



Review Article

SIREESHA PANCHANGA AGADAM IN MANDALI VISHAM

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ABSTRACT

Agadatantra is one among the eight branches of Ayurveda deals with details of toxins, their effect on body and its management. *Agadatantra* has its roots in the Vedic period, where reference to poisons, especially snake venom, insect bites, plant-based toxins are mentioned. As per Ayurveda substance that rapidly spreads through the entire body is called *Visha*. *Acharyas* have divided *Visha* into two main types *Sthavara* (plant origin) and *Jangama* (animal origin) *Visha*. *Mandali visha* is one among the *Jangama visha* which needs proper management at time. *Keraleeya visha chikitsa granthas* possess abundant knowledge of practically used formulations in treatment of *Visha* as well as its complications. *Kriya Kaumudhi* a book written in Malayalam which explains about the treatment practices followed by *Visha vaidyas* from time to time. *Sireesha panchanga yoga* is explained in *Mandalivisha prakaranam* in *Kriya koutudi*. The use of this preparation in *Mandali visha* involves oral intake as *Panam* and topical application as *Lepa*. This *Yoga* contains 8 ingredients, including *Sireesha*, *Arka*, *Lodra*, *Vilwa*, *Haridra*, *Daruharidra* and *Manjista*. The present article attempts to elucidate the potential mode of action of *Sireesha Panchanga Yoga* by assessing its pharmacological attributes and its effectiveness in treating *Mandali Visha*.

INTRODUCTION

Ayurveda the science of life with a holistic approach to health and personalized medicine. Treatment protocol is based on mainly *Tridoshas*, *Panchamahabhutha* and *Agni*. Within the eight divisions of Ayurveda, *Agadatantra* specifically addresses toxicology by focusing on identifying, diagnosing and managing poisons. *Visha* is explained as the object which cause *Vishada* on the body. *Acharyas* have divided *Visha* into two main types, *Sthavara* (plant origin) and *Jangama* (animal origin). In southern India, Kerala stands out for maintaining a rich and traditional system of *Visha chikitsa*. Due to its tropical climate, dense forests and high prevalence of snake bites, Kerala become a centre for the specialized development of *Agadatantra*, especially in managing snake and insect bites. Kerala reports a high number of snake bite cases annually. Kerala developed a number

of compilations works on *Visha chikitsa* between the tenth and twelfth centuries AD. *Kriyakaumudhi* written by V.M Kuttykrishna Menon is one of the well-known Malayalam *Visha chikitsa* text book which explains *Visha* in all its aspect's. The state of Kerala registered 30 snakebite deaths in the year 2024. Previously at least 334 individuals died from snakebites in the state between 2017 and 2019. Snake Viperidae inflicted the majority of the envenomation in this region, haemotoxicity and renal failure should be the complication anticipated. "WHO data suggest that in India, snakebites effect approximately 5.4 million individuals every year, resulting in envenoming in nearly 2.7 million cases". These incidents result in an estimated 81,000 to 1,38,000 deaths annually with about 40,000 survivors suffering from permanent disabilities such as amputation and severe complications. Vipers are haemotoxic in nature which primarily affects blood and tissues. The symptoms include severe pain, swelling, bleeding, discolouration, bruising, ulcers and tissue damage. The most primarily symptomatic manifestation is swelling. *Vishaja shophya* can be correlated with it. *Kriya kaumudhi* mentions *Sireesha panchanga yogam* in *Mandalivisha prakaranam*. The present article focusses on

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examining the potential mechanisms through which *Sireesha panchanga yoga* acts, by assessing its pharmacological attributes and its effectiveness in treating *Mandali visha*.

AIMS AND OBJECTIVES

This paper attempts to review the formulation *Sireesha panchanga yoga* based on *Rasa panchaka* and the pharmacological properties of its individual ingredients in the management of *Mandali visha*.

MATERIALS AND METHODS

Review of Literature

Name of the Yoga: *Sireesha panchanga yoga*

Kriyakaumadhi, a traditional Malayalam text on *Visha chikitsa* written by V.M Kuttikrishna Menon explains numerous *Vishaghna yogas* for treatment of poisonous bites. *Sireesha panchanga yoga* is one among them. This yoga contains 8 herbs: *Sireesha*, *Arka*, *Lodra*, *Vilwa*, *Haridra*, *Daruharidra* and *Manjista*. The ingredients are taken in equal quantity and made into paste with hot water for external application as *Lepa* and for internal purpose each ingredient are powdered in equal quantity for making *Kashaya*.

