

“NALPAMARADI LEPA YOGA IN MANDALI VISHA CHIKITSA – A REVIEW”

**Dr. Chandan Bhimrao Khairkar,¹ Dr. Vaishali Gawande,² Dr. Aruna Jeswani³,
Dr. Kalyani Shewalkar⁴, Dr. Renuka Chaware⁵**

1. Assistant professor, Dept. of Agadtantra evam Vidhi Vaidyaka, Bhausahab Mulak Ayurved College & Research Hospital Butibori Nagpur.
PhD Scholar, Dept of Agadtantra evam Vidhi Vaidyaka, Sumatibhai Shah Ayurved Mahavidyalaya Hadapsar, Pune.
2. Professor & H.O.D. Dept. of Agadtantra evam Vidhi Vaidyaka, Bhausahab Mulak Ayurved College & Research Hospital Butibori Nagpur
3. Associate Professor, Dept. of Agadtantra evam Vidhi Vaidyaka, Bhausahab Mulak Ayurved College & Research Hospital Butibori Nagpur.
4. Assistant professor, Dept of Rasa shastra & Bhaishajya kalpana, Government Ayurved College Baramati, Pune. PhD Scholar, Dept of Rasa shastra & Bhaishajya kalpana, Shri Ayurved Mahavidyalaya, Nagpur.
5. Professor & H.O.D. Dept. of Swasthavrutta & Yoga, Bhausahab Mulak Ayurved College & Research Hospital Butibori Nagpur.

ABSTRACT:

Ayurveda is the science of life that deals with both cure and prevention of diseases. There are eight branches in it, one among which is Agadtantra. Agadtantra is defined as the science that deals with the diagnosis and treatment of bites of poisonous snakes, insects, spiders, mice etc. and criminal administration of poison. Among all poisonous cases snake bite poisoning is utmost importance as it is a condition that needs emergency management. Keraleeya Visha Vaidyas play an eminent role in the treatment aspects of poisonous bite cases, they have dedicated their life and soul to the cries of dead broke and also has contributed literatures that quote different treatment modalities and formulations out of their experience like Kriya Koumudi, Visha Vaidya Jyotsnika, Lakshanamritham, Prayoga Samuccayam etc. The topic of concern Nalpamaradi Lepa Yoga is one such distinctive formulation that has been quoted in Visha Vaidya Jyotsnika. The formula consists of nine ingredients and is based on Lepa (makeup). Today Lepana (external application) is widely used even by the legendary Visha Vaidhyas. This formulation has been used for reducing the poisonous symptoms due to mandali visha, swelling, pain, burning sensation and all problem due to vana.

KEY WORDS:- Agadtantra, keraleeya visha chikitsa, Nalpamaradi lepa, Mandali Visha.

Corresponding Details:

Dr. Chandan Bhimrao Khairkar
BMAC& RH BUTIBORI NAGPUR
P-73, R& C ZONE, MIDC, BUTIBPRI, NAGPUR 441122
Mobile No. 9175910467/7219753082
E-Mail: drchandankhairkar01@gmail.com

**How to cite article:**

Dr. Chandan Bhimrao Khairkar, Dr. Vaishali Gawande, Dr. Aruna Jeswani, Dr. Kalyani Shewalkar, Dr. Renuka Chaware, Nalpamaradi Lepa Yoga in Mandali Visha Chikitsa – A review, Sanjeevani Darshan - National Journal of Ayurveda & Yoga 2024; 2(2): 106-114 : <http://doi.org/10.55552/SDNJAY.2024.2211>

INTRODUCTION

Ayurveda is the science of life that deals with both cure and prevention of diseases¹. There are eight branches in it, one among which is Agada tantra². Agada tantra is defined as the science that deals with the diagnosis and treatment of bites of poisonous snakes, insects, spiders, mice etc and criminal administration of poison³. Visha is described as the substance that forms the body and mind of Vishada. Acharyas divide Visha into two main types: Stavara (plant origin) and Jangama (animal origin). In almost all of the animate poisoning cases shopha (swelling) is a major expression that may further complicate into systemic manifestations⁴. The condition is to be handled then and there so as to prevent the further suffering of the patient. Mandali sarpadamsha produces symptoms like that hemotoxic in nature manifesting as swelling, hyperpyrexia, burning sensation etc, commonly seen in viper snake bite poisoning⁵. Keraleeya vishagranthas has explained variety of formulations to be used in emergency conditions as well as conservative treatment modalities.

