



Review Article

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ROLE OF VISHA-RASAYAN IN ACQUIRED IMMUNITY: A CRITICAL REVIEW

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ABSTRACT

The capacity to resist almost all types of organisms or toxins that tend to damage the tissues and organs (leading to the causation of disease) is called immunity. There are two types of immunity: innate immunity and acquired immunity. In the current pandemic era, there is a need for drugs that can boost immunity in our bodies and give protection against microorganisms. Rasayan is one of the unique branches of Ayurveda and it is suggested to increase Oja. Modern scientific observation on Rasayan shows that rejuvenating drugs can protect the body against detrimental effects of the atmosphere in which we live by augmenting the individual's capability to fight against disease-carrying organisms through stimulating the immune system. When visha (poison) is used correctly, it becomes beneficial as rasayana. A person who regularly consumes poison is not afraid of anything, including poison given by enemies in food, any type of poisoning condition, old age, premature ageing, and organs that cause illness. Rasayan Yoga is mentioned in many Ayurveda texts, which in this research paper describes Visha Rasayan which is mentioned in Rasatarangini. Visha Rasayan contains the following ingredients: Visha (Vatsnabh), vermilion Hingul, Rajat Bhasma, Shunthi Churna, Marich Churna, Pippali Churna, Cinnamon, bay leaf, small cardamom, Nagkeshar, and Chitrakamool Churna. This yoga may protect against disease-causing organisms as well as any type of environmental poison. Visha Rasayan ingredients include Visha dravya, which also has Rasayan properties, making it more beneficial for gaining acquired immunity.

Keywords: Ayurveda, Immunity, Rasayan, Visha

INTRODUCTION

Immunity: The human body has the ability to resist almost all types of organisms or toxins that tend to damage the tissues and organs (leading to the causation of disease). This capacity is known as immunity. Immunity is of two types: 1. Innate-Immunity 2. Acquired Immunity.

Innate immunity is the inborn capacity of the body to resist pathogens. This type of immunity represents the first line of defences against any type of pathogen.

Acquired Immunity: Acquired immunity is the resistance developed in the body against any specific foreign body like bacteria, viruses, toxins, vaccines, or transplanted tissues. So, this type of immunity is also known as "specific immunity."

Vyadhi-ksamatwa (immunity): Vyadhi-ksamatwa (immunity), as defined in Ayurveda, has far broader implications than the term "Immunity" used in modern medicine. Chakrapanidatta defines Vyadhi-ksamatwa as Vyadhi bala Virodhitwa (direct resistance to disease), which means antagonistic to the disease's strength and virulence, and Vyadhyutpada Pratibandhakatwa (resistance to manifestation of disease), which means the ability to inhibit and bind the disease's causes and factors.¹ The above word is comprised of two phrases, Vyadhi (disease) and Kshamatva.

1. Vyadhi: misery, sorrow, discomfort (occurs due to Dusha-Dushya Sammurchana)
2. Kshamatva: tolerance or capacity to withstand strain or stress.

Bala (Strength) is gained from Ojas (immunity booster) in Ayurveda, so the process of resisting disease strength through Ojas is the main mechanism of Vyadhikshamatva.²

Acharya Vridha Vagbhata mentioned in Ashtanga Samgraha use that of poisons as drug or counter poison under the heading of Vishopayogiya.³

When the effects of poison does not subside by curative hymns and drugs administration, after the lapse of the fifth Visha vega (poisoning stages) and before the lapse of the seventh stage, counter-poison has to be administered, after duly informing the king (master or authority) but never without intimating someone (other than the patient).⁴

A person, who consumes purified poison on a regular basis, is not afraid of anything from the poison given by the enemies in the food, any type of poisoning condition, old age, premature ageing and any organism that cause illness.⁵

There is one principal stated in Sushruta Samhita that says those who want Rasayan properties should cleanse their bodies and then massage with ghee, and administer a visha that is beneficial and acts like a Rasayan.⁶

Vishkanya: The term "Vishkanya" (Poisonous Girl): literally means that a girl has a habit of eating small amounts of food mixed with powerful poison, rendering them poisonous, and anyone who comes into contact with these girls will die instantly. Consuming poison from the time of birth (today) It-self makes the girl inauspicious. Due to its touch, and expiratory etc., the

person dies, so the test of this girl is that the flowers and Pallva (leaf) wither away at the mere touch of her head. Animals die in the beds of their beds, with lice on their clothes and bathing in the water. Having knowledge of such girl, it should be discarded from a distance.

