INTRODUCTION

Agada tantra branch of Ayurveda which deals with treatment of diseases caused by plant and animal poisons substances, toxic food, poisonous metals & minerals. Poison is a substance takes in or formed in the body that destroys life or impairs health. Poisoning may be caused by plant, animal substances or toxic food material, improperly cooked food substances, poisonous metals & minerals. Charaka opined that a deadly poison can become a very good medicine if it is administered properly even a medicine may become poison if administered improperly. Toxicity of substance depends on several factors including the dose, route of exposure, as well as the age, gender, and nutritional status of exposed. Chelation therapy is one of the modern procedures which are used for removal of poison from the body. Ayurveda has explained specific antidotes to nullify the action of poison.

Basavarajeeyam is a famous Ayurvedic treaty which is popularly used by many Ayurvedic physicians in Andhra and Telangana. In this book author has clearly mentioned about different poison and its antidotes in 23rd chapter of “Visharoganidhanalakshana adhyaya”.

The whole study is based on literary review illustrate specific antidotes of poisons substances according to literary review from classical textbook of Basavarajeeyam. Stimulate further research in this area, for new and improved antidotes.

Table 1: List of poison and its specific antidotes

<table>
<thead>
<tr>
<th>Sl.no</th>
<th>Poison</th>
<th>Antidote</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Ankola (Alangium salvifolium)</td>
<td>Harvetaki (Terminalia chebula)</td>
</tr>
<tr>
<td>2</td>
<td>Langali (Gloriosa superba)</td>
<td>Shunti (Zingiber officinalis)</td>
</tr>
<tr>
<td>3</td>
<td>Bhallataka (Semeacarpus anacardium)</td>
<td>Palasha pushpa (Butea monosperma)</td>
</tr>
<tr>
<td>4</td>
<td>Snuhi ksheera (Euphorbia neriifolia)</td>
<td>Avartaki (Cassia auriculata)</td>
</tr>
<tr>
<td>5</td>
<td>Vishamushiti (Strychnos nuxvomica)</td>
<td>Jambu (Syzgium cumini), ketaki (Pandus tectorus)</td>
</tr>
<tr>
<td>6</td>
<td>Karpoora</td>
<td>Bhringaraja (Eclipta alba)</td>
</tr>
<tr>
<td>7</td>
<td>Jambha phala (Syzgium cumini)</td>
<td>Cow’s milk</td>
</tr>
<tr>
<td>8</td>
<td>Sarshapa (Brassica campestris)</td>
<td>Amalaki (Emblica officinalis)</td>
</tr>
<tr>
<td>9</td>
<td>Honey, ghee</td>
<td>Water</td>
</tr>
<tr>
<td>10</td>
<td>Tambula</td>
<td>Tintrini (Tamarind)</td>
</tr>
<tr>
<td>11</td>
<td>Bhallataka (Semeacarpus anacardium)</td>
<td>Kapikacchu (Mucuna prurienis)</td>
</tr>
<tr>
<td>12</td>
<td>Dhattura (Datura metla)</td>
<td>Kamala (Nelumbo nucifera) choorna and Tandulodaka</td>
</tr>
<tr>
<td>13</td>
<td>Tintrini phala (Rhus parviflora)</td>
<td>Haridra (Curcuma longa)</td>
</tr>
<tr>
<td>14</td>
<td>Card</td>
<td>Warm water</td>
</tr>
</tbody>
</table>

Keywords: Visha, Poison, Antidote, Basavarejeeyam, Agada tantra.
DISCUSSION

Poisoning is the situation which is experienced by the people since ancient time from day to day life which is causing serious ailments in life. In Ayurveda, poisoning can be treated by using antidotes. Antidotes are medications that limit the progression of adverse health outcomes that result from exposure to exogenous agents: drugs, metals, and toxins. Chelating agents which are used in chelation therapy have their own limitations and side effects. The survey documented pre-treatment efforts at symptom relief, post-treatment symptom impact, and the context for using the herbal intervention. Antidotes exert effects by a variety of mechanisms, including forming an inert complex with the poison, accelerating detoxification of the poison, reducing the rate of conversion of the poison to a more toxic compound, and bypassing the poison, accelerating the detoxification of the poison, reducing the rate of conversion of the poison to a more toxic compound, and bypassing the effect of the poison. The use of antidotes depends on the clinical indication and the availability of the product. Antidotes include plant, animal and mineral products, which are easily available. Most of antidotes mentioned in this text are plant products and animal products. Antidotes of plant products are mainly taken in form of Swarasa. Antidotes of animal products are mainly taken in form of milk.