Nalpamaradi Lepa Yoga is one such preparation quoted in Visha Vaidya Jyotsnika⁶ that has got an outstanding action on shopha caused by visha, which is used as external application. In the conditions of snake bite and other poisonous creature bites, the emergency management play a vital role. In Ayurveda literature, many formulations were explained which can be used in emergency conditions of snakebite. Nalpamaradi Lepa Yoga one among them which was well utilised by Folklore Visha Vaidhyas of Kerala, but the scientific review and research work are required to utilise this formulation with more confidence, hence this review study has been undertaken to highlight in brief about its ingredients, method of preparation, uses and utility of Nalpamaradi Lepa Yoga.

REVIEW OF LITERATURE

Name of yoga: Nalpamaradi Lepa Yoga

Information about yoga can be found in Chapter 6 of the book Visha Vaidya Jyotsina - Mandali Visha Chikitsa. A total of 9 ingredients are mentioned in the preparation of this yoga. The method of application is defined as lepa (ointment)⁷

Table no. 1: Ingredients of Nalpamaradi Lepa Yoga

Sr. No.	Drug (Ayurvedic Name)	Botanical Name	Family
1	Nyagrodh ⁸	Ficus bengalensis Linn	Moraceae
2	Udumbar ⁹	Ficus glomerulata	Moraceae
3	Ashwattha ¹⁰	Ficus religiosa Linn	Moraceae
4	Parish ¹¹	Thespesia populnea	Malvaceae
5	Plaksha ¹²	Ficus infectoria	Moraceae
6	Durva ¹³	Cyanodon dactylon	Poaceae
7	Kadalikanda ¹⁴	Musa paradisiaca	Musaceae
8	Chanadan ¹⁵	Santalum album	Santalaceae
9	Ashwagandha ¹⁶	Withaniasomnifera	Solanaceae

Table no. 2- Properties of Ingredients of Nalpamaradi Lepa Yoga

Sr. No.	Drug	Rasa	Guna	Virya	Vipaka	Karma
1	Nyagrodh ⁸	Kashaya	Sheeta, Guru, Grahi	Sheeta	Katu	Kaphapittaghna Vranahara Dahahara Visarpa Yonidoshahara
2	Udumbar ⁹	Kashaya, Madhura	Guru, Ruksha	Sheeta	Katu	Kaphapittashamaka Varnaprasadak Vrana shodhan ropana Rakta vikaraghna
3	Ashwattha ¹⁰	Kashaya	Guru, Ruksha	Sheeta	Katu	Kaphapitta shamaka Yonivishodhan Var nyakara Rakta vikaraghna Vranahara
4	Parish ¹¹	Kashaya Madhura Amla	Snigdha Laghu	Sheeta	Katu	Balances kapha and pitta
5	Plaksha ¹²	Kashaya	Guru Ruksha	Sheeta	Katu	Vranaropaka Kapha pitta shamaka Yoniroga nashaka
6	Durva ¹³	Madhur, Kashaya	Laghu	Sheeta	Madhura	Dahahara Kapha pitta shamaka Visarpa
7	Kadalikanda ¹⁴	Madhura	Guru Snigdha	Sheeta	Madhura	Balya Rakta pitta shamaka
8	Chanadan ¹⁵	Tikta, Madhura	Laghu, Ruksha	Sheeta	Katu	Kaphapittahara, Raktaprasadhanam Dahahara, Vishaghna, Krimighna
9	Ashwagandha ¹⁶	Madhura , Kashaya, Tikta	Laghu, Snigdha	Ushna	Madhura	Kaphavata Shamaka

Signs and Symptoms of Mandali Sarpa

According to Acharya Sushruta¹⁷

- Pidathwa Twakadinam – yellowish discoloration on body
- Paridhupana – local burning sensation
- Daha – burning sensation
- Trushna – excessive thirst
- Mada – intoxication
- Moorchha -fainting
- Jwara – fever
- Kshavadhu – swelling
- Deshakodhu – putrefaction of the bite site
- Pittavedhanam – other symptoms due to aggravation of Pitta

