A Critical Review of Mandara Yoga from Prayoga Samucchayam in Lutavisha

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Abstract

Lutavisha or spider poisoning is coming under jangamavisha (animate poison) in classics and these are more dreadful than keeta visha (insect poison) with predominance of pittakapha dosha. Acharya Susruta mentioned krichasadya (difficult to cure) and asadya (not curable) lakshanas of Luta visha where kaphavata predominant lakshanas are seen in krichasadhya. In spider poisoning most bites result in mild symptoms around the area of the bite. Rarely may they produce a necrotic skin wound or severe pain. Mandara yoga is explained in Malayalam traditional vishachikitsa book Prayogasamucchayam. Nowadays it is not in practical use. The cases of Lutavisha are very common in the clinical practice of Agadatantra. Thus it is important to know different Agadayogas which can make miracle results in Lutavisha condition

Key words

krichasadya Luta visha, mandarayoga, spider poisoning

Introduction

As per Ashtanga hrudaya the Luta visha or spider poison is comprised under keeta visha as it possess all the features of insect. There are various types of Luta visha that are based on sadhyaasadhyata, Veerya, doshaprabhava and based on site of poison. Some of they are poisonous and some of them are non-poisonous. These are more dreadful than keeta visha[1] and predominantlypittakaphaadika[2].

A spider bite, also known as Arachnidism, is an injury resulting from the bite of a spider. The effects of most bites are not serious. Most bites result in mild symptoms around the area of the bite. Rarely may they produce a necrotic skin wound or severe pain[3].

In Malayalam Visha chikitsa books like Prayogasamucchayam, Kriyakaumudi etc. numerous agada yogas mentioned that are useful in Luta visha poisoning. These can be used as both external and internal medication. One among these formulation is Mandarayoga which is described in the background of lutasamanya chikitsa[4]. The cases of Lutaavisha are very common in the clinical practice of Agadatantra. Thus it is important to know different Agadayogas which can make beneficial results in Lutavisha condition.

Review of literature

About Mandara yoga

Mandara yoga is one of the formulation mentioned in lutavisha chikitsa. Reference of this yoga is obtained from traditional Malayalam vishachikitsa book “Prayogasamuchaya ashtamaparichedam”, in the context lutasamanya chikitsa[4].

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Figure No	Ingredients	Botanical name	Family
1.	Daruharidra[5]	Berberis aristata	Berberidaceae
2	Gairika[6]	Red oxide of iron	
3	Apamarga[7]	Achyranthes aspera	Amaranthaceae
4	Chakramarda[8]	Cassia tora Linn.	Fabaceae
5	Mayoorashikha[9]	Actinopetris radiate	Polypodiaceae
6	Maricha[10]	Piper nigrum	Piperaceae
7	Manashila[11]	Arsenic disulphide	
8	Yashtimadhu[12]	Glycyrrhiza glabra	Fabaceae
9	Kushta[13]	Saussurea glabra	Astraceae
10	Ela[14]	Elettaria cardamomum	Zingiberaceae

Fig. 1	Fig.2	Fig.3
		
Fig. 4	Fig.5	Fig.6
		

Fig. 7	Fig. 8	Fig. 9
		
Fig.10		
		

Method of preparation[15]

All the ingredients are taken and made choorna(powder form), add madhu (honey) and Gritha(ghee) and can be used for all karmas(procedures) mentioned for lutavisha chikitsa. Here the quantity of ingredient is not mentioned. So can be taken as equal quantity and gritha and madhu in quantity sufficient depending upon the treatment procedure.

