



12. Ayurvedic Medicines (Yogas) used in Viper Bite (Mandali Sarp) Management – A Review.

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ABSTRACT

In India it is believed that about 2 million people are bitten by snakes annually of which 15000- 30000 cases prove fatal. There are three families of venomous snakes are of importance in India. In India number of incidences is more from Viper Bite (Mandali Sarp). In India 65% people from rural area use Ayurvedic and Herbal medicines for the treatment of various venomous bites.

The present paper deals with the review of various Yogas (medicines) and treatment of Viper Bite (Mandali Sarp) described in Ayurveda.

Keywords: Ayurvedic Yogas (Medicines), Viper snake (Mandali Sarp)

INTRODUCTION

Any science such as Ayurveda has its practical findings based on certain concepts. Advances in the knowledge are made possible for the benefit of mankind. Agadtantra, one among the eight branches of Ayurveda details on toxins, their effects on body and its treatment. The fatal cases in the field of poisoning are those of poisonous snakebites. In India it is believed that about 2 million people are bitten by snakes annually, of which 15,000-30,000 cases prove fatal. Though there are 375 species, only 3 families of venomous snakes are of importance in India. Two families are more prevalent in India and number of incidences is more from Viper bite of Viperidae family.

In our country Herpetologists, sarpmitras, trackers, large number of people who stay in villages, mountains and forests are more

exposed to snake bites. In these remote areas due to lack of transport facilities and primary aid more people succumb to death.

In India incidence of viper bite is high. No specific anti venom of Viper is available. In viper bite cases early treatment saves the life of the patient. Currently the treatment is only limited with Polyvalent Anti Snake Venom which is available in Government hospitals and it is not easily available in villages, mountains and forest areas and need trained persons for its administration. Also it is not affordable to poor patients.

In this current scenario it is the need of the hour to develop Ayurvedic management as a first aid measure, which will help the patients of snakebite. As the bite cases of Mandali sarp are more and a treatment regime is described in Ayurveda in detail. Hence the aim of present paper was to review the AYURVEDIC yogas and treatment used for the management of viper snake bite. This systematic review was conducted with an objective to search an ideal Ayurvedic regime for viper snake bite.

viper in Ayurvedic view may be 'Venupatraka' a Mandali sarpa on morphological analysis and 'Sopha Mandali' on symptom wise analysis, the subdivision being 'Mula Mandali'. Russell's viper in view a Mandali Sarp on morphological analysis and symptom wise analysis.

MATERIALS AND METHODS

All relevant information from ayurvedic Samhitas (Brihatryees) including Vishjyostnika.

Electronic database search on google was conducted for the review.

Relevant information from already Published various researches on snake bite.

Following Treatment is present in Ayurveda for Viper bite (Mandali Sarp Dansh)

MANDALI SARP DANSH CHIKISTA ACCORDING TO AYURVEDA

According to Charakacharya

Chikista According To Vega S.K.5/24-27

Vega	Treatment
1. First Vega	Raktamokshan
2. Second Vega	Agad added with honey and ghee should be given, then Vaman should be induced and Yavagu given to drink.
3. Third Vega	Shodhan should be done using powerful recipes and then Yavagu given to drink.
4. Fourth Vega	Vaman should be induced and Yavagu given to drink.
5. Fifth Vega	Sheetopchar and Shodhan then Yavagu given to drink.
6. Sixth Vega	Peya prepared from of Kakolyadi Gana which is sweet in test and ideal with Agad.
7. Seventh Vega	Anti poisonous Avapida and Agad should be administered.

Mandali Dansh Vishesh Yoga

1. Drakshadi agad S.K.5/76-77

Draksha, Sugandha(Sarpagandha), Nagavritika(Shallaki), Sveta, And Samanga all equal quantity forming one part, mixed with

According to Astang Sangrah & Astang Hridaya Veganurupa Chikitsa

Vega	Treatment
1. First Vega	Blood letting, Agad administered with honey and ghee.
2. Second Vega	Vaman and anti poisonous Agad
3. Third Vega	Vaman and then Peya for drink
4 Fourth Vega	Drinking of Yavagu after Vaman
5 Fifth Vega	Body should smeared with cold past of the drugs, frequently Vaman and then Yavagu

Manjistha, Madhuyashti, Jivak, Vrishabhak, Shweta, Kashmarya, leaf buds of Vata this is the potion for the bite by Mandali type of Sarp.CH.Chi.23/196

According to Susrutacharya

1. Person who has thirst, burning sensation, increase of body temperature, delusion and other symptoms of Pitta aggravation, should be treated with the cold things, massage, bath and poultices. S.K.5/38

two parts of powder of bark of Surasa Kapittha, Bilva, and Dadima and half part of powder of Sitasindhuvara, root of Ankot, and Gairika – all mixed well, added with honey and used; this destroys poison of Mandali.