According to Acharya Vagbhata in Ashthang sangraha¹⁸

- Ushna – temperature at bite site
- Sashosh – dryness in bite site
- Pitatwa – yellowish discoloration
- Kshrama – fatigue
- Bhrama – giddiness
- Dhumaka – feeling of smoke coming up from the stomach

Lepa comes under the 24 treatment procedures – Chaturvimshati Upakarmas told for treatment of snake bite¹⁹

- 1) Mantra
- 2) Arishtha bandhan
- 3) Utkartana
- 4) Nishpidana
- 5) Chooshana
- 6) Agni
- 7) Parisheka
- 8) Avagah
- 9) Raktamokshana
- 10) Vamana
- 11) Virechana
- 12) Upadhana
- 13) Hridayavarana
- 14) Anjana
- 15) Nasya
- 16) Dhooma

- 17) Leha
- 18) Aushadha
- 19) Prashamana
- 20) Pratisarana
- 21) Prativisha
- 22) Sandnyasthapana
- 23) Lepa
- 24) Mrutasanjeevana

METHOD OF PREPARATION²⁰

Visha Vaidya Jyotsika explains the preparation of Nalpamaradi Lepa Yoga. Initially the decoction of ksheerivriksha (each in equal quantity) is prepared. Mix equal quantity of swarasa of Durva (*Cyanodon dactylon*), swarasa of kadalikanda (*Musa paradisiaca*, Musaceae) to the decoction and heat till it reduces to $\frac{1}{4}$ and attain semisolid form. Further add kalka of chandan (*Santalum albam*, Santalaceae) and Ashwagandha (*Withania somnifera*, Solanaceae). Finally heat the entire mixture over mandagni (mild fire) till it attains gudapaka. After cooling, the mixture is used as lepa.

MODE OF ADMINISTRATION

External application – the Nalpamaradi Lepa Yoga applied externally over the swelling without applying much pressure. It can be applied till the swelling subsides.

INDICATION

poisonous symptoms due to Mandali visha, swelling, pain, burning sensation and all problems due to vrana.

DOSAGE

Normal dosage for external application lepana²¹

Diagram 1: Probable Mode of Action of Nalpamaradi Lepa Yoga on the Basis of Rasa

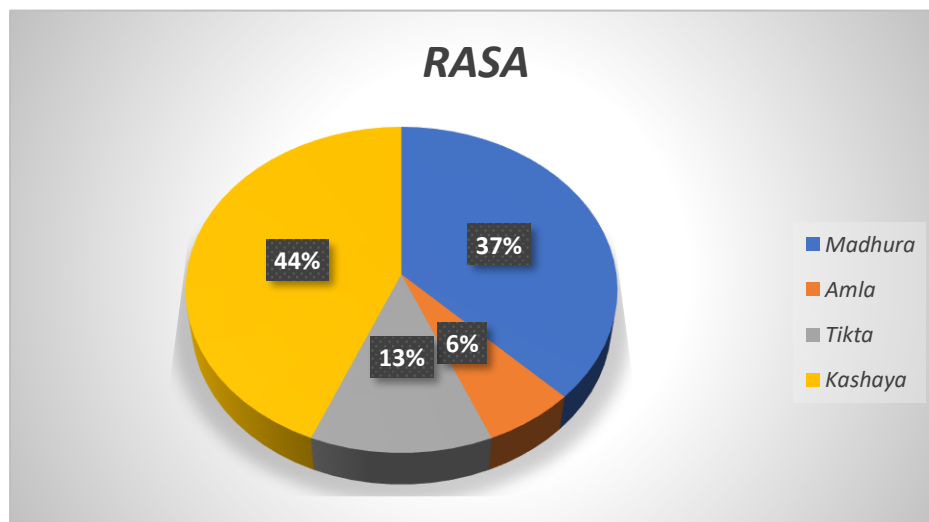


Diagram 2: Probable Mode of Action of Nalpamaradi Lepa Yoga on the Basis of Guna.