Table 1: Ingredients of *Sireesha panchanga yoga*

| Drug | Botanical Name | Family | Part Used |
|--------------------|----------------------------|----------------|-------------------|
| <i>Sireesha</i> | <i>Albizia lebbek</i> | Fabaceae | <i>Panchangam</i> |
| <i>Arka</i> | <i>Calotropis procera</i> | Asclepiadaceae | root |
| <i>Lodra</i> | <i>Symplocos racemosa</i> | Symplocaceae | root |
| <i>Vilwa</i> | <i>Aegle marmelos</i> | Rutaceae | root |
| <i>Haridra</i> | <i>Curcuma longa</i> | Zingiberaceae | root |
| <i>Daruharidra</i> | <i>Berberis aristata</i> | Zingiberaceae | root |
| <i>Manjista</i> | <i>Rubia cordifolia</i> | Rubiaceae | root |
| <i>Lavanga</i> | <i>Syzygium aromaticum</i> | Myrtaceae | root |

Table 2: Properties of each drug in *Sireesha panchanga yoga*

| Drug | Rasa | Guna | Virya | Vipaka |
|--------------------|--------------------------------|-----------------------|----------------|-------------|
| <i>Sireesha</i> | <i>Kashaya, Tikta, Madhura</i> | <i>Laghu, Ruksha</i> | <i>Ushna</i> | <i>Katu</i> |
| <i>Arka</i> | <i>Katu, Tikta</i> | <i>Laghu, Ruksha</i> | <i>Ushna</i> | <i>Katu</i> |
| <i>Lodra</i> | <i>Tikta, Kashaya</i> | <i>Laghu, Ruksha</i> | <i>Sheetha</i> | <i>Katu</i> |
| <i>Vilwa</i> | <i>Kashaya, Tikta, Madhura</i> | <i>Laghu, Ruksha</i> | <i>Ushna</i> | <i>Katu</i> |
| <i>Haridra</i> | <i>Tikta, Katu</i> | <i>Laghu, Ruksha</i> | <i>Ushna</i> | <i>Katu</i> |
| <i>Daruharidra</i> | <i>Tikta, Kashaya</i> | <i>Laghu, Ruksha</i> | <i>Ushna</i> | <i>Katu</i> |
| <i>Manjista</i> | <i>Tikta, Kashaya, Madhura</i> | <i>Guru, Ruksha</i> | <i>Ushna</i> | <i>Katu</i> |
| <i>Lavanga</i> | <i>Tikta, Katu</i> | <i>Laghu, Snigdha</i> | <i>Sheetha</i> | <i>Katu</i> |

Table 3: Karma of ingredients in *Sireesha panchanga yoga*

| Drug | Dosha karma | Karma |
|--------------------|-----------------------|-----------------------------------------|
| <i>Sireesha</i> | <i>Vatapittahara</i> | <i>Vishagna, Vranahara, Varnya</i> |
| <i>Arka</i> | <i>Kaphavatahara</i> | <i>Vishagna, Vranahara, Kustagna</i> |
| <i>Lodra</i> | <i>Kaphapittahara</i> | <i>Vishagna, Vranahara</i> |
| <i>Vilwa</i> | <i>Tridoshaghna</i> | <i>Shoolaghna, Shophagna</i> |
| <i>Haridra</i> | <i>Kaphapittahara</i> | <i>Kandughna, Vranahara, Vishaghna</i> |
| <i>Daruharidra</i> | <i>Kaphapittahara</i> | <i>Shothahara, Vranagha, Shoolahara</i> |
| <i>Manjista</i> | <i>Kaphapittahara</i> | <i>Vishaghna, Varnya, Kushtagna</i> |
| <i>Lavanga</i> | <i>Kaphapittahara</i> | <i>Shoolangnam, Vishagna</i> |

Method of Preparation

In this *Yoga* there is no mention of special ratio for the ingredients, so all the eight ingredients are taken in equal quantity and made into paste with rice

washed water. The mode of administration is *Lepa* for external application. Each ingredient is made into powder form macerated with rice washed water and

applied externally. As per traditional *Kashaya* preparation method mentioned in *Sarangadhara samhitha* can be adopted here. Each drug in *Sireesha panchanga yoga* is taken in equal quantity (1Pala=48gm) and boiled in 16 times (768ml) of water

and reduced to 1/8th quantity (96ml) then 48 ml taken twice daily in empty stomach.