Indication[15]

In all types of Lutavisha, Keeta visha

Different methods of administration of Mandara yoga[15]

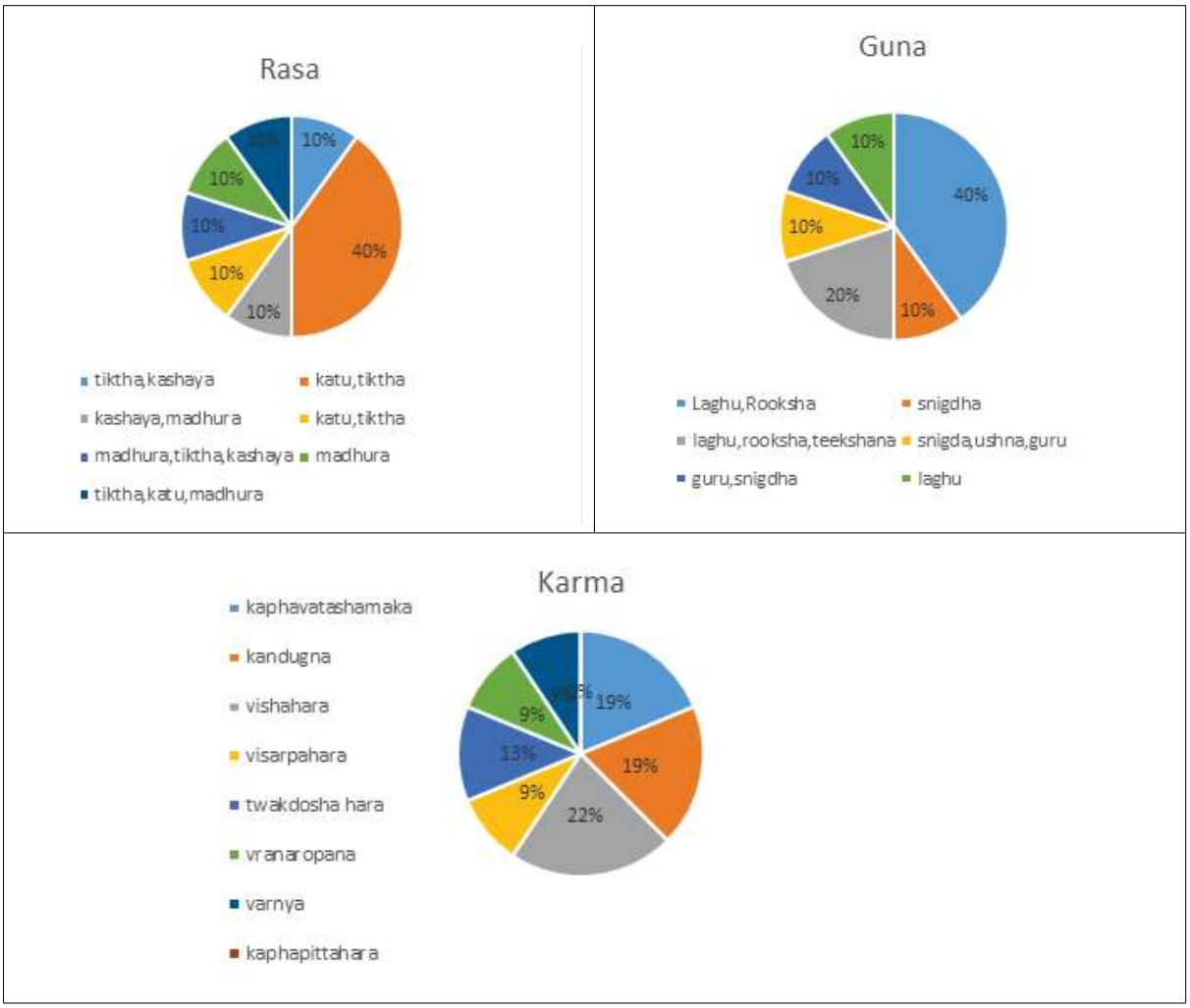
This formulation can be used in all forms (sarvakarmavat).

i.e., paana(drinking), lepa(external application), nasya(nasal instillation), Anjana(collyrium) etc.