Some of antidotes and its properties

Hareetaki (Terminalia chebula): It has Pancharasa (except lavana), Laghu, Ruksha Guna, Usna Virya, Madhura Vipaka, Tridosahara, Rasayanaya, Hrda. Terminalia chebula has antibacterial, anti-viral, anti-mutagenic, anti-cancer, anti-oxidant, cytoprotective, act against anaphylactic shock, atherosclerosis, intoxication of cardiac tissue with arsenic, wound healing, anti-spasmodic, anti-diabetic, cardio tonic, nephroprotective.

Haridra (curcuma longa): Curcuma longa has Katu, Tikta Rasa; Ruksha, Laghu Guna; Usna Veerya; Katu Vipaka; Kushtaguna (relieving skin disease) and Vishaguna (anti-poisonous) karma. It contains phyto-constituents like curcumin, curcuminoids etc. Haridra has pharmacological actions like anti-inflammatory, anti-oxidant, anti-bacterial, hepatoprotective, expectorant, anti-cancerous, anti-mutagenic, free-radical scavenging property.

Hingu (Ferula northax): Hingu has Tikta, Katu Rasa; Tikna, Laghu, Guna; Usna Veerya; Katu Vipaka; Pacana, Ruicikara, Krimignha Karma. It is known to have anti-inflammatory, anti-viral, anti-mutagenic, antifungal actions. It is used in the treatment of asthma, gastro-intestinal disorders, and intestinal parasites etc.

Shunti (Zingiber officinale): It has Katu Rasa; Ruksa, Tikna, Guna, Usna Veerya; Madhura Vipaka; Deepaniya, Kushtahara and Shoolaghna Karma. It has immune-modulatory, anti-tumorigenic, anti-inflammatory, anti-hyperglycemic actions.

Aadaptaki (Cassia auriculata): It has Kasaya, Tikta Rasa; Sita Virya; Laghu, Ruksha Guna; Katu Vipaka; Kapha-Pitta, Stambhana Karma. It is known to have anti-diabetic, anti-mutagenic, anti-fertility property.

Palasha pushpa (Butea monosperma): It has Katu, Tikta Kashaya Rasa; Svadu Paka; Vata; Kaphapittasrahit (decreases imbalanced kapha, Pitta and Rakta); Mutrakrichrajit (urine retention), Grah (absorption quality), Sheetala (coolant), Trut Daha Shamaka (relieve excessive thirst and burning sensation), Vatakathahara (useful in gout).

Jambu (Syzygium cumini): It has Kashaya, Madhura, Amla Rasa; Laghu Ruksha Guna; Sita Virya; Katu Vipaka; Vataardhaka, Kapha-Pitta Hara, Grahi properties. It is known to have Antiemetic, Anti-haemorrhagic, Anti-diabetes, and anti-hyperglycemic.

ketaki (Pandanus tectorius): It has Tikta, Madhura, Katu Rasa; Usna Virya; Laghu, Snigdha Guna; Katu Vipaka; Pitta-Kapha Hara, Ksaksuya properties. It is known to have lactogenic, cardiac depressant, anti-inflammatory, CNS stimulant, anti-cholinergic, anti-diuretic, hypoglycaemia.
Bhringaraja (Eclipta alba): It has Katu, Tikta Rasa; Ruksa, Laghu Gunas; Ushna Virya; Katu Vipaka; Kapha-Vata Hara, Kesya, Rasayanaya, Balya, Caksusya, Danyta properties. It is known to have anti-myotoxic, analgesic, anti-bacterial, anti-hepatotoxic, anti-hyperglycaemic, antioxidant, immunomodulatory properties and it is considered as a good rejuvenator.

Amalaki (Emblica officinalis): It has Amla Pradhana, Pancha Rasa (except Lavana); Sita Virya; Madhura Vipaka; Tridosha Hara, Vayathshapanas, Rasayanaya, Caksusya, Vrysa. It is known to be efficacious against diversified ailments like inflammation, cancer, osteoporosis, neurological disorders, hypertension together with lifestyle diseases, parasitic and other infectious diseases.

Tintrini (Tamarind): It has Amla Rasa; Guru, Ruksa Gunas; Ushna Virya; Amla Vipaka. It is known to have anti-diabetic activity, antimicrobial activity, anti-venom activity; antioxidant activity; antimalarial activity; hepato-protective activity; anti-asthmatic activity, laxative activity, and anti-hyperlipidemic activity.

Kapikacchu (Mucuna pruriens): It has Madhura, Tikta Rasa; Guru, Snigdha Gunas; Ushna, Sita Virya; Madhura Vipaka; Vata-Pitahara, Balya, Brmhana, Vajikarna properties. It has multi-diversified functions like several free radical mediated diseases management, rheumatoid arthritis, diabetes, atherosclerosis, nervous disorders, analgesic, antipyretic activity and in the management of Parkinsonism.

