



THERAPEUTIC USE OF HARIDRA AS VISHAGNA IN SKIN DISEASES: A REVIEW

¹*Dr. Megha M. Akashe and ²Dr. Ranjana S. Waghmare

¹Assistant Professor, Department of Agadtantra,

²Assistant Professor, Department of Rasashastra & BK,
Shri K.R. Pandav Ayurved College, Nagpur.



*Corresponding Author: Dr. Megha M. Akashe

Assistant Professor, Department of Agadtantra, Shri K.R. Pandav Ayurved College, Nagpur.

Article Received on 28/11/2023

Article Revised on 18/12/2023

Article Accepted on 08/01/2024

ABSTRACT

Agadtantra, the branch of Astang Ayurved mostly deals with the clinical toxicology. It includes not only study of poisonous substances and their treatment but also it gives huge data about *Vishaghna dravyas* in the form of many *Agadas*. In *Charak Samhita Charakacharya* has described *Vishaghna Mahakashaya* including ten *Vishaghna Dravyas*. *Haridra* is one of the drug which has very good therapeutic use in dealing with skin diseases. It is an attempt to review the action of *Haridra* as *Vishaghna* for *skin diseases*.

KEYWORDS: *Haridra*, *Vishaghna*, Skin diseases, *Agadas*.

INTRODUCTION

Agadtantra deals with the study of various types of *Visha* (poison), their sources, routes of administration, manifestations, prevention and management. In *Agadtantra*, the *dravyas* which nullify the action of toxic substances are called as *Vishaghna Dravyas*. In *Charak Samhita Charakacharya* has described *Vishaghna Mahakashaya* including ten *Vishaghna Dravyas*.

Review of Literature

Vishaghna Mahakashaya

In *Charak Samhita*, fifty *Mahakashaya* are described including ten *dravyas* in each group. The peculiarity of *Mahakashaya* is that *dravya* in each *mahakashaya* has specific pharmacological action with similar pharmacotherapeutic properties to prevent that specific disorder. *Vishaghna Mahakashaya* is one of them which has ability to counteract the action of *Visha dravyas* (Toxic substances). *Vishaghna Dravya* act against toxic substances.

Following ten *dravyas* are involved in *Vishaghna Mahakashaya*-

- | | |
|--|-------------------------------------|
| 1) <i>Haridra</i> | - <i>Curcuma longa</i> |
| 2) <i>Manjistha</i> | - <i>Rubia cordifolia</i> linn. |
| 3) <i>Suvaha</i> | - <i>Pluchea lanceolata</i> |
| 4) <i>Sukshma Ela</i> - <i>Elettaria cardamomum</i> maton. | |
| 5) <i>Palindi</i> | - <i>Operculina terpepethum</i> |
| 6) <i>Chandana</i> | - <i>Santalum album</i> |
| 7) <i>Kathaka</i> | - <i>Strychnos potatorium</i> linn. |
| 8) <i>Shirisha</i> | - <i>Albizia lebbbeck</i> benth |
| 9) <i>Sindhuvara</i> | - <i>Vitex niringundi</i> |
| 10) <i>Shleshmataka</i> | - <i>Cordia dichotama</i> forest. |

All these *dravyas* possess *Vishaghna* property. Along with this they have different therapeutic uses. Review of these *Dravyas* is done along with their *Rasapanchak*, chemical constituents and their therapeutic uses in context of *Vishachikitsa*.

Review of *Dravyas* in *Vishaghna Mahakashaya*

Sr. No.	<i>Dravyas</i>	Chemical constituents	<i>Vishaghna Kalpa</i>
1.	<i>Haridra</i>	An essential oil I.P.C. resin, alkaloids, curcumin, the colouring matter, turmeric oil, or turmerol.	<ul style="list-style-type: none"> • <i>Mahaagad</i> and <i>Sanjivani Agad</i> - treatment of poisoning. • <i>Padmakadi Agad-Keeta Visha Champakaagad</i> - Spider bite
2.	<i>Manjistha</i>	Root contain resinous and extractive matter, gum, sugar, colouring matter and salt of lime	<ul style="list-style-type: none"> • <i>Mahaagada</i>, <i>Rushabha Agada</i>. • in snake bite and insect bite. • <i>Champakagada</i>- Spider bite.
3.	<i>Suvaha</i>	It contain quercetine and	<ul style="list-style-type: none"> • <i>Suvaha</i> is useful in treatment of spider