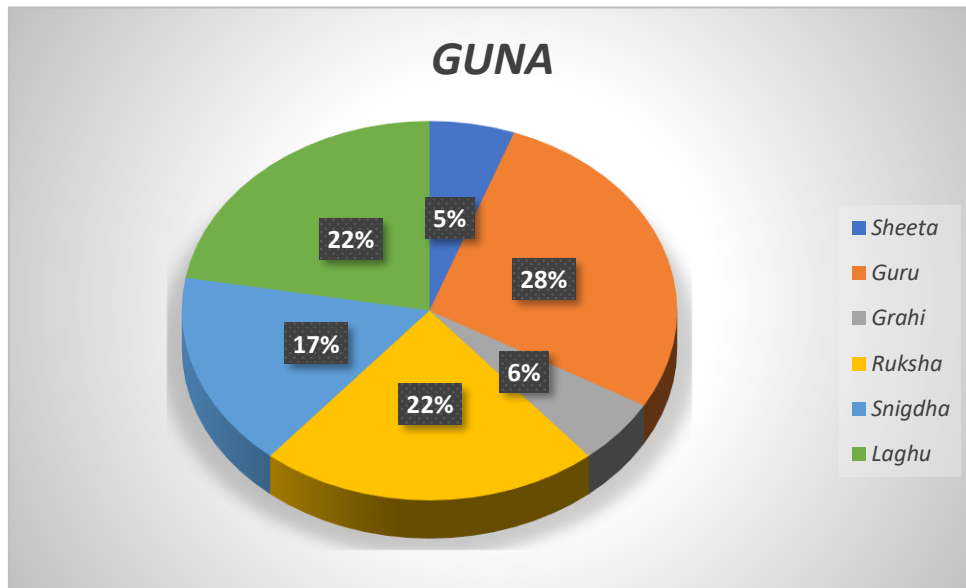


Diagram 3: Probable Mode of Action of Nalpamaradi Lepa Yoga on the Basis of Virya.

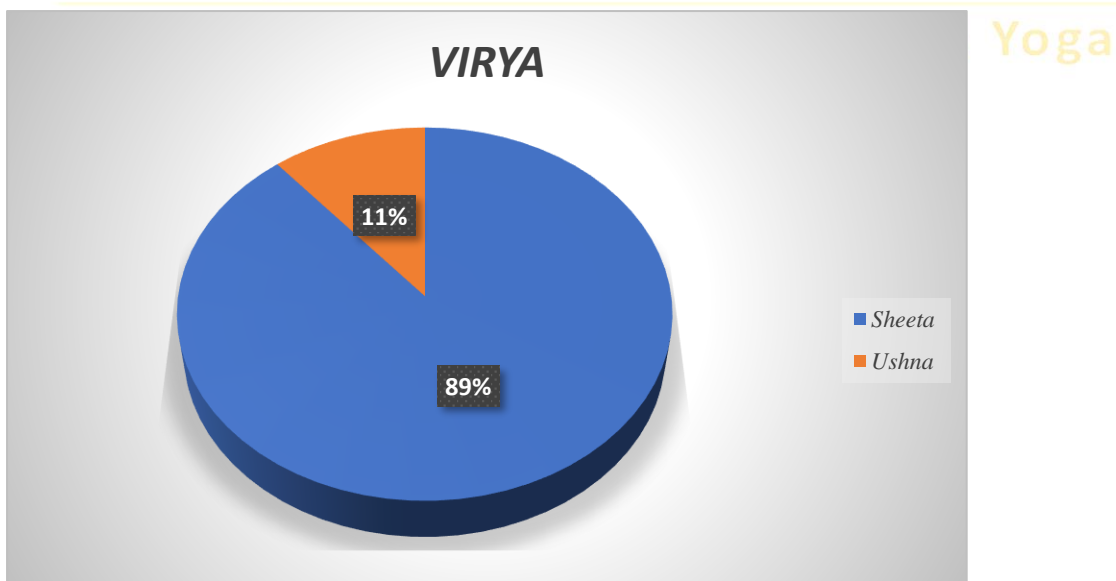
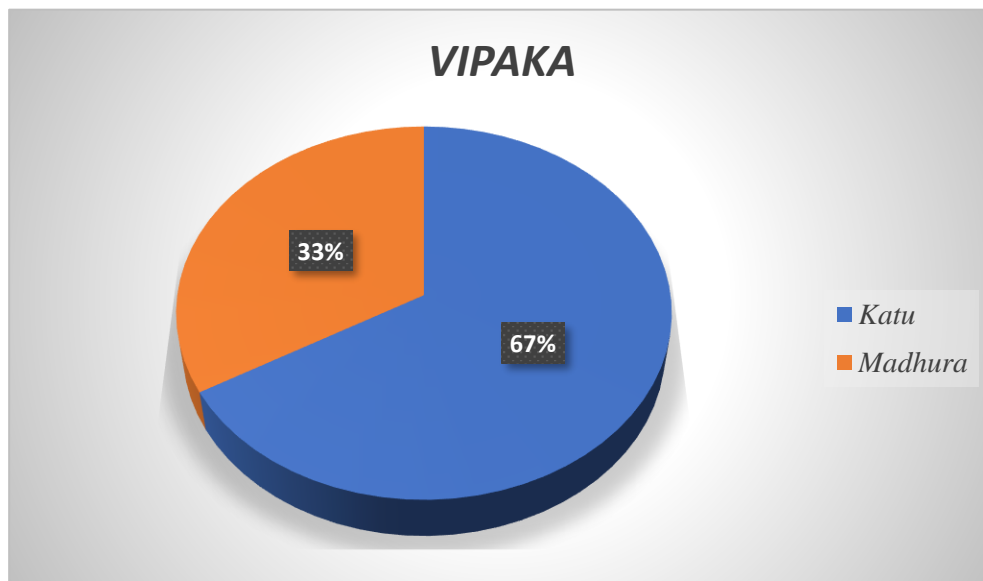