According to the concept of "Vishkanya," it is believed that using Visha (poison) since birth or for a long time in a small amounts make a person immune to any type of poison.⁷

Visha as Rasayan : When strong poison is combined with Yoga (Formulation) in the right combination, it becomes the best medicine; when the best medicine is combined without Yoga it becomes poison.⁸

Acharya Charak has mentioned in Charak Samhita is that the poison is going to be fatal, but when used correctly, it becomes a Rasayan.⁹

A person who regularly consumes poison is not afraid of anything, including poison given by enemies in food, any type of poisoning condition, old age, premature ageing, and organisms (bacteria, viruses, etc.) that cause illness.¹⁰

So, considering the above-mentioned concept, there is a need for a drug that contains Visha Dravya as well as Rasayan properties to combat the newly emerging disease. The "Visha Rasayan" that is mentioned in Bhaisiya Ratnawali has these properties. Therefore, it has been chosen for review in this article.

Ingredients of Visha Rasayan

Table 1: Ingredients of Visha Rasayan

Drugs Name	Scientific Name	Part
Vatasnabha	<i>Aconitum ferox</i>	1 tola (12 gm)
Rasa Sindoor	<i>Red sulfide of Mercury</i>	1 tola 12 gm)
Hingul	HgS	1 tola 12 gm)
Rajata Bhama	Ag	1 tola 12 gm)
Tamra Bhasma	<i>Copper</i>	1 tola 12 gm)
Shunthi	<i>Zingiber officinale</i>	½ pala (24 gm)
Marich	<i>Piper nigrum</i>	½ pala (24 gm)
Piapali	<i>Piper longum</i>	½ pala (24 gm)
Dalchini	<i>Cinnamomum zeylanicum</i>	½ pala (24 gm)
Tejpatra	<i>Cinnamomum Tamala</i>	½ pala (24 gm)
Ilaichi	<i>Elettaria Cardamomum</i>	½ pala (24 gm)
Nagkeshar	<i>Mesua ferrea</i>	½ pala (24 gm)
Chitraka Moola	<i>Plumbago zeylanica</i>	½ pala (24 gm)

Table 2: Properties of the ingredients of Visha Rasayan (Dhanvantri Nighantu)

Drugs Name	Rasa	Guna	Virya	Vipaka	Dosha Shamaka	Karma	Roghanata
Vatasnabh ¹²	-	-	-	-	-	-	-
Rasa Sindoor	-	-	-	-	-	-	-
Hingul	-	-	-	-	-	-	-
Rajata Bhasma ¹³	-	-	-	-	-	Vishaghna (Anti-poison), Shukral (emmenagogue), Punarnavkar (Prevent ageing)	Palitya- Vali (premature aging)
Tamra Bhasma ¹⁴	-	-	-	-	-	Virechan (Therapeutic purgation)	Gulma (Abdominal mass), Kushtha (Skin Disease), Gudaamya Utklaeshnaahaka Shool (Pain), Hrilasa (Nausea) Shopha (swelling), Pandu (Anemia) Brhama (Vertigo), Moha, Daha (Burning sensation)

This paper is based on a textual review. Material related to the "Visha Rasayan" and its effects has been collected from Ras Taringini and other Ayurveda text books, modern texts, and various websites were searched to collect the information on the relevant topics.

Visha Rasayan : The above mentioned formulation contains, Purified Vatsnabha (Purified with urine), Rasa Sindoor (vermilion), pure Hingul, Rajat bhasma, Parad-Gandhak yoga made of copper, Shunthi Churna, Maricha churna, Pippali churna, Dalchini(cinnamon), Tejpatra (bay leaf), Ela (small cardamom), Nagkeshar, and Chitrakamool Churn, take each ingredient in given amount and grind it with water in the collected slurry, make two Ratti (125 mg) tablets and dry them well. This yoga is called "Visharayana".¹¹

We can consider poison to be any type of disease-causing organism or any type of environmental poison

Indication of Visha Rasayan

1. If this Rasayan is consumed, it helps to gain Balya (strength, Stamina and immunity promoter), Vrishya (promoter of spermatogenesis and aphrodisiac), and Varnya (enhance complexion of the skin) properties.
2. This "Visha Rasayan" can be used to treat a variety of diseases.
3. If a person takes this Rasayan continuously for two months, they will soon become divine and of long stature.
4. Its consumption increases Agni and is beneficial to liver and spleen diseases.
5. It can relieve pain in the stomach, bloating, and indigestion.