Vega	Treatment
6 Sixth Vega	He should be administered mild anti poisonous Agad of Padmakadi Gana
7 Seventh Vega	Anti poisonous strong collirium and nasal drops should be administered, a deep incision resembling the foot of crow is made on the head with a sharp knife, then a piece of muscle or skin along with the blood is placed on it.

Mandali Sarp Dansh Visheshha Yoga

A.H.U.36/45, A.S.U.42/9 A.H.U.36/61-62, A.S.U.42/31

Equal parts of Sugandha, Mrudwiaka, Shwetakhya, half part each of leaves of Souras, Kapittha, Bilva, and Dadima Madein to a paste, mixed with honey and used is specially suitable for poison of Mandali.

2. Himvan Agad A.H.U.36/63-64, A.S.U.42/32-33

Barks of Panchavalkala, Vara, Yashti, Nagpushpa, Elavaluka, Jivak, Vrishabhak, Sheetam, Sita, Padmak and Utpala made in to a paste and used mixed with honey. This recipe is known as Himwan Agad, destroy poison of Mandali Sarp by external application it cures swelling Visarp, Visphota, Jwar, Daha.

A.H.U.36/65, A.S.U.42/34

Kashamarya, Vatashunga, Jivak, Vrishabhak, Sita, Manjistha And Madhuka made into a paste and consumed cures the poisoning of Mandali Sarp.

Astang Agad A.H.U.36/66

Bark and seeds of Vansha, Katuka, seed of Patali, Nagar, seeds of Shirish, Ativisha, roots of Gavedhuka, and Vacha made into a paste with cows urine. This recipe is known as Astang Agad consumed cures the poisoning of Gonas Sarp.

MANDALI SARP DANSH CHIKISTA ACCORDING TO VISHA VAIDYA JYOTSNIKA**Treatment of Mandali visha**

Visha Vaidya Jyotsnika. Medications for Mandali Visha are prescribed for intake and for

external application on the bite site, Dhara, nasal and collyrium application.

Panadiyogas

1. The root of Nili(*Indigofera tinctoria*), Patala (*Stereospermum suaveolens*) the root bark of Karanja(*Pongamia glabra*) and Pata (*Cyclea peltata*) each separately can be taken internally grinded with Luke warm water. The paste of each drug is applied externally as lepa on the site of snake bite.

2. The drug Chandana (*Santalum album*) with cold water is taken internally.

3. The root bark of the white variety of Kasamarda(*Canthum parviflora*) is taken internally.

4. The root of Sarpagandha (*Rauwolfia serpentina*) , Vacha (*Acorus calamus*) and Seetha (*Coleus ambonicus veltereroides*) is taken internally.

5. The root of Karaskara (*Strychnos nuxvomica*) is grinded and paste is applied externally on the site of Mandalidansha.

6. The paste of Sariva (*Hemidesmus indicus*) and Vacha (*Acorus calamus*) can be used in the same way.

7. Equal quantity of Yashti madhu (*Glycyrrhiza glabra*) Chandana (*Santalum album*) and Usheera (*Veteveria zizanioides*) is applied as nasal medicine and collyrium application and internally.

8. The drugs Gandhara (*Capparis spinosa*) and Eeshwaramooli (*Aristolochia indica*) can be administered internally.

9. The roots of Punarnava (*Boerhavia diffusa*) and Arka (*Calotropis procera*) is

applied internally in the form of juice and externally as paste on the site of Mandalidansha.

10. The internal application of equal quantity of Lodhra (*Symplocos racemosa*) Seetha (*Coleus ambonicus veltereroides*) Haridra (*Curcuma longa*) Daruharidra (*Coccinium fenestratum*), Sarala (*Sesalpinia sappan*), Arka (*Calotropis procera*), Manjishta (*Rubia cordifolia*), root of Patala (*Stereospermum suaveolens*) with Vilwa (*Aegle marmelos*) is very effective.

11. Equal quantity of the Tagara (*Valeriana wallichii*) Chandana (*Santalum album*), Kushta (*Saussurea lappa*), Yashtimadhu (*Glycyrrhiza glabra*) Usheera (*Vetiveria zizanioides*), Sariva (*Hemidesmus indicus*) is used internally as decoction and externally as paste on the site of Mandalidansha. This yoga has the same ingredients of Kottamtagaradi, one of the study drugs, but in a different version.

12. The root of Nimba (*Azadirachta indica*) Nili (*Indigofera tinctoria*), Karanja (*Pongamia glabra*) is used internally as decoction and externally as paste,

13. The drugs Murva (*Marsenia tenacissima*), tuber of Pata (*Cyclea peltata*), rock salt, Vacha (*Acorus calamus*) is used internally as decoction and externally as paste on the site of Mandalidansha.