Diagram 4: Probable Mode of Action of Nalpamaradi Lepa Yoga on the Basis of Vipaka.

DISCUSSION

Nalpamaradi Lepa Yoga is mentioned as one among the siddha yogas for shoph, swelling, pain, burning sensation caused due to mandali damsh visha in Visha Vaidya Jyotsnika. In Mandali visha damsa local symptoms are more compared to systemic symptoms, within 1-2hrs after bite. Systemic symptoms are seen in progressed stage. Local symptoms like shotha (swelling), daha (burning sensation) etc. are seen. With the application of lepa we can reduce the local symptoms.

Practically, Nalpamaradi Lepa Yoga can be applied one layer over the other after drying up of the first and also can be applied at night time till the symptoms reduces.

Nalpamaradi Lepa Yoga is also seen effective in the shoph caused due to other jangama visha symptoms e.g.: - scorpion, centipede, wasp etc.

The qualities of the ingredients in this formulation are-

- 37% of drugs is Madhura rasa and 13% tikta rasa which helps in pacifying aggravated Pitta Dosha which is found in Mandali Visha.
- 44% of the drugs constitute kashaya rasa which is acting upon kapha dosha as well as pitta dosha.
- 22% of drugs have Laghu Guna which helps in easy absorption of the medicine.
- 17% of drugs have Snigdha Guna which helps in counteracting the Rukshata at the bite site.
- 22 % of drug have Ruksha Guna which help in the easy penetration of the drug into

the skin tissues.

- 89% of drugs have Sheeta Virya which helps in pacifying the Pitta Dosha.
- 67% of drugs have Katu Vipaka and 33% of drugs have Madhura vipaka, this will help in pacifying vata and Kapha Dosha which gets aggravated due to the prior aggravation of Pitta Dosha.

The combined qualities of the formulation are;

- On the context of pacifying the Doshas in the body, most drugs are Kapha pitta shamaka actions.
- Most of drugs have Vishagna, Vranahara property.
- Kandughna property is also seen in 60% of drugs in the Agada yoga.
- Kushtaghna property is also seen in 65% of drugs in the Agada yoga.
- Raktaprasadhanam and krumighna actions is also present in Chandana.
- Dahahara property is also seen among the drugs.
- Yonidosahar property is seen among the drug.

CONCLUSION

Around 80,000 to 1,00,00 snake bite cases happen every year in India, out of which 60% are treated by folklore Visha Vaidhyas. Sarpavisha damsra is a condition which needs emergency management. Shoph, Pain, burning sensation caused due to visha needs to be treated immediately so as to prevent the further sufferings of the patient. Even though there is infinite number of medications quoted in our classics we depend on ambivalent remedies and there is a need for thorough literary works and researches on that regard. The significance of this yoga is among its properties which is more concentrated towards pacifying the Pitta Dosha Chandan have action in Rakta and in Mandali Visha. Rakta is affected more when compared to other Dhatus. The mode of administration is told as Lepa, due this the effect of Nalpamaradi Lepa Yoga will be more, since in Mandali Visha local symptoms are more predominant when compared to the systemic symptoms. This all might the reasons mentioned this yoga in the context of Mandali Visha chikista in 6th chapter of Visha Vaidya Jyotsnika. Further detailed information can be found out by carrying out proper clinical research works.