Shunthi ¹⁵	Katu	Ushna	Ushna	-	Kapha-Vata Shamaka (Kapha-vata pacifying)	Ruchikar (Taste enhancer), Vajikar., Hridya (beneficial for heart), Swarya (Beneficial for voice)	Vibandha (Constipation), Anaha (flatulence), Shool (Pain)
Marich ¹⁶	Katu Tikta	Ushana	-	-	Kapha-Vata Shamaka Pittakaraka	-	Jantusantan Nashaka (anti-microbial)
Piapali ¹⁷	Katu	Singdha	Shita	Madhur	Tridosha Nashaka	Rasayan (Rejuvenation property),	Trishna (Thirst), Jwara (fever), Udarroga, Krimi (Worm manifestation), Aamdosha nashaka
Dalchini ¹⁸							
Tejpatra ¹⁹	-	-	-	-	Kapha Vata nashaka	-	Arsha (Hemorrhoid), Hrilasaa (Nausea)
Ilaichi ²⁰	Madhur	-	Sheeta-	-		Hridhya, Rochan (Taste enhancer) Deepan (enhancing metabolic fire),	Mutrakricha (Dysurea), Shwas (Asthma), Kaasa (Cough), Kshya (Malnourishment)
Nagkeshar ²¹	Tikta	Laghu	Alpa-Ushana	-	Kapha Shamaka	Kandughna, Vishghna (Anti-poisonous),	-
Chitraka Moola ²²	-	Tikshna, ushna	-	Katu	Vata-Kapha Nashaka		Arsha, Grahni (spure), Kshya, Pandu (Anemia), Udarroga (Abdominal disease)

Table 3: Properties of the ingredients of Visha Rasayan (Kaidev Nighantu)

Drugs Name	Rasa	Guna	Virya	Vipaka	Dosha Shamaka	Karma	Roghanata
Vatasabh	-	-	-	-	-	-	-
Rasa Sindoor	-	-	-	-	-	-	-
Hingul ²³	Tikta Katu	Laghu	Ushna	Katu	Pitta Kapha Nashaka	Vishghna (Anti-poisonous)	Netrarti, Kushtha (Skin disease), Visarpa (herpis)
Rajata Bhama ²⁴	Kashya Amla Madhur	Snigdha Sara	Sheeta	Madhur	Vata Pita Shamaka	Lekhna, Vaya- Sthapana	-
Tamra Bhasma ²⁵	Tikta, Madhur, Kashya, Amla	Laghu Sara	Sheeta	Katu	Kapha Pitta Nashaka	Lekhna (therapeutics scrapping), Ropana (promote healing)	Kaas(cough), Kustha, Arsha (hemorrhoid), Shwa (Asthma), Shotha (Swelling), Pandu (Anemia)
Shunthi ²⁶	Katu	Snigdha Laghu	Ushna	Madhur	Vata Kapha Nashaka	Rochaka, Mala -Samgrahi, Hridhya, Deepana (enhancing metabolic fire), Pachan (Enhancing digestion), Vrishya Swarya	Vata-Vibhanda, Shola, Hridroga, Shotha, Arsha, Kaas, Udar-roga, Aam, Vaman, Hichaki
Marich ²⁷	Katu	Laghu Tikshna	Ushna	Katu	Vata Kapha Nashaka	Chedana (detachment of vitiated dosha), Pittavardhaka, Rochaka (Taste enhancer)	Krimihara, Shwasa, Shoola, Vamana. Shosha
Piapali ²⁸	Katu	Laghu	Anushna	Madhur	Kapha Vata nashaka	Rochaka, Saraka, Shukrala, Rasayan , Deepana (Enhancing metabolic fire), Pachana (enhancing digestion), Hridhya (Cardio-protective), Pitta Vardhaka	Kshwasa, Kasa, Gulma, Arsha, Premenha, Pliha, Jwara, Udar-Roga
Dalchini ²⁹	Katu, Tikta, Madhur	Laghu, Tikshna	Ushna	-	Kapha Vata Shamaka	Pitta Vardhaka, Shukranashaka	Hridya Roga, Vastiroga, Krimi, Pinasa, Aruchi, Kandu, Aamdosha, Arsha
Tejpatra ³⁰	Madhur	Laghu, Tikshna	Ushna	-	Kapha-Vata Nashaka	Pitta Vardhaka	Arsha, Hrilasa, Aruchi, Pinasa
Ilaichi ³¹	-	-	-	-	Kapha Nashaka	-	Mutrakricha, Arsha, Kshwas, Kasa,
Nagkeshar ³²	Kashya	Tikshna Laghu, Ruksha	Ushna	-	Kapha Pitta Shamaka	Aampachan, Vishghna	Vamana. Kandu, Visarpa, Sweda (excessive sweating), Daurgandhya, Kushtha, Trishna