Table 2- Karmukata (pharmacokinetics) of Mandara yoga

Ingredients	Rasa	Guna	Veerya	Vipaka	Karma
Daruharidra[5]	Tiktha kashaya	Laghu, Rooksha	Ushna	Katu	Kaphapittahara, kandu, visarpa, twakdosha, vishahara

Gairika[6]	Kashaya, madhura	snigdha	Sheetha	Madhura	Vishagna, sthambana, vispotahara, visarpahara
Apamarga[7]	Katu, tiktha	Laghu, rooksha, teekshna	Ushna	Katu	Kaphavatashamaka, kandugna, vranaropana, twachya, kushtagna, vishagna
Chakramarda[8]	Katu	Laghu, Rooksha	Ushna	Katu	Vatashamaka, kaphapaha, vranagna, vishagna, kandugna, kushtagna, dadruhara
Mayoorashikha[9]	Madhura tiktha kashaya	Rooksha, laghu	sheetha	Katu	Kaphapittashamaka, krimirogahara, charmarogahara, atisarahara
Maricha[10]	Katu, tiktha	Laghu, rooksha, teekshna	Ushna	Katu	Kaphavatahara, shoolagna, krimigna, agnideepaka
Manashila[11]	Katu, tiktha	Snigdha , ushna,Guru	Ushna	Katu	Varnya, vishanashaka, kanduhara, kasahara, agnimandyahara
Yashtimadhu[12]	Madhura	Guru,snigdha	sheetha	Madhura	Vatanulomana, kaphavatahara, dahashamaka, chakshushya, kandugna, varnya
Kushta[13]	Tiktha, Katu, madhura	laghu	Ushna	Katu	Kaphavatahara, kushtagna, varnya, twagdoshahara, visarpahara, deepanapachana
Ela[14]	Katu, tiktha	Laghu, Rooksha	Ushna	Katu	Kaphavatashamaka,kandugna,vishagna,vranagna, kasagna



Discussion

It is difficult to apprise the number on variety of Lutas in Ayurveda. Acharya Susruta describes 16 species of Lutas while Vagbhatacharya says about 28 varieties.

Most of the spiders are not dangerous. The appearance of many of the larger species inspires terror or disgust to people. Most of them contain some chemical substance in their body which will cause cutaneous irritation and tissue death.

Susruta Acharyahas mentioned 2 varieties of Luthavisha based on the severity i.e,kricha sadhya and asadya. Among this krichasadhya types of lutavisha having kaphavata predominance and presenting with signs and symptoms likeKandu, Vedana, sleshmavatika lakshanas etc.

- When we consider the properties of ingredients, as far as rasa consideration[4] drugs having katu tiktha rasa Eg:Apamarga,manashila etc. So this will help to control the kaphadosha which is predominant in krichasadyalutavisha.

- In case of guna(property) 40 percentage of drugs having laghurookshaguna which again helps for pacifying the kaphadosha

- While considering the veerya of drugs seven drugs possess ushnaveerya, which is very beneficial for reducing kapha and krichasadya condition means it is difficult to cure so there is a need of more potent drugs which is having veerya similar to visha.
- In case of vipaka almost all drugs having

katu vipaka.eg: daruharidra,chakramarda, mayoorashikha etc.

- Majority of drugs have vishagna, kaphavatahara and kandugna karma. Some drugs have vranaropana, visarpahara and twakdoshahara properties also.



In lutaavisha and keetavisha context local symptoms are more present compared to systemic symptoms like dadrumandala, rashes in different colours, undergoes quick ulceration (paaka) loss of tissues (kotha) etc. Here in this formulation majority of ingredients possess kaphavata property which is beneficial for krichasadya condition of lutavisha.

All ingredients are obtainable but the difficulty is whether we have to use gairika and manashila after shodhana is not quoted here. For neutralizing the effect of visha we need potent drugs as



that of visha so here we can use gairika and manashila without shodhana to increase the potency of yoga.

Conclusion

The spider poison comes under jangamavisha in Ayurveda. As per ayurvedic concept spiders can exert their venom through various body principles. Spider poisoning is very prevalent in the clinical practice of Agadatantra and there is a need to find out good remedies for treating the condition. Mandarayoga is not widely used in clinical practice. Further studies are needed for proving the better efficacy of this yoga in spider poisoning and other insect poisoning.

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