REFERENCES

1. Vaidya Yadavaji Trikamji Acharya, Charaka Samhita, Sutrasthana 30/26, Chaukhamba Prakashan, Varanasi, Page- 198
2. Dr. Gopal Krushna Garde, Sartha Vagbhat, Choukhamba surbharati prakashan, Varanasi, Edition 2018, Sutrasthan shloka 1/5, Page - 1
3. Prof. K.R. Srikantha Murthy, Sushruta Samhita Sutra Sthana 1/6, Vol 1, Chaukhamba Orientalia, Varanasi, Page-5
4. Vaidya Yadavaji Trikamji Acharya, Charaka Samhita, Chikitsa sthana 23/15,

- Chaukhamba Prakashan, Varanasi, Page- 491
5. Prof. K.R. Srikantha Murthy, Ashtanga Hrudaya Uttar sthana 36/23, Vol III, Chaukhamba Krishnadas Academy, Varanasi, Page- 431.
 6. C. M. Sreekrishnan, Visha Vaidya Jyotsnika (English Translation), Published by Dept of Agadtantra VPSV Ayurveda college Kottakkal, 1st Edition, Nov-2009, Page – 59
 7. C. M. Sreekrishnan, Visha Vaidya Jyotsnika (English Translation), Published by Dept of Agadtantra VPSV Ayurveda college Kottakkal, 1st Edition, Nov-2009, Page – 59
 8. Professor Krushnachandra Chunekar, Bhavaprakash Nighantu, Choukhamba Bharati Academy Varanasi, Edition Reprint 2018, Page- 501
 9. Professor Krushnachandra Chunekar, Bhavaprakash Nighantu, Choukhamba Bharati Academy Varanasi, Edition Reprint 2018, Page- 504
 10. Professor Krushnachandra Chunekar, Bhavaprakash Nighantu, Choukhamba Bharati Academy Varanasi, Edition Reprint 2018, Page- 502
 11. Professor Krushnachandra Chunekar, Bhavaprakash Nighantu, Choukhamba Bharati Academy Varanasi, Edition Reprint 2018, Page- 503
 12. Professor Krushnachandra Chunekar, Bhavaprakash Nighantu, Choukhamba Bharati Academy Varanasi, Edition Reprint 2018, Page- 506
 13. Professor Krushnachandra Chunekar, Bhavaprakash Nighantu, Choukhamba Bharati Academy Varanasi, Edition Reprint 2018, Page- 371
 14. Professor Krushnachandra Chunekar, Bhavaprakash Nighantu, Choukhamba Bharati Academy Varanasi, Edition Reprint 2018, Page- 545
 15. Professor Krushnachandra Chunekar, Bhavaprakash Nighantu, Choukhamba Bharati Academy Varanasi, Edition Reprint 2018, Page- 183
 16. Professor Krushnachandra Chunekar, Bhavaprakash Nighantu, Choukhamba Bharati Academy Varanasi, Edition Reprint 2018, Page- 379
 17. Murthy KRS, editor. English translation on Susruta samhitha with Dalhanaacharya. kalpa sthana. Sarpadasta visa vijnaniyam 4/37, Chaukhamba Orientalia Varanasi, First edition 2010, Page- 443
 18. Murthy KRS, editor. English translation on Astanga samgraha of vagbhata. Uttarasthana Sarpavisa vijnaniya 41/39-41, Chaukhamba Orientalia Varanasi, First edition 2009, Page- 384
 19. Acharya J.T. editor, commentary Ayurveda dipika of Chakrapanidatta on Charaka samhitha of Agnivesha, Chikitsa sthana Visha chikitsitham Chapter 23, Chaukhamba Orientalia Varanasi, 1st Edition 2015. Page-473
 20. C. M. Sreekrishnan, Visha Vaidya Jyotsnika (English Translation), Published by Dept of Agadtantra VPSV Ayurveda college Kottakkal, 1st Edition, Nov-2009, Page – 59
 21. Prof. K.R. Srikantha Murthy, Susruta Samhita Suthrasthana 18/11, Vol I, Chaukhamba Orientalia Varanasi Page-239

Source of Support : None Declared

Conflict of Interest : Nil