		isorhamnetin and pluchiine.	bite.
4.	<i>Sukshma elaa</i>	Seed contain fixed oil, essential oil, volatile oil.it also contain terpinyl acetate, cineole, free terpineol.	<ul style="list-style-type: none"> • <i>Ajeya Ghruta</i> -treatment of poisoning. • <i>Mahasugandhi Agada</i> - all type of poisoning. • <i>Dooshivishari agada</i> -treatment of <i>dooshivisha</i>.
5.	<i>Palindi</i>	Active principle is glycosidic resin present up to 10%. Beside the resin the drug contain small amount of volatile oil and yellow colouring matter.	<ul style="list-style-type: none"> • <i>Mahaagada</i> which is used in all type of poisoning. • <i>Eksara Gana</i> which is useful in snake bite.
6.	<i>Chandan</i>	Main constituent of essential oil is santalol	<ul style="list-style-type: none"> • <i>Ajeya Ghruta</i>- in treatment of poisoning. • <i>kalyanaka Ghruta</i> and <i>Mahasugandhi Agada</i> which is used in treatment of all type of poisoning. • <i>Tarkshya Agada</i> and <i>Rushabha Agada</i> -which is used in treatment of snake bite and insect bite.
7.	<i>Kataka</i>	Seed do not contain strychnine but it has brucine in little quantity.	<ul style="list-style-type: none"> • It is useful in treatment of poisoning.
8.	<i>Shirish</i>	Bark contain tannin 7-11% and saponin. Bark also yields resin (resinous substance)	<ul style="list-style-type: none"> • <i>Eksara yoga</i>- snake bite. • Decoction of <i>shirisha</i> flower, fruit, root, leaves, seed in treatment of insect bite.^[117] • <i>Shirisha kalka</i>-rat bite.
9.	<i>Sinduvara</i>	Leaves contain colourless essential oil and resin. Fruit contain acid resin, an astringent organic acid, malic acid, traces of an alkalid and colouring matter.	<ul style="list-style-type: none"> • <i>Sinduvara</i> along with honey is useful in treatment of rat bite. • <i>Mahasugandhi Agad</i> which is useful in all type of poisoning • <i>Eksara Gana</i> -in treatment of snake bite.
10.	<i>Shleshmataka</i>	Pulp of fruit contain sugar, gum, extractive matter and ash, bark contains a principle allied to catharin.	<ul style="list-style-type: none"> • <i>Vishaghna yavagu</i>. • <i>Kshara agad</i> -in all type of poisoning.

Some *Vishghana* drugs act by virtue of their own nature (*dravya Prabhava*), some drug act by virtue of their quality (*guna prabhava*) and some drug act by virtue of their nature and qualities.^[126] These *dravyas* from *Mahakashaya* can be used externally or internally for the treatment of poisoning. These drugs are useful in the treatment of all type of poisoning especially snake bite, scorpion bite, spider bite, rat bite, insect bite as they are one of the ingredient of *agad* used for poisoning treatment.

Dravyas from *Vishaghna Mahakashya* possess predominantly *Tikta rasa*. *Tikta rasa* has function of *Shodhan*. So for *Dhawan* and immersion, the types of *Shodhana*, the *dravyas* especially *Haridra*, *Shirish* and *Nirgundi* have *Tikta Rasa*. They were selected for removing of pesticide residue in *Shimla Mirch*.

Review of *Haridra* (*Curcuma longa* Linn.)

Many people are familiar with turmeric as a traditional middle-eastern spice, but few know of its medicinal

virtues. Turmeric, otherwise known as *Curcuma longa*, is a member of the ginger family (*Zingiberaceae*).

