



A REVIEW ON JEEVARAKSHA GUTIKA

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ABSTRACT

Jeevaraksha gutika is a herbo mineral preparation described in Keraleeya visha chikitsa. It is the drug of choice in Sarpa visha chikitsa. The yoga contains 22 drugs among which most of them are minerals rather than herbs. It is given in snake bite cases along with milk. This gutika also gives an idea of prognosis of the venomous bite. Most of the drugs in this yoga have vishahara, hrudya, vranahara, shulahara and kandughna properties. Studies have shown that it is having anti-venom activities in snake bite cases.

Keywords: Jeevaraksha gutika, Sarpa visha, anti-venom activity

INTRODUCTION

Snakebites account for significant morbidity and mortality worldwide. India is the top country having the highest number of death due to snake bite. There are 270 species of snakes in India out of which about 60 are highly venomous. The big four dangerous snakes of India include Indian cobra, krait, Russell's viper and saw-scaled viper. Snake bites can be life-threatening injuries that can require intensive care. Venomous snake bites can produce an array of symptoms, including localized pain and swelling, convulsions, nausea, and even paralysis¹. It's essential

to get medical facility immediately for emergency treatment². Some agada yogas having anti-venom effect can be given in emergency treatment in snake bite like Jeeva raksha gutika.

Jeeva means life, raksha means protection, Jeevaraksha means protecting life. Jeeva raksha gutika is a herbo mineral preparation used for treating snake bite. It is mentioned in Prayoga Samucchaya, Kriya Kaumadi, Kodassery Margam, Prayogika Visha Vaidhyam and Visha Vaidhya Tarangini.

Table 1: Jeevaraksha gutika - Ingredients and quantity³

SI no	Ingredients	Quantity
1	Vanga	1 Kazhanju (4g)
2	Rasa	8 Paanathookkam (2.6 g)
3	Haritala	2.5 Paanathookkam (0.823g)
4	Manashila	2.5 Paanathookkam (0.823g)
5	Hingula	5 Paanathookkam (1.6 g)
6	Tankana	1.1/4 Kazhanju (5g)
7	Tuttha	1.1/4 Kazhanju (5g)
8	Kattu chaanaka	1.1/4 Kazhanju (5g)
9	Vacha	1.1/4 Kazhanju (5g)
10	Spathika	1.1/4 Kazhanju (5g)
11	Bakula beeja	¾ Kazhanju (3g)
12	Gandhaka	¾ Kazhanju (3g)
13	Amalaki	¾ Kazhanju (3g)
14	Hingu	1.5 Kazhanju (6g)
15	Saindhava lavana	1.5 Kazhanju (6g)
16	Vyosha	1.5 Kazhanju (6g)
17	Eshvari moola	1.75 Kazhanju (7g)
18	Purified Bhallathaka	1.75 Kazhanju (7g)
19	Sariva	1.75 Kazhanju (7g)
20	Arka ksheera	Quantity sufficient

1Paanattukam=333mg, 1 Kazhanju=4g

Table 2: Properties of each ingredients⁴

Sl. No	Drug	Rasa	Guna	Veerya	Vipaka	Doshagnatha
1.	Vanga (Tin)	Thikta	Laghu, Rooksha	Ushna	Katu	Kapha vata hara
2.	Paarada (Mercury)	Shadrasa	Snigdha, Sara	Ushna	Madhura	Tridosahara
3.	Harathala (Arsenic)	Katu Thikta	Snigdha, Guru	Ushna	Katu	Kapha vatahara
4.	Manasila (Realgar)	Tikta	Guru, Snigdha	Ushna	Katu	Kapha vatahara
5.	Hingula	Thikta katu Kashaya	Guru Snigdha	Ushna	Katu	Kapha, pittahara
6.	Borax	Katu	Roosha Thikshna	Ushna	Katu	Kapha vata hara
7.	Tuttha	Kashya Madhura	Guru Snigdha	Ushna	Katu	Tridosha hara
8.	Sphatika	Kashaya Katu amla	Guru, Snigdha	Ushna	Katu	Tridosahara
9.	Gandhaka	Katu thikta Kashaya	Sara	Ushna	Katu	Kapha vatahara
10.	Hingu (<i>Ferula narthex</i>)	Katu	Laghu, Snigdha	Ushna	Katu	Kapha vata hara
11.	Saindava lavana (Rock salt)	Madhura Lavana	Laghu, Snigdha	Sheeta	Madhura	Tridosha hara
12.	Bakula beeja (<i>Mimusops elengi</i>)	Kashaya Katu	Laghu, Snigdha	Sheeta	Katu	Kapha pitta hara
13.	Vacha (<i>Acorus calamus</i>)	Katu thikta	Laghu Teekshna	Ushna	Katu	Kapha vatahara
14.	Sunthi (<i>Zingiber officinale</i>)	Katu	Laghu Snigdha	Ushna	Madhura	Kapha vata hara
15.	Pippali (<i>Piper longum</i>)	Katu	Laghu, Snigdha	Ushna	Madhura	Kapha vatahara
16.	Maricha (<i>Piper nigrum</i>)	Katu	Laghu, Thikshna	Ushna	Katu	Kapha vatahara
17.	Eshwari (<i>Aristolochia indica</i>)	Thikta Katu Kashaya	Laghu, Rooksha	Ushna	Katu	Kapha vata hara
18.	Sariva (<i>Hemidesmus indicus</i>)	Madhura Thikta	Guru, Snigdha	Sheeta	Madhura	Tridosha hara
19.	Arka ksheera (<i>Calotropis procera</i>)	Thikta	Laghu, Rooksha	Ushna	Katu	Kapha vatahara
20.	Amalaki (<i>Emblia officinalis</i>)	Amla pradhana pancharasa (except lavana)	Laghu, Rooksha	Sheeta	Madhura	Tridosha hara
21.	Bhallathaka (<i>Semecarpus anacardium</i>)	Katu Thikta Kashaya	Snigdha, Laghu	Ushna	Madhura	Kapha vata hara
22.	Kattuchaanaka (It is the first feces of calf)					

