A conceptual study on Taruna Bhaskara Gutika

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Abstract

Ayurveda is the science of life which mainly consist of eight branches and Agada Tantra or Damshtra chikitsa had occupied a place among eight branches of Ayurveda which deals with the entire aspect of toxicology. Treating poisonous cases require formulations which are potent and having faster actions. Taruna bhaskara gutika is a herbo mineral formulation described in keraliya visha granthas like Prayoga samucchayam, Visha jotsnika, and Kriya koumudi and is indicated for sarva visha amayas (ie, all the ailments produced due to poison). Here an attempt is made to carry out a conceptual study on Taruna bhaskara gutika according to the reference in Kriya Koumudi.

Keywords: Tarunabhaskara, sarpa visha, Agadatantra, Toxicology.

Introduction

Ayurveda is the science of life which mainly consist of eight branches and Agada Tantra Damshtra chikitsa had occupied a place among eight branches of Ayurveda which deals with the entire aspect of toxicology. South and South western tips of India occupied by Western Ghats witnessed a new evolution of Agada Tantra through Ashta Vaidyas (eight physicians) of Kerala [1]. From 10th century to 20th century AD there has been good practice and many compilation works on visha chikitsa evolved in Kerala. Special treatment procedures and unique formulations like Taruna bhaskara gutika, Neelikaranjadi kashaya, Jeeva raksa gutika etc. dealt in Kerala Visha granthas were also common in practice. But unfortunately from the last five decades there has been a steady decline in practice of agada tantra and is remembered only through formulations like Vilwadi gutika and Dushi vishari gutika. 1

Agada yogas are those formulations which counteracts the deleterious action of poison over the senses and organs. Treating poisonous cases require formulations which are potent and having faster actions. Taruna bhaskara gutika is a herbo mineral formulation described in keraliya visha granthas like Prayoga samucchayam, Visha jotsnika, and Kriya koumudi and is indicated for sarva visha amayas (all ailments produced due to poison).

This article is based on textual reviews and clinical experiences.Description related to Taruna bhaskara gutika are collected from kriya kaumudi, Prayoga Samucchayam, Visha jotsnika.


Daruharidra [4] (Berberis aristata): Is having tikta rasa, ruksha laghu guna, ushna veerya, katu vipaka, vishahara and kushtaghna karma. Berberis aristata has alkaloid berberin. It is used as tonic, demulcent, diaphoretic, diuretic, in the treatment of skin diseases, Jaundice and diarrhoea [24].

Pippali [5] (Piper longum): Is having katu rasa, laghu, snigdha, guna, ushna, veerya, madhuravipaka, kaphavattaha and kushtaghna karma. Piper longum contains piperine as main phyto constituent. The reported pharmacological properties are anti-cancer, anti-oxidant, hepatoprotective, anti-inflammatory, immunomodulatory, antimicrobial, anti-platelet activity, angesic, anti amoebiac activity, anti fungal, bio availability enhancer and larvicidal activity [25].
Maricha [6] (Piper nigrum): Is having katu tikta rasa, teekshna ushna guna, ushna veerya, katu vipaka, krimi hara and kasa hara in karma. Piper nigrum contains piper in as main phyto constituent. It has ability to control worm infestations, cough and inflammations [20].

Shunti [7] (Zingiber officinale): Is having katu rasa, ruksha teekshna guna, ushna veerya, madhura vipaka, deepaniya, kushtahara and shoolaghna karma. Zingiber officinale contains zingerol as main phyto constituent, it has immuno modulatory, anti tumorogenic, anti inflammatory, anti-hyper glycemic action [27].

Tankan (8) (Borax): Is Sodium Tetra Borate and is having katu rasa, teekshna ruksha ushna sara gunas, ushna veerya, katu vipaka, and kapha hara in karma. According to Rasa tarangini it is sthavaradi vishapaham. (Capable of destroying plant poisons). It is used in the medicine after purification.

Nirvisha [9] (Delphinium denudatum): Is having katu rasa, seeta sara guna, ushna veerya, katu vipaka. It is aneka visha doshagni, vrana ropana, kapha vata rakta hara in karma. In Prayoga samuchaya Nirvisha is mentioned as Kasturi [10]. It is having katu tikta rasa, laghu ruksha teekshna guna, ushna veerya katu vipaka, it is kapha vata shamak, vajeekarana, jwaragghna and vishnagha in karma. Kasturi is also having anti snake venom property [1].

