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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 kourmudi* 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 Kourmudi*.

Keywords: *Tarunabhaskara, sarpa visha, Agadatantra, Toxicology.*

Introduction

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. 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 kourmudi* 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*

Gorochana^[2] (**Bezoar Stone**): Is having tikta rasa, laghu ruksha guna, ushna veerya, katu vipaka, kaphavatasamaka, sapjna prabhodaka properties. It acts as an antidote to poisons.

Saindhava^[3] (**Rocksalt**): Is having lavana rasa, laghu sookshma guna, anushna veerya, madhura vipaka, and tridosha hara karma.

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, demulscant, 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, deepaniya, kushta hara, rasayana (anti-ageing) and shoolahna karma (pain relieving). *Piper longum* contains piperin as main phyto constituent. The reported pharmacological properties are anti-cancer, anti-oxidant, hepatoprotective, anti inflammatory, immunomodulatory, antimicrobial, anti-platelet activity, anagesic, anti amoebic 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 ^[26].

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 tumorigenic, anti inflammatory, anti-hyper glyceimic action ^[27].

Tankana ^[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 samucchaya 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, jwaraghna and vishaghna in karma. Kasturi is also having anti snake venom property ^[1].

Hingu ^[11] (**Ferula asafoetida**): Is having tikta katu rasa, teekshna laghu guna, ushna veerya, katu vipaka, pachana, ruchikara, krimighna karma. Ferula asafoetida contains sesquiterpenes, 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 jantughnam, kapha vataghni, rakshoghna 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 valleriana wallichii in various solvents were investigated for its antimicrobial action and its methanolic extracts has anti-oxidant property ^[29].

Parada ^[15] (Mercury): Is Hydrargium, having shadrasam, snigdha sara guru guna, ushna veerya, madhuravipaka, Tridoshahara, yogavahi, balya, and vrshya in karma.

Garudadwantam ^[16] (**Sellaginella rupestris, Stachytapheta cayennesis**) the whole plant is used and is indicated for snake venom ^[28].

Raktachandan ^[17] (**pterocarpus santalinus**): Is having swadu tikta rasa, sheeta veerya, katu vipaka. It is vishahara, rakta pitta hara, vrshya and netra rogahitakara. It has hepato protective, 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 vilavanam in rasa, ushna veerya, madhura vipaka. It is indicated as tridoshanut, and helps to eliminate all toxic effects due to food poisoning.

Pasupatam ^[20] (**Calotropis gigantea**): Is having katu tikta rasa, ushna veerya, katu vipaka and kapha vata hara in karma, traditionally it is used in the treatment for snake bites.

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 Preparation

All the ingredients of *Taruna bhaskara gutika* are taken in equal quantity and is triturated in lemon juice for three days and then is rolled to pills of *Gunja pramana* (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, vishaghna* (antitoxic) action. As *visha* (poison) has *aashu swabhava* (fast action) which leads to *prana vaigunyam*, so with these *vatahara* drugs *prana vayu* is protected which was *vikrutha* (vitiated) 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 *vishaghna* by its *prabhava*. The combination of herbal and mineral drugs in the preparation along with *bhavana* with lemon juice makes it a highly potent medicine capable of fighting against the complications of venom. Just like *Taruna kiranas* (early rays) of sun in morning is having *visha hara prabhava* due to its *seeta veerya*. Similarly *Taruna bhaskara gutika* by 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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