Method of preparation of Jeevaraksha gutika⁵

All ingredients are taken in the above mentioned quantity. Vanga should be melted and added to the prescribed quantity of Mercury. It should be pounded into fine powder. When it gets cooled, other ingredients are to be added to it and triturated with Arka sheera for one and half days and made into pills of the size of lantha (*Ziziphus jujube*) seed. It should be dried in shade and kept in Sphatika vessel.

Indication: Sarpa visha

Dose and anupana

1 gutika can be given with cow's milk. If the patient vomits this, second gutika should be given with milk. Third gutika should be given if the patient vomits the second one. If the patient vomit this one, then the case should be considered as asadhya (incurable).

Action

When visha reaches the medodhatu the patient starts vomiting. So the gutika should be given before it reaches the medo dhatu, this prevents vomiting and gutika acts in the body. The gutika should be given at regular intervals till the effect of visha (poison) pacifies in the body.

Table 3: Properties of drugs in Jeevaraksha gutika⁶

Sl No	Vishagna drugs	Vranahara drugs	Kandughna drugs	Hrudya drugs	Krimighna drugs
1	Vanga	Haratala	Manashila	Saindhava lavana	Vanga
2	Haratala	Sphatika	Gandhaka	Shunti	Gandhaka
3	Manashila	Saindhava		Amalaki	Bakula beeja
4	Hingula			Hingu	Eshvari
5	Tuttha			Pippali	Bhallataka
6	Tankana (Borax)				
7	Gandhaka				
8	Bakula beeja				
9	Eshvari				
10	Arka				

DISCUSSION

Jeevaraksha gutika is a drug of choice in Sarpa visha chikitsa in Kerala. The yoga contains 22 drugs among which most of them are minerals rather than herbs. These minerals have vyavayi and vikasi properties that help in faster action to relive poison from the body. Most of the drugs are tikta/ madhura rasa pradhana. Tiktha and madhura rasa are having vishahara property also. The poison will first affect rakta, then kapha pitta anila doshas then it invades the hrudaya and leads to death of the body⁷. Drugs like Sunthi, Amalaki, Hingu, Pippali and Saindhava lavana having hrudhya property, help in protection of hrudaya. Vanga, Haratala, Manashila, Hingula, Tankana, Tuttha, Gandhaka, Bakula beeja, Eshvari, Arka, have vishagna property. When a poisonous bite occurs suddenly there is itching and pain. Manashila and Gandhaka have kandughna action is beneficial in this condition. Sunthi, amalaki, hingu having shulahara action also. Paarada is sarvamayahara, it helps in removing all disturbances in the body⁸. After bite there is a chance of ulcer formation, Haritala, Sphatika, and Saindhava having vranahara property, it will reduce the chance of ulcer formation in snake bite. Studies shows that amalaki, pippali, eshvari, shunti have anti- snake venom activities^{9, 10, 11}. So the combined action of all these drugs help in the management of snake bite.

CONCLUSION

Jeevaraksha gutika is a herbo mineral preparation mainly mentioned for the management of sarpa visha. Acharya charaka explains that jangama visha is considered as adhogami, sthavara visha is urdhvagami. This mutually antagonizing nature is made use of in the treatment and one acts as an antidote to the other, so jeevaraksha gutika is a sthavara preparation whereas sarpa is a jangama visha. Hence it can easily neutralize the snake envenomation.

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