Indication

This *Yoga* is mentioned under *Mandalivisha prakaranam*.

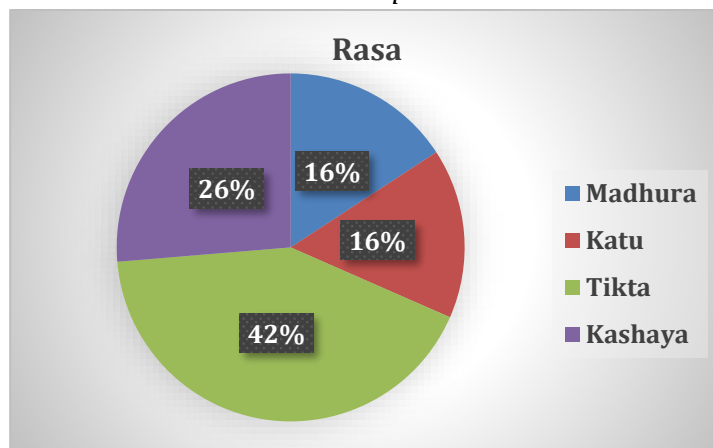


Fig 1: Analysis of *Rasa* of ingredients of *Sireesha panchanga yoga*

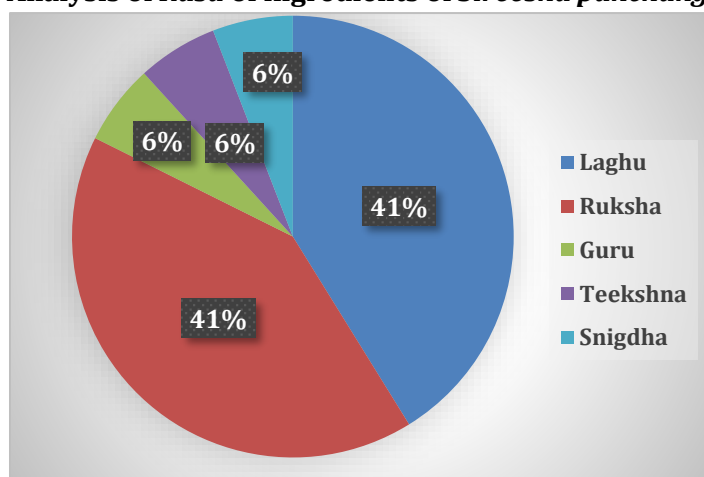


Fig 2: Analysis of *Guna* of ingredients of *Sireesha panchanga yoga*

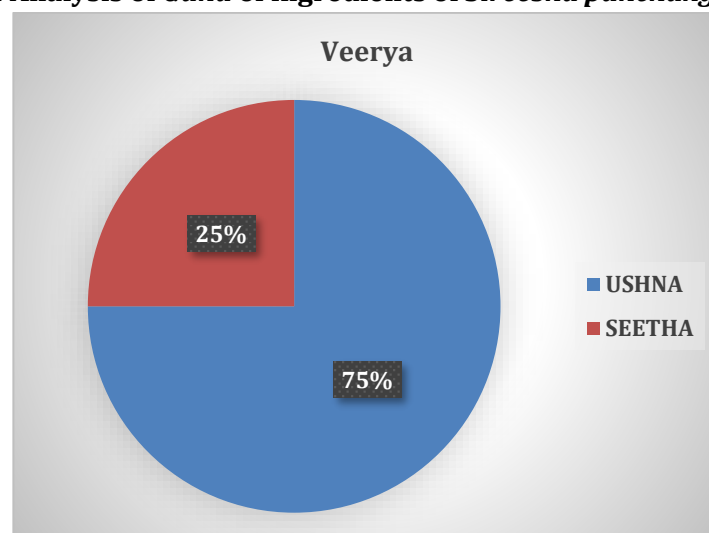


Fig 3: Analysis of *Veerya* of ingredients of *Sireesha panchanga yoga*

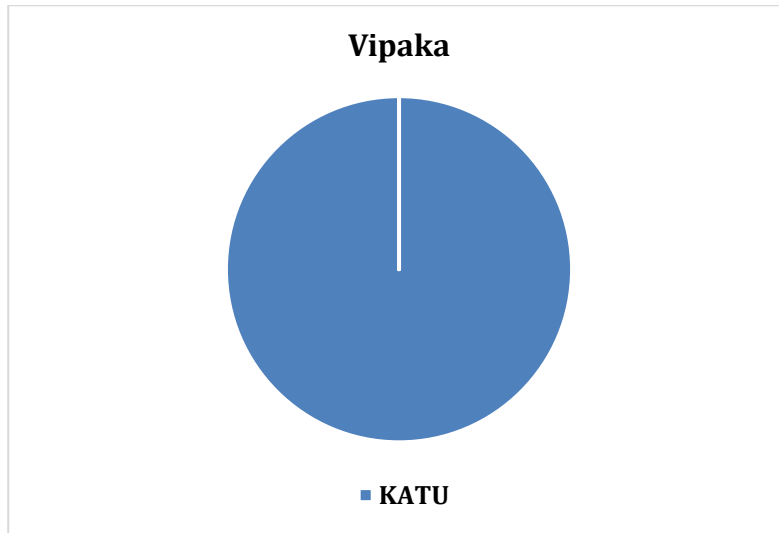


Fig 4: Analysis of *Vipaka* of each ingredient

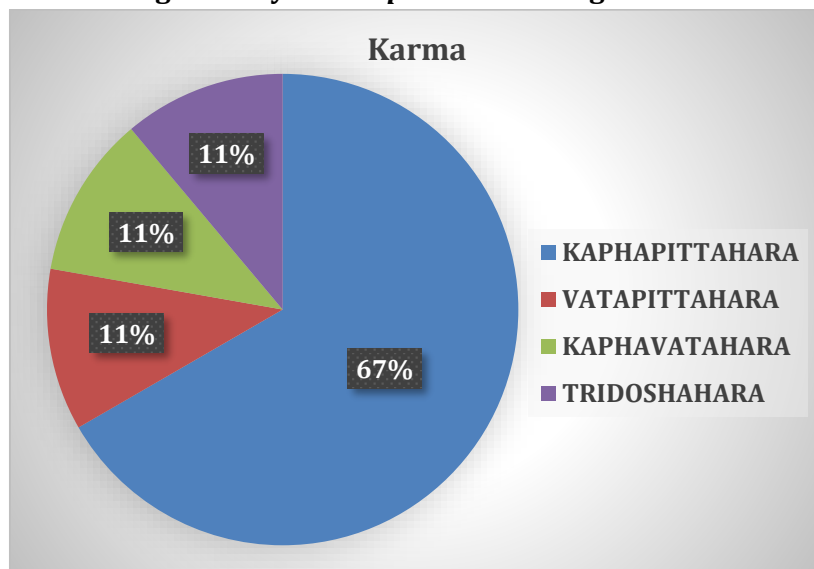


Fig 5: Analysis of *Karma* of each ingredient in *Sireesha panchanga yoga*

RESULTS AND DISCUSSION

More than 5 million people are bitten by snakes every year, resulting in more than 2 million cases of envenoming and 20,000–1,25,000 deaths. Recent studies proven that Colubridae, Crotalidae, Elapidae, Hydrophiidae, Laticaudus and Viperidae families includes venomous snakes. Elapidae family is neurotoxic and shows myotoxic effects. Pharmaceutical advancements have led to the development of many agents from snake venom. The venom of Viperidae, however, is chiefly hemotoxic and myotoxic, showing limited neurotoxicity. Tirofibrin is an example of a drug derived from the saw scaled viper (*Echis carinatus*), whereas the Brazilian viper (*Bothrops jararaca*) served as the source for angiotensin converting enzyme inhibitors. Not all venomous snake bites result in envenomation. *Mandali Sarpa Visha* is *Pitta* predominant. *Sireesha panchanga yoga* an effective formulation mentioned in renowned *Keraleeya visha chikitsa grantha kriya koumadhi* for the management of pit viper envenomation. *Sireesha panchanga yoga* contains mainly eight ingredients in

