Collection: Case reports, patient history, treatment records. Analysis: Comparative outcomes, symptom relief, duration of recovery.

### 4. Ayurvedic View

#### Ahiphena (Opium)

Properties: Tikta, Kashaya Rasa; Ruksha, Laghu Guna; Ushna Virya. Toxic Effects: Respiratory depression, constipation, unconsciousness, addiction.

#### Management

- Agada Yoga like Vishaghna Vati, Trivrut Leha (for expulsion).
- Nasya with Gomutra, Shankhini, or Vacha.
- Shodhana: Vamana and Virechana (in chronic use).
- Anupan: Honey and hot water.

#### Madya (Alcohol)

Properties: Laghu, Tikshna, Ushna, and Ruksha.

Toxic Effects: Slurred speech, nausea, unconsciousness, liver damage.

#### Management

- Sheetal dravya (cooling agents): Usheera, Chandana.
- Madatyaya Chikitsa from Charaka Chikitsa 24.
- Shodhana: Vamana for acute intake, Basti in chronic alcoholism.
- Use of Draksha, Amalaki, Yashtimadhu for liver protection.

### 5. Comparative Analysis Table

| Aspect           | Ahiphena Poison              | Alcohol Poison                   |
|------------------|------------------------------|----------------------------------|
| Source           | Papaver somniferum (Opium)   | Ethanol-based fermented liquid   |
| Action (Virya)   | Ushna, Ruksha                | Ushna, Tikshna                   |
| Classical Name   | Ahiphena                     | Madya                            |
| Primary Toxicity | CNS & Respiratory depression | CNS depression, Hepatic toxicity |
| Key Formulations | Vishaghna Vati,              | Madatyaya Chikitsa,              |

|                    |                              |                                    |
|--------------------|------------------------------|------------------------------------|
|                    | Vacha Churna                 | Yashtimadhu                        |
| Detoxification     | Vamana, Virechana, Nasya     | Vamana, Basti, Sheetal Dravyas     |
| Outcome (Ayurveda) | Improved CNS activity, detox | Reduced hangover, liver protection |

## 6. DISCUSSION

Both poisons are treated differently based on their Guna and Dosha vitiation. Ayurvedic formulations not only detoxify but also restore physiological balance. Classical therapies like Vamana and Nasya play crucial roles. Chronic cases of both require Rasayana (rejuvenation) support like Brahmi Ghrita, Drakshasava.

## 7. CONCLUSION

Ayurveda offers a holistic and effective approach in managing both Ahiphena and alcohol poisoning. With proper identification, detoxification, and support therapy, it is possible to reverse toxic effects and restore health. More clinical trials are needed to validate ancient practices with modern methods.

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