Historical Review

Vedic kaal

From the time of Atharvaveda, *Haridra* is being used as a medicine for mankind. *Kaushika sutra* delineated *Haridra* as an antidote of snake venom. All poisons can be removed from the body if treated with the paste of turmeric (*Mastya purana* 218, 20 (eighth century AD)).

Samhita kaal

Charaka Samhita

In *Sutrasthana* of *Charaka Samhita* it is mentioned in *Lekhaniya*, *kustaghna*, *kandughna*, *krimighna gana* in *Chikitsasthana* it is used in *prameha chikitsa*, *arshas chikitsa* etc.

Sushrut Samhita

In *Shushruta Samhita*, *Shushruta* has mentioned *Haridra* in *Sutrasthana* in *Haridradi gana*, *Mustadi gana* and

Sleshmasamshamana varga. Its *prayoga* in different *rogas* have been mentioned in *Chikitsasthana* and *Uttaratantra*.

Astanga Sangraha

It is described in *Haridraadi gana*, *Mustadi gana*, *Tikta skandha*, *Lekhaneeya dravya*, *Shirovirechanopaga dravya*, *kustaghna dravya*.

Astanga Hridaya

In *Sutrasthana*, it is mentioned in *Haridradi*, *Mustadi gana*. It is mentioned in *Tikta Skandha*, as *Lekhaneeya dravya*, *Shirovirechanopaga*, *Kustaghna dravya*. It is used in the treatment of many diseases in *Chikitsasthana* of *Astanga hridaya*.

In Kashyapa Samhita

In *kalpasthana* and in *khilasthana*, *Haridra* is mentioned as an ingredient of *dhupa* & also in *chikitsa* of *kasa*, *shwasa*, *charamadala* etc.

Vernacular Names

Sanskrit	:	<i>Rajani, Nisa, Nishi, Ratri, Ksannada, Dosa</i>
English	:	Turmeric
Gujrati	:	<i>Haldar</i>
Hindi	:	<i>Haldi, Hardi</i>
Marathi	:	<i>Halad</i>

Varieties of Haridra

- *Haridra- Curcuma longa* Linn.
- *Daruharidra- Beriberis aristata* DC
- *Amragandhi Haridra- Curcuma amada* Roxb.
- *Vana Haridra – Curcuma aromaticum* Salish
- *Kaliharidra – Curcuma caesia* Roxb
- *Zedoary- Curcuma zedoaria* Rosc

Geographical Distribution

Extensively cultivated all over India. Commonly found everywhere especially on black, fertile, porous soil in 20⁰ – 35⁰C temperature and hot dry climatic conditions. Rain fall 70-250 cms is needed. Cultivated in abundance all over India, but more in Maharashtra. India is a largest producer of *Curcuma*. In Maharashtra, city Sangli is an important marketing center. When stored in basement it is well preserved for longer time.

Table No. 7: Review of Haridra from different Nighantu.

Sr. No.	Nighantu	Varga/Gana	Rasa	Guna	Doshagnata	Rogagnata
1.	<i>Bhavprakash</i>	<i>Haritakyadi varga</i>	<i>Tikta, katu</i>	<i>Ruksha, Ushna</i>	<i>Kaphpitta Nashak</i>	<ul style="list-style-type: none"> • <i>Twakdosha, Meha, Astra, shoth, pandu, vrana</i>
2.	<i>Dhanvantari</i>	<i>Guduchyadi varga</i>	<i>Tikta</i>	<i>Ruksha, Ushna</i>		<ul style="list-style-type: none"> • <i>Visha, Kustha, Kandu, Meha, Vrana, Peenas, Aruchi</i>
3.	<i>Kaiyadeva</i>	<i>Oshadhi varga</i>	<i>Tikta, katu</i>	<i>Ruksha</i>	<i>Kaphpittanashak</i>	<ul style="list-style-type: none"> • <i>Pandu, Vrana, Apachi, Meha, Twakdosha, Visha, Shoth</i>
4.	<i>Madanpal</i>	<i>Oshadhi varga</i>	<i>Tikta</i>	<i>Ruksha</i>	<i>Kaphpittanashak</i>	<ul style="list-style-type: none"> • <i>Twakdosha, daha, meha, astra, shoph, padu, vrana</i>
5.	<i>Raj</i>	<i>Pippalyadi, paribhadradi</i>	<i>Tikta, katu</i>	<i>Ruksha</i>	<i>Kaphavatanashak</i>	<ul style="list-style-type: none"> • <i>Astra, Kustha, Meha, Kandu</i>
6.	<i>Sodhal</i>	<i>Guduchyadi varga</i>	-	<i>Ruksha</i>	<i>Kaphpittanashak</i>	<ul style="list-style-type: none"> • <i>Meha, apachi, pitta, twakdosha, krumi, pandu,</i>