Kamala (Nelumbo nucifera): It has Kasaya, Madhura, Tikta Rasa; Sita Virya; Laghu, Snigdha, Pichhila Gunas; Madhura Vipaka; Kapha-Pitta Hara, Mutravirajanyaya, Varnya, Garbhasthapaka. It has anti-ischaemia, antioxidant, anticancer, antiviral, anti-obesity, lipolytic, anti-inflammatory, hepato-protective, hypoglycaemic, anti-diarrhoal, anti-fungal, antibacterial, anti-inflammatory and diuretic properties.

Guduchi (Tinospora cordifolia): It has Tikta, Kashaya Rasa; Guru, Snigdha Gunas; Ushna Virya; Madhura Vipaka; Tridosha Shamaka, Medhya, Rasayanaya, Dipantiya, Grahi, Medohara, Khandughna, Jwara Hara, Daha-Prasamana. It has anti-diabetic, anti-periodic, anti-spasmotic, anti-inflammatory, anti-arthritis, anti-oxidant, anti-allergic, anti-stress, anti-leptoric, anti-malarial, hepato-protective, immunomodulatory and anti-neoplastic properties.

Chandana (Santalum album): It has Tikta, Madhura Rasa; Laghu, Ruksa Gunas; Sita Virya; Katu Vipaka; Kapha-Pitta Hara, Varnya, Dahaprasamana properties. It act as insect growth inhibitor, anti-fungal, anti-oxidant, anti-skin cancer, anti-bacterial, anti-viral, anti-ulcerogenic, anti-inflammatory, anti-pyretic.

Babbula twak (Acacia nilotica): It has Kasaya Rasa; Guru, Ruksa Gunas; Sita Virya; Katu Vipaka; Kapha Hara, Lekhanna, Grahi properties. It has anti-microbial, anti-bacterial, anti-malarial, anti-helminthic activity.

Gambhari (Gmelina arborea): It has Tikta, Kasaya, Madhura Rasa; Guru Gunas; Usna Virya; Katu Vipaka; Vata-Pitta Hara, Bhedana, Sothahara, Dipana-Pachana, Medhya property. It has antihelminthic, antimicrobial, anti-diabetic, diuretic, hepato-protective and anti-epileptic agent.

Mustaka (Cyperus rotundus): It has Tikta, Katu, Kashaya Rasa; Laghu, Ruksa Gunas; Sita Virya; Katu Vipaka; Kapha-Pitta Hara, Dipana-Pacana, Grahi, Lekhana properties. It has analgesic, astringent, antispasmodic, antibacterial, carminative, emollient, febrifuge, immune-stimulant, laxative, stimulant, tonic, vermifuge, anti-candida, anti-inflammatory, anti-diabetic, anti-diarrhoeal, cyto-protective, anti-mutagenic, anti-bacterial and anti-oxidant.

Tambula (Piper betel): It has Tikta, Kashaya Rasa; Laghu Tikshna Gunas; Ushna Virya; Katu Vipaka; Alleviates Kapha, improves taste, wards off bad smell of the mouth, provide good complexion and appearance, removes the waste/dirt of the lower jaw and teeth, cleanses the tongue mitigates excess of salivaion and cures diseases of the throat. It has anti-fertility, anti-microbial, gasto protective, immunomodulatory, hepatoprotective, cholomimetic, anti-oxidant, anti-diabetic, radio protective activity.

Nimbu swaras (Citrus medicus): It has Amla, Katu Rasa; Laghu, Tikshna Gunas, Ushna Virya, Amla Vipaka; Vata-Kapha Hara, Dipana-Pacana, Caksusya. It has analgesic, hypoglycaemic, anticholinesterase, anticancer, anti-diabetic, hypcholesterolemic, hypolipidemic, insulin Secretagogue, anthelmintic, antimicrobial antiueler and estrogenic properties.

Jeeraka (Cuminum cyminum): It has Katu Rasa; Laghu, Ruksa Gunas; Usna Virya; Katu Vipaka; Kapha-Vata Hara, Dipana-Pacana, Grahi, Visya, Garbhasaya sodhaka, Balya properties. It has anti-microbial, insecticidal, anti-diabetic, anti-cancer, anti-oxidant, anti-inflammatory, analgesic, hypotensive activity.

Kharjoora (Phoenix sylvestris): It has Madhura Rasa; Snigdha, Guru Gunas; Sita Virya; Madhura Vipaka; Vata-Pitta Hara, Hrdya, Balya, Vrshya, Bhrmhana. It has anti-bacterial, anti-inflammatory, anti-diabetic, anti-asthmatic, nephro-protective, hepatoprotective and aphrodisiac activity.

Neeli (Indigofera tinctoria): It has Tikta Rasa; Laghu, Ruksa Gunas; Usna Virya; Katu Vipaka; Kapha-Vata Hara, Visaginha, Kesya, Krimighna properties. It has anti-hyperglycaemic, anti-bacterial, anti-oxidant and cytotoxic, anti-inflammatory, hepatoprotective, anti-diabetic, anti-epileptic, anti-nociceptive, anti-helminthic, anti-proliferative, anti-dyslipidaemia properties.