Hingu [11] (Ferula asafoetida): Is having katu tikta rasa, teekshna laghu guna, ushna veerya, katu vipaka, pachana, ruchikara, krimighna karma. Ferula asafoetida contains sesqueripine, coumarin. It is known to have anti inflammatory, anti-viral, anti-mutagenic, antifungal action. It is used in the treatment of asthma, GI disorders, intestinal parasites etc.

Aswagandha [12] (Withania somnifera): Is having tikta kashaya rasa, ushna guna and veerya, madhura vipaka. It destroys visha vrana. Aswagandha is an adaptogen and has anti-anxiety effect. It also relieves Insomnia and stress induced depression.

Vacha [13] (Acorus calamus): Is having tikta katu rasa, ushna ruksha guna, ushna veerya, katu vipaka. It is jantughaan, kapha vataghna, rakshoghna krimi karma. It has been reported to possess tranquilizing, anti-microbial, anti-diarrheal, neuroprotective, antioxidant, anti-inflammatory and analgesic action.

Natha [14] (Valeriana jatamansi): Is having katu rasa, ushna snigdha laghu guna, ushna veerya, katu vipaka. It is tridoshahara and visha doshaghnam in karma. The rhizome and root extracts of valeriana walllchii in various solvents were investigated for its antimicrobial action and its methanolic extracts has anti-oxidant property [29].


Garudawadantam [16] (Sellaginella rupestris, Stachypheta cayennesis) the whole plant is used and is indicated for snake venom [28].

Raktachandan [17] (Pterocarpace santalinus): Is having swadu tikta rasa, sheeta veerya, katu vipaka. It is visahara, rakta pitta hara, vrsya and netra rogamithakara. It has hepatoprotective, gastro protective, anti-cancer, antioxidant, antidiabetic properties.

Vishavegam [18] (Aristolochia indica): Is having tikta kashaya rasa, madhura vipaka, and is kapha vata hara and visha hara in property. This plant has been used traditionally in the treatment for snake bites.

Pathya [19] (Terminalia chebula): Is having pancha rasa vilavanan in rasa, ushna veerya, madhura vipaka. It is indicated as tridoshanut, and helps to eliminate all toxic effects due to food poisoning.


Moorva [21] (Chonemorpha macrophylla): Is having madhura tikta kashaya rasa, guru guna, ushna veerya, and katu vipaka and also kapha vata hara in karma.

Jambeera [22] (Citrus limon): Is having amla madhura rasa, guru guna ushna veerya and is kapha vata shamak in property.

Dosage
125mg gutika 2 each in three times a day.

Method of Preperation
All the ingredients of Taruna bhaskara gutika are taken in equal quantity and is tricturated in lemon juice for three days and then is rolled to pills of Gunja praman (125gm). Then it is dried and stored [23].

Discussion
Taruna bhaskara gutika is a herbo mineral preparation. It consist of 20 drugs, parada saindhava and tankana are minerals which makes the formulation faster in action. Most of the drugs are having katu, tikta rasa, ushna veerya, katu vipaka, visahdna (antitoxic) action. As visha (poison) has aasha swabhava (fast action) which leads to prana vaigunyam, so with these vatahara drugsprana vaya is protected which was vikrutha (vitiiated) by visha. Secondly we know visha has properties opposite to ojas and ojas is Kaphasaram, so by visha here vaikrutha avastha of Kapha is seen, so to mitigate this kaphahara dravya used. Though certain drugs possess the qualities of visha itself, It acts as visaghna by its prabhava The combination of herbal and mineral drugs in the preparation along with bhavanai with lemon juice makes it a highly potent medicine capable of fighting against the complications of venom. Just like Taruna kiranin (early rays) of sun in morning is having visha hara prabhava due to its seeta veerya. Similarly Taruna bhaskara gutikaby its visha hara prabhava destroys effects of all poisons.

Conclusion
Kerala has got a rich source of traditional background in management of sarpa visha. Taruna bhaskara gutika one of the highly potent herbomineral formulation were practiced.
among *visha vaidyas* (toxicologists). As Ayurveda has got effective medicines in the emergency management of *sarpa visha* (snake venom) and due to the steady decline of these type of practices, this review is an attempt to motivate the researchers to further explore the pharmacological activities and clinicians to further establish this drug in their practices.

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