Morphological Description

- Habit- A tall herb 2-4 ft in height.
- Root stock- Large ovoid with sessile cylindrical tubers orange colored inside. Appearance looking like zinger tubers.
- Leaves- Very large, in tufts up to L2 m or longer, including the petiole which is about as long as the blade, oblong lanceolate tapering to the base, and greenish yellow in color.

- Flowers- In autumnal spikes, 10-15 cm long penduncle 15 cm or more, concealed by the sheathing petiole. Flowering occurs during rainy season.
- Fruit- Capsule, ellipsoid seeds are rare.

Chemical Constituents

The primary active constituent of turmeric and the one responsible for its vibrant yellow color is curcumin. Curcumin is the most well studied constituent. The main

constituents groups are polyphenolic curcuminoids which include: curcumin (diferuloylmethan), demethoxycurcumin, bisdemethoxycurcumin, and cyclocurcumin. Turmeric also contains: sesquiterpenes (turmerone, atlantone, zingiberone, turmeronol, germacrone, and bisabolene), carbohydrates, protein, resins and caffeic acid. An essential oil, I.P.C resin, an alkoid, curcumin- the yellow coloured matter, turmeric oil or turmerol. Turmeric oil is a thick, yellow viscid oil. Powder contains d-a-phellandrene, alcohol called turmerol C₁₃H₁₈O, curcumatic acid (C₁₁H₁₄O₂).

Rasapanchaka

Rasa- Tikta, Katu

Guna- Ruksha, laghu

Virya- Ushna

Vipaka- katu

Karma- Kapha-Vatahara, Lekhana, vishaghna, Varnya

Pharmacological Action

According to Ayurveda

Twakvikarahara, Varnya, Vishodhana, Vishaghna, Kandughna, Kusthaghna Vedanasthapana Raktaprasadana Vranashodhana.

According to Modern Science^[181]

Antibacterial Activity, Anticancer activity, Anti-inflammatory Antiprotozoal, CNS depressant, Hepatoprotective activity, Anti-allergic activity, Antioxidant activity.

Upyuktanga- Kanda

Matra^[183] Powder form- 1-3 g

Swaras- 10-20ml

Churna-1-3 g

Medicinal Formulation-¹ *Haridra khand Kalyaawaleha Pathyadi kwath Panchnimba churnaDashmoola taila Marichyadya taila Vrudhihar lepa.*

Therapeutic Uses of Agadas containing Haridra in Visha Chikitsa

- *Mahaagad-* It is used all types of poisoning
- *Sanjivan Agad-* It is used in all types of poisoning.
- *Kalyank Ghruta- in keeta Visha.*
- *Mahasugandhi Agad-* It is used used in all types of poisoning.
- *Padamakadi Agad –* It is used in *Keeta Visha.*
- *Champakadi Agad- In Luta Visha.*
- *Rajanyadi Agad- It is used in insect bite.*
- *Kumkumadi Agad- in Shatapadi Visha.*
- *Shatapadi Visha and Shirishadi Agad* are used in insect bite.