Pashana (Bergenia ligulata): It has Kashaya, Tikta Rasa; Laghu, Snigdha Gunas; Sita Virya; Katu Vipaka; Tridoshahara, Mutravirecaniya properties. It has anti-liptic, diuretic, anti-bradykinin, antiviral, anti-oxidative, anti-bacterial, anti-inflammatory, hepatoprotective, insecticidal, α-glucosidase activity.

Ardraka (Zingiber officinale): It has Katu Rasa; Guru, Ruksa, Tikshna Gunas; Usna Virya; Madhura Vipaka; Vata-Kapha Hara, Dipana, Bhrduna properties. It has cardio protective, hypoglycemic, hypolipidemic, anti-inflammatory, antimetic, anti-microbial, antioxidant, anti-proliferative, neuroprotective, heptoprotective activities.

Varuna (Crataeva religiosa): It has Tikta Kashaya Rasa; Laghu, Ruksa Gunas; Usna Virya; Katu Vipaka; Kapha-Vata Hara, Dipana, Krimighna properties. It has diuretic, anti-inflammatory, laxative, antioxidant, anti-oxalure, hepatoprotective, lithonotrpic, anti-rheumatic, anti-periodic, anti-mycotic, contraceptive, anti-lytic, anti-helminthic, rubifacient and vesicant properties.
Kataka (*Strychnos potatorum*): It has Madhura, Kashaya, Tikta Rasa; Laghu, Vishada Guna; Sita Virya; Madhura Vikaka; Kapha-Vata Hara, Caksusya, Chardikara, Visagha. It has anti-diabetic, anti-inflammatory, anti-ulcerogenic, hepatoprotective, anti-oxidant, anti-arthritis, antinociceptive, anti-pyretic, anti-diarrheal, diuretic activity.

**Takra (Buttermilk):** Tridoshagghna, Vata-Kapha Pradhan conditions, Grahani (Sprue), Arsha (Piles), Udara (Asities), Sthaulya (Obesity), Prameha (Diabetes), Shotha (Swelling), Complication of Ghrita (Ghee), Tail (Oil) & Garavisha (Low Potency Poison).

**Ksheera (Milk):** Milk is used in purification of poison substances, promotes Ojas, pacify Vata and pitta dosha, acts as Rasayana, Bhrama (dizziness, psychosis), intoxication, excess thirst, chest injury, tenderness, haemorrhage, dysuria.

**Ushna jala (Hot water):** Calms Vata and Kapha, elevates pitta. Relieves Aama, indigestion, respiratory tract infections, asthma, avoids fat absorption, and cleanses urinary bladder.

**Tandulodhaka (Rice washed water):** Coolant, useful in burning sensation, diarrhoea, bleeding disorders, heavy periods, skin moisturizer and as a remedy for fly’s bite.

**Narekela water (Coconut water):** Coconut water is a coolant, which makes soothing and anti-inflammatory for skin and gut, pacify hyper-acidity, it is capable getting all the toxins out of the body and purify the digestive system. Tender coconut balances acid levels and cools the digestive system. It acts as natural stress buster, quenches even the strongest thirst, improves skin texture, helps replenish minerals and salts as well as flui.

**Sudha (Lime):** Prevent or correct calcium deficiency, osteoporosis, antacid, phosphate binders, acute treatment of tetany, urtricaria, nonspecific intestinal colic, hyperkalemia and cardiac arrest. As a supplement in fractures, rickets etc. helps in binding of parade.

**Saindhava lavana:** It has Lavana Rasa; Laghu, Snigdha, Tikshna Guna; Sheeta Virya; Tridoshashamaka, Aagnideepana, Pachana, Ruchya, Netriya, Hridya, Vrishya properties.

Author while explaining of Visha Chikitsa he has mentioned about different modes of poisons along with antidote, by above categorizing of poison it is clear that not only Visha Dravyas acts poison, even when Dravyas which are taken Virudha (improperly) or uncooked or excess intake etc., may lead to poison. Either food or drugs when properly taken it acts as a medicine, when taken in improper manner it leads to poisonous effects. According to the Yukti (knowledge) and patient signs and symptoms treatment has to be chosen.

**CONCLUSION**

Each and every system of medicine has its own line of the treatment for removing toxin caused by toxic substances. Ayurveda has explained several antidotes which are easily available. Highest mortality rate in the world due to poisoning is seen mainly in lower socioeconomic groups and with a very little publicity for emergency treatment. This article has explained about some specific antidotes which are easily available. This is the time for scope to stimulate further research on the antidote, for new, improved antidotes and its action in different modes of poisoning conditions.

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