Lepayogas for Mandali Dansha

1. The paste made by roots of Punarnava (*Boerhavia diffusa*) Sigrum (*Moringa olifera*) Shireesha (*Albizia lebbek*) and Ashwagandha (*Withania somnifera*).

2. The paste made by grinding the barks of Amra (*Mangifera indica*), Karanja (*Pongamia glabra*), Amlaka (*Tamarindus indicus*), and

3. Eshwaramooli (*Aristolochia indica*), Vacha (*Acorus calamus*), root of Pata (*Cyclea peltata*), Haridra (*Curcuma longa*) in rice washed water.

4. The paste made by removing half of seeds from Datura (*Datura metal*) with small quantity of salt and rice washed water.

5. Kushta (*Saussurea lappa*), Tagara (*Valeriana wallichii*) Usheera (*Vetiveria zizanioides*), Chandana (*Santalum album*) Yashtimadhu (*Glycyrrhiza glabra*) Sariva (*Hemidesmus indicus*) are grinded and the paste is applied externally at the bite site and at vertex and internally as decoction and nasal application. A detailed study of this yoga is given in Drug study.

6. Roots of Punarnava (*Boerhavia diffusa*), Arka (*Calotropis procera*), Eshwaramooli (*Aristolochia indica*), Gokshura (*Tribulus terrestris*), Pata (*Cyclea peltata*), Vacha (*Acorus calamus*), Chandana (*Santalum album*) Haridra (*Curcuma longa*), bark of Aghori (*Flacourtia indica*) and Karanja (*Pongamia glabra*) are grinded with rice washed water.

7. Gentle massage with cow's ghee and rock salt for pain, heat and swelling of vrana.

Pindika sweda prayogas Leaves of Arishtamanjari (*Acalypha indica*) Kalasaka (*Murria koennija*) Uttama kanya (*Pergularia extensa*) Arka (*Calotropis procera*) Amlaka (*Tamarindus indica*) Datura (*Datura metal*) Gandhara (*Capparis spinosa*) and Shigru (*Moringa olifera*) are grinded with rice washed water and mixed with buffalo dung. The boluses enclosed within a cloth are heated with rice washed water or cow's urine in a closed earthen vessel and used for gentle massage on the swelling. The juice extracted from the above drugs is used for dhara and a paste can be used as external application.

Dharayogas

Chandana (*Santalum album*) is grinded and mixed with water is used for dhara. It is very effective to reduce complications due to Mandali bite.

Tikhapimbi (*Trichosanthes tricuspidata*), Sargheshta (*Cardiospermum halicacabum*), the root of Shatavari (*Asparagus racemosa*) grinded and mixed

With rice washed water is used for dhara to reduce swelling, pain, feeling of extreme heat and fatigue.

Thookkudhara

Here dhara pot is hanging on ropes above the body of patient. Dharadrava is poured slowly through the hole in the centre of the pot through a cotton wick. If leaves of Nimba (*Azadirachta indica*) are kept in the pot is very beneficial. Vrikshharu (Loranthus ingiflorus) which is on Karaskara (*Strychnos nuxvomica*), Chandana (*Santalum album*), Shathavari (*Asparagus racemosa*), juice of Kumari (*Aloe vera*) leaves of Kusmanda (*Benincasa hispida*), Eranda (*Ricinus communis*) are grinded and mixed with water is used for dhara for reducing burning sensation, swelling, feeling of extreme heat etc.

DISCUSSION

The present paper includes various Yogas (medicines) used in Ayurveda for Viperbite management (Mandali sarp Dansh). All the constituents of these Yogas are easily available and having anti poisonous properties. The method of preparation and mode of administration of these Yogas is convenient. Blending these Yogas and treatment with anti snake venom may also be a good perceptive and question for the research in future.

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CONCLUSION

The main objective of the present paper was to study the Ayurvedic management of mandali Sarp Dansh and establish a regime for the Mandali sarp Dansh as first aid measure.

After detailed gretical review following conclusion are evolved.

1 Viper snakes are venomous snakes and from their correlation with external morphology, signs and symptom after bite they are very much similar with Mandali sarp described in Ayurveda.

2 Ayurvedic management of sarp dansh can be divided in two parts one is daivavyapashrya and other is Yuktivyapshraya. Where former one includes the use of mantra chikitsa and later one various drugs, yogas, and shodhan procedures.

3 After this review we can establish the Ayurvedic regime for Mandali sarp Dansh (Viper bite) as a first aid measure.

4 Future study of these treatment and medicine (Yogas) for their constituent's chemical composition and their pharmacological action may help to increase efficacy and authenticity.

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