DISCUSSION

The toxin and toxicity of poison and its antidotes have been mentioned since Vedic period. Many specific and non-specific Visaghna properties have been described in Vrihatrayi, Laghutrayi. Though there is no any mention about either Gara or Dushi Visha in classical texts, but

due to its different antitoxic properties it can be used to detoxify in such Visha. Thus, it rejuvenates and enhances Oja (immunity) against diseases.

With the references of various Nighantus, we can say that there is almost similarity in properties of Haridra i.e. Katu, Tikta Rasa, Ruksha, Laghu Guna, Ushna Virya and Katu Vipaka. The actions are almost similar as it alleviates skin disorder and obesity (Medo roga), purifies blood and is anti-poisonous. Due to use of different kinds of germ food and lack of extra physical activity, there is accumulation of fatty and toxic substances. These substances besides lodging in subcutaneous tissues also lodges in different organs like liver, pancreas, kidney etc. and in different channels i.e. Srotas like blood vessels. It will then cause vitiation of Doshas especially Kapha predominant. In Ayurveda, such accumulation of fatty and other toxic substances is known as Dushi visha which after certain duration causes different types of disease. Haridra due to its Ruksha, Laghu guna reduces the aggravated Kapha dosha and related Dhatus i.e. Rasa, Meda, Mamsha. This breaks down the samprapti of forming aggravated Rasa dhatu and inhibit the symptoms related to Rasavridhi and similarly break down the accumulation of Mamsha Dhatu and inhibit the related symptoms like skin and muscle related diseases. As the properties of Visha are similar to properties of pitta Dosha, Haridra having Katu Rasa, Laghu Guna, Ushna Virya and Katu Vipaka related to aggravation of Pitta Dosha, it should aggravate the Visha effect. But, due to its Prabhava Guna (Vichitra Pratyarabdhya), it acts upon Visha. Thus, Haridra reduces the aggravated Pitta Dosha and related aggravated Dhatu i.e., Rakta. This then breaks the pathogenesis of accumulation of Rakta Dhatu and its related symptoms showing actions like blood purifier (Rakta prasada), Kustaghna and Vishaghna. Due to its strong potent Vishaghna activity Acharya Charak may had mentioned this at first rather than other remaining Vishaghna drugs. As it breaks the cyclo-oxygenase pathways, inhibits tumor necrosis factor and the anti-inflammatory, anticancer, free radical scavenging, anti-oxidant and antimicrobial activities validates the anti-poisonous effect of Haridra showing inhibition of different toxic effect in living beings at different level.

CONCLUSION

From above description we can conclude that Haridra is an important herb to maintain and treat many diseases. Due to its anti-oxidant, antitoxic, antimicrobial activity it shows Vishaghna property, so it may useful in many types of toxins present around us.

REFERENCES

1. Agnivesha, Charaka, Drudhabala Charaka Samhita, Sutrasthana, Charaka Chandrika Hindi Commentry, Shadvirechanasatashritiya Adhyaya 4/16 Vd. Tripathi Bramhanand, Chaukhamba Surbharti Prakashan Varanasi, pg no.83.357.

