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A review on *Kottam Thagaradi Agada Lepa* in *Mandalivisha Sopham*

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ABSTRACT

Ashtanga Hrudaya Uttarasthana explained about the classification of *Sarpa* as *Darvikara*, *Mandali*, and *Rajimantha* based on their predominant *Dosha Vata*, *Pitta*, *Kapha* respectively. *Kottam Thakaradi Agada Yoga* for *Mandali Vishaja Sopha* is explained in *Vishavaidya Jyothsnika* by *Karattu Namboothiri*. Here an attempt is made to carry out a review on the action of *Kottam Thakaradi Agada Lepa* in *Mandali Vishaja Sopha*.

Key words: *Kottam Thagaradi*, *Mandali Visha Sopha*, *Lepa*, *Visha Vaidya Jyotsnika*.

INTRODUCTION

The most important envenomations by snakes are from the Elapidae and Viperidae families. Viperidae family causes skin manifestations are local swelling, bruising, blistering and necrosis.^[1] The symptoms caused by a viper snake and the *Mandali Visha Sarpa Lakshana* are similar. *Mandali Visha* is more of *Pitta* predominant. When it bites, produces *Paittika Sopha* (swelling) and *Ushnata* in bitten area.

Kottam Takaradi Agada is mentioned in the context of *Mandali Visha Chikitsa*, which is particularly useful in treating *Mandali Vishaja Sopha* as a *Lepa*^[2] (external application). There are 24 *Upakrama* given for treating poisonous cases. *Lepa* is one among them, and it is used for treating local action of poison^[3]. Poison should be removed from the bite site by applying *Lepa* locally at

that site. *Vishaghna Lepa* is used as anti poisonous *Lepa* which are described by various *Samhitas*. Applied on the skin in the thickness of $\frac{3}{4}$ inch.^[4]

REVIEW OF LITERATURE

Name of Yoga: *Kottam Thagaradi Agada*

This *Agada* mentioned in *Visha Vaidya Jyothsnika*, *Visha Vaidya Sara Sangraham*, *Prayogasamuchayam* and *Kriya Koumudhi* in *Mandali Visha* context. Here an attempt is made to carry out a review on *Kottam Thagaradi Yoga* by *Karattu Namboothiri* in *Visha Vaidya Jyotsnika*.^[5]

Ingredients of *Kottam Thagaradi Agada* and Botanical name^[6]

Drug	Ayurvedic Name	Botanical Name	Family
<i>Kottam</i>	<i>Kushta</i>	<i>Saussurea lappa</i>	Asteraceae
<i>Thagaram</i>	<i>Tagaram</i>	<i>Valeriana walllichii</i>	Valerianaceae
<i>Ramacham</i>	<i>Useera</i>	<i>Vetiveria zizanoids</i>	Graminae
<i>Chandanam</i>	<i>Chandanam</i>	<i>Santalam album</i>	Santalaceae

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Madukam	Madukam	Glycyrrhiza glabra	Fabaceae
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Sariba	Sariba	Hemidesmus indicus	Asclepidaceae
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Kottam Thagaradi Agada ingredients and properties^[6]

Drug	Rasa	Guna	Veerya	Vipaka	Dosha Karma	Rogagnata
Kushta	Katu, Madhura, Tiktha	Laghu	Ushna	Katu	Vatakapha hara	Kushta, Visarpa, Visha, Kandu, Dadrugna, Kantikrut
Tagaram	Katu, Tiktha, Kashaym	Laghu, Snigdha	Ushna	Katu	Tridosahara	Apasmara, Soola, Visha, Netra Roga
Ramacham	Tiktha, Madhurm	Rooksh Laghu	Seetha	Katu	Kaphapitta Hara	Pachaka, Visha, Jwara, Sthambhana, Vaanti, Mada, Trushna, Daaha, Vrana, Mutrakruchra, Visarpa, Raktadosha.
Chandanm	Tiktha, Madhura	Laghu, Rooksa	Seetha	Katu	Pittahara	Visha, Asrapitta, Chardi, Trushna, Jwara, Vranahara, Vrushya, Netrya
Madhukam	Madhura	Guru, Snigdha	Seetha	Madhura	Pittavata hara	Visha, Vrana, Sopha, Chardi, Trushna, Glani, Kshaya, Sukrala, Kesya, Swarya
Sariba	Madhura, Tiktha	Guru, Snigdha	Seetha	Madhura	Tridosha hara	Visha, Agnimandya, Aruchi, Swasa, Kaasa, Aama, Asrapradara, Jwara, Atisara, Sukrakara

Method of preparation Kottam Tagaradi Yoga^[5]

Ingredients of the Kottam Thagaradi Yoga were taken in equal quantities and made Churnam (powdered). This Churna (powder) should be mixed with lukewarm water and applied as Lepa over the affected area.

Signs and symptoms of Mandali Damsa^[2]

According to Visha Vaidya Jyotsnika -

Sopham, Ushnata and Peeta Varna over the affected area.

DISCUSSION

Swelling occurs as a result of elevated capillary hydrostatic pressure, reduced plasma oncotic pressure, increased capillary permeability, and lymphatic system obstruction. To alleviate inflammation, anti-inflammatory medications obstruct

cyclooxygenase (COX), an enzyme that produces prostaglandins - compounds responsible for causing inflammation.^[7]

In Ayurveda, Vata getting vitiated, brings the vitiated Pitta Rakta and Kapha, into the external channels and getting obstructed by them, produces Sopham (swelling). Nidana of Vishaja Sopham determines the Dosha.^[8] Predominant Dosha of Mandali Vishaja Sopha is Pitta Dosha and cause Vishaja Sopham.^[9] Ingredients of Kottamtagardi Yoga are Kushta, Tagara, Usheera, Yashtimadhu, Chandana, Sariva.^[2] The analysis of the drugs, Rasa Panchaka reveals that Madhura Rasa constitutes 100%, Tikta Rasa constitutes 50%, and Katu Rasa constitutes 16.67%. The distribution of Veerya is 66.67% Sheeta Veerya and 33.3% Ushna Veerya. The drugs possess Gunas that are proportionally distributed among Laghu, Snigdha, and Guru, each

constituting 50%. The *Dosha Karma* is distributed among 83.33% *Pittahara Karma* and 33.3% *Tridosha Hara*.^[10] As all the drugs have a *Vishahara* nature, with predominant *Madhura Rasa*, *Sheeta Veerya*, and *Pittahara Karma*, they can be effectively applied through *Lepa* to alleviate *Mandali Vishaja Sopha*.

CONCLUSION

Kottamtagaradi Lepa is one among the *Yoga* which is mentioned in *Visha Vaidya Jyothsnika* for *Mandali Vishaja Sopham*. The *Lakshana* of the *Vishaja Sopham* is *Pitha* and *Rakta* predominant. *Karma* and *Guna* of *Kottamtagaradi Agada Lepa* is *Pitta Rakta Samaka*, *Sophagnam* and *Visha Hara*.

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