Chitraka Moola ³³	Katu, Tikta	Ruksha, Laghu	Ushna	Katu	Kapha Vata Shamaka	Rochaka Pachaka, AgniVardhaka	Grahini, Aam dosha, Shotha, Kushtha, Udara-Roga, Krimi Nashaka
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Table 4: Properties of the ingredients of Visha Rasayan Bhavprakash Nighnatu

Drugs Name	Rasa	Guna	Virya	Vipaka	Dosha Shamaka	Karma	Roghanata
Vatasabh ³⁴	-	Ushna Vayavayi	-	-	Kapha Vata hara	Balya (Strength, stamina and immunity promoter), Swedjanan (sudation assisting activity), Shothhara (substances reducing inflammation and swelling), Hrdyottejak (heart stimulator)	Jwarghna
Rasa Sindoor	-	-	-	-	-	-	-
Hingul ³⁵	Tikta, Katu, Kashya	-	-	-	Kapha Pitta Nasahak	Vishghna, netraroghna	Hrillasa, Kushtha, Jwara, kamala (hepatitis), Pliha, Aamvat (rheumatoid arthritis)
Rajata Bhama ³⁶	Kashya, Amla, Madhur	Snigdha	Sheeta	Madhur	Vata Pitta Nashaka	Saran Lekhana	Premeha, VyaSthapana (prolonging younger age)
Tamra Bhasma ³⁷	Kashya, Tikta Madhur, Amla	Laghu	Sheeta	Katu	Pitta Kapha Nashaka	Lekhana, Saraka, Brimghna (nourishing)	Pandu, Arsha, Jwara, Kushtha Kasa, Ksha, Peensa, Amlapitta, Shotha, Krimi, Shola
Shunthi ³⁸	Katu	Snigdha, Tikshna, laghu	Ushna	Madhur	Vata Kapha shamaka	Deepana, Rochaka, Vrishya	Vibhandha, Vamana, Kshwas, Shoola,
Marich ³⁹	Katu	Snigdha, Laghu,	Anushna	Madhur	Vata Kapha Nashaka	Deepana, Vrishya, Rasayan, Rechan	Kshwas, Kasa, Jwara, Kushtha, Premeha, Gulma, Pleeha, Shoola, AamVatanashaka
Piapali ⁴⁰	Katu,	Snigdha, Tikshna, Laghu	Anushna	Madhur	Vata Kapha Nashaka	Deepana, Vrishya, Rasyana, Rechan	Kushtha, Premeha, Gulma, Arsha
Dalchini ⁴¹	Tikta, Madhur	-	-	-	Vata Pitta Nasahak	Shukrajanak, Balya,	Mukhshoshar, Trishna
Tejpatra ⁽⁴²⁾	Madhur	Pichhil, Laghu, Tikshna	Ushna	-	Kapha Vata Nashaka	-	Arsha, Hrillasa, Aruchi, Pinas
Ilaichi ⁴³	Katu	Laghu, Ruksha	Ushna	Katu	Kapha Pitta Rakta Nashaka	Vishghna	Kandu, kshwas, Trishna, Hrillas,Shrovedna, kasa
Nagkeshar ⁴⁴	Kashya	Ruksha, laghu	Ushna	-	Kapha Pitta shamana	Aampachak, Vishaghna	Jwar, Hrillasa, Durgandha, Kushtha, Visarpa,
Chitraka Moola ⁴⁵	-	Laghu, Ruksha	Ushna	katu	Vata kapha Nashaka	Agnivardhak, Grahi,	Grahani, Kushtha, Shotha, Arsha Krimi, kasa

