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

Dr. Chandan Bhimrao Khairkar, Dr. Vaishali Gawande, Dr. Aruna Jeswani, Dr. Kalyani Shewalkar, Dr. Renuka Chaware

1. Assistant professor, Dept. of Agadtantra evam Vidhi Vaidyaka, Bhausaheb 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, Bhausaheb Mulak Ayurved College & Research Hospital Butibori Nagpur
3. Associate Professor, Dept. of Agadtantra evam Vidhi Vaidyaka, Bhausaheb Mulak Ayurved College & Research Hospital Butibori Nagpur.
5. Professor & H.O.D. Dept. of Swasthavrutta & Yoga, Bhausaheb 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 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 vrana.

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

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INTRODUCTION

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 Agada tantra. 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 poison. 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 manifestations. The condition is to be handled then and there so as to prevent the further suffering of the patient. Mandali sarpadamsa produces symptoms like that hemotoxic in nature manifesting as swelling, hyperpyrexia, burning sensation etc, commonly seen in viper snake bite poisoning. 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 Jyotsnika 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).

Table no. 1: Ingredients of Nalpamaradi Lepa Yoga

<table>
<thead>
<tr>
<th>Sr. No.</th>
<th>Drug (Ayurvedic Name)</th>
<th>Botanical Name</th>
<th>Family</th>
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<td>Ficus bengalensis Linn</td>
<td>Moraceae</td>
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<tr>
<td>2</td>
<td>Udumbar⁹</td>
<td>Ficus glomerulata</td>
<td>Moraceae</td>
</tr>
<tr>
<td>3</td>
<td>Ashwattha¹⁰</td>
<td>Ficus religiosa Linn</td>
<td>Moraceae</td>
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<tr>
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<td>Parish¹¹</td>
<td>Thespesia populnea</td>
<td>Malvaceae</td>
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<td>5</td>
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<tr>
<td>6</td>
<td>Durva¹³</td>
<td>Cyanodon dactylon</td>
<td>Poaceae</td>
</tr>
<tr>
<td>7</td>
<td>Kadalikanda¹⁴</td>
<td>Musa paradiciaca</td>
<td>Musaceae</td>
</tr>
<tr>
<td>8</td>
<td>Chanadan¹⁵</td>
<td>Santalum album</td>
<td>Santalaceae</td>
</tr>
<tr>
<td>9</td>
<td>Ashwagandha¹⁶</td>
<td>Withaniasomnifera</td>
<td>Solanaceae</td>
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### Table no. 2- Properties of Ingredients of Nalpamaradi Lepa Yoga

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<tr>
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<th>Drug</th>
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<th>Vipaka</th>
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<td>Grahi</td>
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<td>Guru,</td>
<td>Sheeta</td>
<td>Katu</td>
<td>Kaphapittashamaka Varnaprasadak Vrana shodhan ropana Rakta vikaragha</td>
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<td>Ruksha</td>
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<tr>
<td>3</td>
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<td>Katu</td>
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<tr>
<td>4</td>
<td>Parish¹¹</td>
<td>Kashaya</td>
<td>Snigdha</td>
<td>Sheeta</td>
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<td>Balances kapha and pitta</td>
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<td>Katu</td>
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<td>Guru</td>
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<td>Balya Rakta pitta shamaka</td>
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<tr>
<td>8</td>
<td>Chanadan¹⁵</td>
<td>Tikta,</td>
<td>Laghu,</td>
<td>Sheeta</td>
<td>Katu</td>
<td>Kaphapittahara, Raktprasadhanam Dahahara Vishaghna Krimighna</td>
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<td></td>
<td>Tikta</td>
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Signs and Symptoms of Mandali Sarpa

According to Acharya Sushruta\(^1\)7
- Pidathwa Twakadinam – yellowish discoloration on body
- Paridhupana – local burning sensation
- Daha – burning sensation
- Trushna – excessive thrust
- 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 sangraha\(^1\)8
- Ushna – temperature at bite site
- Sasho – 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 bite\(^1\)9
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 PREPARATION
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 paradiciaca, Musaceae) to the decoction and heat till it reduces to ¼ 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 lepana

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.
**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 contest 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.
➢ Yonidoshahar 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. Sarpa visha damsa 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 Jyotsniki. Further detailed information can be found out by carrying out proper clinical research works.

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