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Review Article

## A Critical Review on Sthāvara Viṣa

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### Abstract

Ayurved is science of nature which holds a very strong history and curative approach in Ayurveda prospective, even in that time era the importance of viṣa and its treatment was known, but because of some reasons its importance and usefulness was not known well. In Ayurveda we see that poison (Viṣa) is defined as a substance that enters human body which is capable of producing ill effects or even death. And hence to know the concept of viṣa which is divided in to two types sthāvara and jaṅgama here an effort is made to know the effects of sthāvara viṣa in detail.

Keywords – Sthāvara Viṣa, Viṣa, Poison, viṣa vega, viṣa vega

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## INTRODUCTION

There are various concepts regarding the origin of poisons but the trusted one is described as- When ocean was being churned by Gods and Demons for nectar a human form fierce looking, brilliant with four large teeth, brown haired and fiery eyes appeared before the origin of nectar. As the creatures got afflicted to see him he was named as Viṣa.

The poisons are classified as Sthāvara and Jaṅgama. According to some Aacharya there is another poison type which is made by combination of both Sthāvara and Jaṅgama viṣa that is known as Gara, combination of non-poisons substance sometime produces toxic substance it is also known as Gara. Poisons are divided into (Sthāvara, Jaṅgama). poisons include poisons of plant origin and toxic vegetable, metal chemical origin is known as Sthāvara viṣa Jaṅgama poisons include venoms of the animal such as venoms of snakes, scorpions, insects etc. The substrata of natural inanimate poisons are ten in number while animal poisons possess a variety of range.

**Objective** – to determine the exact nature of sthāvara viṣa poisoning and to study the signs and symptoms of it.

### Definition of Viṣa

A poison is commonly defined as a substance which when administered, inhaled or swallowed is capable of acting deleteriously on the body.

Broadly speaking a poison may be defined as a substance of the nature of a drug which is administered in a way & in an amount in which it is likely to be administered, will produce deleterious effects of a serious nature.<sup>[i]</sup>

### Concept of classification of Viṣa

Poison is said as of 2 types – one obtained from immobile source (Sthāvara) and the other from mobile (Jaṅgama) one.

The sixteen locations of the poison from mobile sources are mentioned in Sushruta Samhitaa – Sight, breath, teeth (fangs), nails, urine, stool, semen, saliva, menstrual blood, sucking bite, flatus, beak, bone, bristles and dead body. In Ashtanga Sangraha, touch, bones & blood are added instead of sucking bite, beak.<sup>[ii]</sup>

### Mechanism of Viṣa

Dryness (Rūkṣa Guṇa) vitiates Vāta. Pitta and blood are vitiates by the property of heat.

Too much sharpness (Tikṣṇa) affects the brain causing madness to varying degrees. Vital points of the body

both structural and functional (Marma); are shattered. Minuteness (Sūkṣma) permits free entry of poisons to the remote sites of the body causing derangement. Speed (Āśutva) eats away at the roots of life spreads without proper digestion (Vyavāyī) and affects the basic structure (Prakṛuti) of the victim, muscle relaxant effect (Vikāśitva) reduces humors, tissues (Dhātu) and wastes are expelled through the natural orifices of the body (Mala) and debilitates their functions in preserving the integrity of the body. Clarity (Viṣada) facilitates unopposed entry of poison to the minutest orifices of the body and aids its spread lightness (Laghutva) makes it indigestible and inaccessible for biotransformation and indigestibility (Avipākitva) makes its elimination difficult as, it is not metabolized naturally.<sup>[iii]</sup>

## Concept of viṣavega in sthāvara viṣa

The vegetable poison produce fever, hiccup, sensitive of teeth spasm in throat, frothy saliva, vomiting, anorexia, dyspnea, and fatigue.

During first place the poison exhibits symptoms such as thrush, mental confusion, sensitive teeth excessive salivation, vomiting, and exhaustion due to morbidity of Rasa. In 2<sup>nd</sup> stage impulse is abnormal complexion, giddiness, trembling, fainting, yawning, irritating sensation and feeling of darkness due to morbidity of Rakta.

In 3<sup>rd</sup> impulse Mansa is affected which gives rise to circular patches itching, swelling, and urticaria.

In 4<sup>th</sup> impulse burning sensation, vomiting, body pain fainting etc arise due to vitiation of Vāta etc.

In 5<sup>th</sup> impulse one sees the objects as blue etc and has vision of darkness.

In 6<sup>th</sup> impulse there are hiccup

In 7<sup>th</sup> impulse shoulder falls down

In 8<sup>th</sup> impulse patient dies.

## Lakṣaṇas of Sthāvara viṣa poisoning in accordance with their adhiṣṭhāna

1) Poisonous roots when consumed, produce twisting like pain in the body,) delirium and delusion, (coma)

2) poisons leave gives yawn twisting pain and dyspnea

3) Poisons flowers produce vomiting, flatulence and delusion, (coma)

4) Pith and gum produce nasal swelling bad smell in mouth, headache.

5) Poisons latex sap produce felling of heaviness of tongue and diarrhea.

6) Poisons minerals and ores produce burning sensation in the palate and pain near heart region Poison and its effect on Doṣa

The poison first gets into (vitiates) that specific Doṣas (or Doṣas) by which it is predominant, gets localized in those organs/seats which are specific to that Doṣa (or Doṣas) & produces diseases born from that Doṣa (or Doṣas) all of which will be described further on.

Poison present in the Vātāsaya (seat of Vāta) produces disease of Vāta as well as diseases of Ślēṣma (kapha); that present in seats of Pitta & Ślēṣma (kapha) similarly produce diseases. (of its own place as well as diseases of kapha) that present in seats of Ślēṣma produce diseases of kapha as well as of Pitta. [iii]

### Poison and constitution

In a person of Vātika constitution, the poison affecting the location of Vāta shows the symptoms of kapha and Pitta slightly. Thirst, confusion, restlessness, fainting, spasm of throat, vomiting, frothing etc.

In a person of Pittaja constitution, the poison affecting the seat of Pitta exhibits symptoms such as thirst, cough, fever, vomiting, exhaustion, burning sensation, vision of darkness, diarrhoea etc. The symptoms of kapha and Vāta are exhibited less.

Similarly, in that of Kaphaja constitution and affecting the seat of kapha shows the symptoms such as dyspnea, spasm of throat, itching, excessive salivation, vomiting etc and the symptoms of Vāta and Pitta are less.

### Sthāvara Viṣa Chikitsa

1<sup>st</sup> stage patient made vomit, sprinkled with cold water and then made to drink Agada.

2<sup>nd</sup> should make vomit also purged and then Agada administered. 3<sup>rd</sup> drinking of anti-poisonous recipe along with nasal medication and collyrium to the eyes

4<sup>th</sup> Anti poisonous recipe along with Sneha

5<sup>th</sup> it should make drink with decoction

6<sup>th</sup> treatment similar to that diarrhea

7<sup>th</sup> Avapīḍaka nasya and making incision on head and place a lump of meat should be placed.

### DISCUSSION

- This study give evidence that Ayurvedic Samhitas provides detail information of various types of poison like sthāvara, jaṅgama etc., their sign and symptoms, poisoning and its proper management.
- With help of vega concept, one can easily ascertain the stage of poisoning and which kind of treatment protocol should be adopted for its management.

- Persons with pittaja prakruti are likely to get affected most due to poisoning.

### CONCLUSION

Ayurveda classical texts precisely described each and every aspect of poisoning which is beneficial for diagnosis and management of case of poisoning even in current era.

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