which 42% are *Tikta rasa*, 26% having *Kashaya rasa* and 16% possess *Madhura* and *Katu rasa*. *Tikta rasa* is *Pitta kapha upashoshanam*, *Dahahara*, *Vishahara* in nature which helps in reducing edema and burning sensation. *Kashaya rasa* is having *Daha shamana*, *Vrana ropana*, *Krimighna* property, there by effecting healing of wound and relieving burning sensation. *Madhura rasa* is having *Vatapittahara* property helps in relieving pain and *Ropana karma* there by healing and tissue repair of wounds occur. *Tiktha rasa* is having *Kaphapittahara* properties and helps for reducing toxins purifies blood, *Shoshana* of *Kapha* and *Kledha*, *Twak mamsa sthitikarana* property and helps in giving strength to healed tissue. *Katu rasa* is *Kaphahara*, opens microchannels (capillaries). 41% of drugs are *Laghu ruksha guna* quickly penetrates *Dhatu*s and *Srothas* helps in rapid absorption and spread. 75% of drugs are *Ushna veerya* and 25% has *Sheetha veerya* and all the drugs possess *Katu vipaka*. This will indicate *Deepana pachana* property of drugs

in the formulation helps in breakdown and elimination of toxic metabolites produced by action of venom.

In this *Yoga*, *Sireesha* has *Vatapittahara* property which helps in reducing *Shophya*. Studies shows that *Albizia lebbek* tree is rich in alkaloids, flavonoids, antioxidants, saponins having anti-inflammatory, anti-histamic, antitoxic activity. Research studies proves that *Albizia lebbek* has effect in chronic local toxicity produced by viperid venom *Arka* has *Kaphavatahara* property. *Calotropis procera* has *Vishaghna*, *Kushtagna* effects. Chemical constituents include tritreprenoids, flavonoids, glycosides. Studies proven that *Arka* possess anti toxic, anti-histamine effect. *Vilwa* has *Shothahara* property, *Aegel marmelos* contains chemical constituents like xanthotoxin, marmmin, skimming helps in reducing inflammation. *Lodhra* has *Kaphapittahara* property. Researches proven that *Symplocos racemosa* plant contains chemical constituents like symposide, epifzelectin helps in reducing inflammation and itching. *Haridra* has *Kapha pittahara* property contains chemical constituents such as cordifolin, adinin, cadamine. Researches shows that *Curcuma longa* shows anti-histamic property and *Varnya* there by helps in recovery of dead tissues. *Daruharidra* is having *Kaphapittahara* property. *Berberis aristata* plant having chemical constituents such as karachine, taxalamine, berberine, helps in healing of wound. *Manjista* has *Kaphapittahara* property. *Rubia cordifolia* plant is rich in munjistin, rubiatriol, ruby coumaric acid, Researches shows that *Manjista* is having *Varnya* and *Vishaghna karma* there by helps in removal of toxic effects and helps in degeneration of new tissues it has antioxidant, anti-inflammatory, detoxifying properties. *Lavangha* has *Kaphapittahara* property. *Syzygium aromaticum* plant is rich source of essential oil and phenolic compounds including antibacterial.

Upon evaluating the pharmacological effects in the ingredients in *Sireesha panchanga yoga*, it become clear that this formulation can effective in relieving symptoms of *Mandali sarpa damsha*. This *Yoga* comprises eight potent ingredients with anti-inflammatory and anti -toxic properties. More research is required to fully explore and confirm its clinical benefits.

CONCLUSION

A thorough Malayalam textbook on *Visha chikitsa*, *Kriyakaumudi* explains *Visha* in all of its facets. *Mandalivisha chikitsa* is explained in detail with its *Upadrava* and management. The *Mandala visha janya vrana* and *chikitsa* are explained there. *Mandali sarpadamsha* symptoms involve swelling, yellowish discolouration of body, pain and burning sensation. treating the underlying causes balancing the aggravated *Doshas* and encouraging systemic healing, Ayurveda provides a thorough and all-encompassing

method of managing the condition. While analyzing the pharmacological properties of ingredients of *Sireesha panchanga yoga*, it is evident that this yoga is helpful in curing symptoms due to *Mandalisarpadamsha*. To demonstrate its effectiveness in treating the symptoms the yoga may undergo additional research studies such as in vitro and clinical trials. *Yoga* contains eight active ingredients having anti-inflammatory anti toxic qualities. To better understand its effectiveness more clinical research can be conducted.

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