DISCUSSION

As we all know, many new pathogens are emerging in our environment as a result of modernization and a lack of awareness about personal health. These pathogens wreak havoc on human health and, after a while, leave permanent disabilities. They behave in the same way that pathogens or toxins do. Drugs that can treat symptoms as well as boost immunity are needed to prevent the disease. As a result of its ability to boost immunity and provide a healthy and long life, Vish Rasayan is that one of the kind formulation and hence is chosen for the review. Many medicines in this formulation contain Vishghna guna, which neutralizes the effect of pathogens and also contains the potent Visha Dravya Vatanabha, which induces immunity due to its yogavahi (carrier of properties) and Rasayan properties.

Acquired immunity is a type of immunity that develops as a result of exposure to appropriate agents or vaccination with live or dead antigens. In Ayurveda, "kalaja bala" and "Vyadhishamatva" are terms that can be correlated with acquired immunity.

In Ayurveda, there are principles, such as visha (such as vatsanabha) or others, and their formulations used in the right way that give a "Rasayan" (immunity booster) effect and make the body immune to any type of disease. This principle is also validated by the concept of "vishkanya," in which a small amount of "visha" is given to a person over time or during childhood and they develop immunity to it.

In this formulation, Visha (Vatsanbha), Tamra bhasma, and Chitraka moola are the poisons. Vatsanbha has the properties of "Yogvahi," "Rasayan," and the ability to cure and prevent many diseases such as jwara, kushtha, pandu, eye disease, nose disease, ear disease, and so on.⁴⁶

Visha, due to its "Yogvahi" property, enhances the potency of this formulation and induces it to act quickly at the site of disease.⁴⁷ The vya sthapana qualities of rajata bhasma, which improve health and nurture the body.

Tamra Bhasma is formulated with other herbo-mineral substances and given along with different Anupana; it has the potential to cure a wide variety of diseases, such as Jwara (fever), Agnimandya (digestive impairment), Rajayakshma (tuberculosis), Vatavyadhi (Vata Dosha diseases), Yakrit Pleeharoga (liver and spleen disorders), Udara (ascitis), Gulma (lump in the abdomen), Kushtha (skin diseases), Amlapitta (diseases of the head), Netraroga (diseases of the head).⁴⁸ Trikatu (Shunthi, Pippali, and Marich) increases the bioavailability of this formulation, which can speed up the action of this Visha Rasayan.⁴⁹ Trikatu has a deepana and sleshmghna property; because of this, it can be used in Agnimandhya as a gastro-stimulant and as "Aaampachaka." Some of the drugs in this formulation have Rasayan properties and work directly on immunity. The formulation "Vishas Rasayan " acts on the body by causing Hetupiparit (anti-causal), Vyadhivirpit (anti-disease), and immunity-enhancing.

In this formulation the comprehensive knowledge of rasa panchaka and karma (medicinal action) of drugs is compiled here from Dhanvantari Nighantu, Kaidev Nighantu and Bhavprakash Nighantu. So that the effect of the visha Rasayan on acquired immunity can be concluded properly.

CONCLUSION

The Visha Rasayan can help in resisting any pathogenic invasion by virtue of its immune potentiating and immune modulating properties and via imparting non-specific immunity. As we have discussed in this paper, some of the drugs have vishaghna properties, some have deepan-pachan properties, and some have multiple disease curability. Vatasnabha, a potent visha dravya, is also the content of this formulation, providing specific immunity through Rasayan and Vayavahi properties. A clear mechanism of the same is still unexplored owing to complex phytochemical constituents which act on different targets of patho-genomic organisms apart from the salutogenic approach. Hence, there is a potential need to conduct comprehensive preclinical and clinical studies to explore the therapeutic effects and mechanism of action of these Visha Rasayan .

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