2. Sushruta samhita, part1, by ambikadatta shastri, chaukhambha sanskrit sansthan varanasi, 13 edition, kalpasthana, cha 5/61-86.
3. Ashtangahridayam, by atridev gupta, chaukhambha Sanskrit sansthan Varanasi, 13th edition uttarsthana, cha 37/70, 71.
4. Indian Materia Medica, vol I, edited by Dr. K. M. Nadkarni, Bombay popular prakashan, third edition, pg no. 379, 1075, 475, 1099, 1278.
5. Ashtangahridayam, by atridev gupta, chaukhambha sanskrit sansthan varanasi, 13th edition uttarsthana, ch38/25.
6. Dravyaguna Vidnyan, Dr. Gyanendra Pandey, vol-III, Krishnadas Academy, Varanasi, 1st edition 205,233482,688.
7. Ambikadatta Shastri, Sushruta samhita, part1 chaukhambha sanskrit sansthan varanasi, 13 edition, kalpasthana, 8/117.
8. Sushruta samhita, part1, by ambikadatta shastri, chaukhambha sanskrit sansthan varanasi, 13 edition, kalpasthana, cha 2/45-51.
9. Sushruta samhita, part1, by ambikadatta shastri, chaukhambha sanskrit sansthan varanasi, 13 edition, kalpasthana, cha 6/17.
10. Sushruta samhita, part1, by ambikadatta shastri, chaukhambha sanskrit sansthan varanasi, 13 edition, kalpasthana, 3/51,52.
11. Sushruta samhita, part1, by ambikadatta shastri, chaukhambha sanskrit sansthan varanasi, 13th edition, kalpasthana, cha6/10,14.
12. Kaiyadev Nighantu by P.V.Sharma, Chaukhamba Orientalia Varanasi, 2nd edition, pg. no.211
13. Sushruta samhita, part1, by ambikadatta shastri, chaukhambha sanskrit sansthan varanasi, 13th edition, kalpasthana, cha.7/12,20,21.
14. Sushruta samhita, part1, by ambikadatta shastri, chaukhambha sanskrit sansthan varanasi, 13th edition, kalpasthana, cha.6/21.
15. Murthy Srikanth KR, editor. SushrutaSamhita of Sushruta with English translation. 3rd edition. Varanasi: Chaukhamba Orientalia., 2007; 506,204,95.
16. Vrudda Jeevaka, Kashyapa Samhitha, Kashi Sanskrit series-154, Chaukamba Sanskrit samsthana Varanasi-1.
17. Sri Taranath Tarka vachaspati, vachaspatyam, Vol.6. Chaukhamba series, 2003; edition. 5418.
18. Sharma PV. "Namarupajnaanam", 1st Edition. Satyapriya prakashan Varanasi, 2000; 195.
19. P.C.Sharma, M.B.Yelne, T.J. Dennis, Database on medical plants used in Ayurveda, Vol I CCRAS New Delhi 2002.
20. Pandey GS, editor. Bhavpraakash Nighantu of BhavaMisra. Varanasi: Chaukhamba Bharti Academy., 2010; 674.
21. Veera Vyankat Durga Prasad M et al. A Comprehensive study of Haridra, wjpmr, 2016; 2(6): 54-56.
22. Kirtikar K.R, Basu B.D. Indian medicinal plants, Vol II International Book Publication, Distribution, Dehradun, 1981.
23. Chunekar K.C, Bhavprakash Nighantu. Haritakyadi varga, Chaukhamba Bharati Academy; Varanasi 2013 pg 111-112.
24. Dr. Amrit Pal singh, Dhanwantari Nighantu, Amradi Varga, Puna 1925, 167-168.
25. Sharma PV, Kaiyadev Nighantu, Aushadhi Varga, Chaukhamba Orientalia Varanasi, 1st edition. 2006.
26. Nripamadanapala, Pt Harihar Prashad Tripathi, Madanapala Nighantu, Vatadi Varga, Chaukhamba Krishnadas Academy, Varanasi 2009, 187.
27. Indradev Tripathi, Raj Nighantu, Acharya Vishwanath Durvedi, Amradi Vraga, Pub. Krishna Das academy, Varanasi 1982, 174.
28. Sodhala, Sodhala Nighantu; Edited by Priya Vrit Sharma, Amradi Varga, Oriental Institute, Baroda, 1st Edition, 1978 12.
29. Dravyagunavidnyan, Part-II, P. V. Sharma, Chaukhamba Bharati academy, Reprint, 2005, pg.no.775.
30. P.C.Sharma, M.B.Yelne, T.J. Dennis, Database on medical plants used in Ayurveda, Vol I CCRAS New Delhi, 2002; 152-157.
31. Dravyagunavidnyan, Part-II, P. V. Sharma, Chaukhamba Bharati academy, Reprint, 2005; 774,775.
32. Ruby AJ, et al. Antitumor and Antioxidant activity of natural curcumoids. Cancer Lett, 1995; 94-79-83.
33. Savita chaugule Vishaghna Mahakashaya AAMJ, 2015; 237-42.