



Review Article

A CONCEPTUAL STUDY ON ANTI-POISONOUS EFFECT OF NEELI PATRADI LEHAM

Indu. V. A^{1*}, Shiji. R. S²

*1MD Scholar, ²Professor & HOD, Department of Agadatantra, Govt. Ayurveda College, Thiruvananthapuram, Kerala, India.

Article info

Article History:

Received: 19-11-2024

Accepted: 16-12-2024

Published: 10-01-2025

KEYWORDS:

Neelipatradi leham, Visha vaidya jyotsanika, Lehya tailadi kramam.

ABSTRACT

Agada Tantra, as one of the eight principal branches of Ayurveda, focuses specifically on the management of *Visha* diseases, which encompass illnesses caused by toxins or poisons. *Agada Tantra*'s role within Ayurveda is pivotal in addressing *Visha* diseases through a comprehensive approach that includes identification, prevention, diagnosis, and treatment. By blending ancient knowledge with modern insights, *Agada Tantra* continues to make significant contributions to the understanding and management of toxins and their impact on human health. Kerala indeed has a rich tradition in toxicology, rooted deeply in its ancient texts and practices within Ayurveda. The "*Visha Vaidya Jyotsanika*" is a renowned Malayalam text that focuses on *Visha Chikitsa* (toxicology) and offers valuable insights into various formulations and clinical practices. *Neelipatradi leham* is a formulation serves as a potent remedy mentioned in this text for counter acting poisons. This study emphasize on the components, preparation technique, indications, and efficacy of the formulation.

INTRODUCTION

Agada Tantra is indeed recognized as one of the eight principal branches of Ayurveda, specializing specifically in toxicology and the comprehensive management of poisoning conditions. Kerala has a rich heritage in toxicology, dating back thousands of years. The region's favourable climate and biodiversity have contributed to the development of a robust system of herbal medicine, including treatments for poisonings. Traditional healers in Kerala, known as *Vaidyas*, have preserved and transmitted knowledge of *Visha Chikitsa* through oral traditions and ancient texts. This includes detailed information on plant-based antidotes, detoxification techniques, and preventive measures.

"*Visha Vaidya Jyotsanika*" written by Sri. Karattu nambootiri is a significant Malayalam text in Ayurveda that focuses on *Visha Chikitsa* (toxicology), specifically dealing with the treatment of poisonings and toxic conditions.

AIMS AND OBJECTIVES

This is an endeavour to make a conceptual review of *Neelipatradi leham* based on its properties as a *Vishasamaka aushada* (Medicine for pacifying the poison).

MATERIALS AND METHODS

Review of Literature

Name formulation: *Neelipatradi leham*

The reference of *Neeli patradi leham* is found in the ninth chapter named *Lehya tailadi kramam* of the renowned Malayalam *Visha chikitsa* treatise *Visha vaidya jyotsanika*. There are six ingredients are included in this formulation. The mode of administration is mentioned as *Sevana* that is internal administration.^[1]

Access this article online	
Quick Response Code	https://doi.org/10.47070/ijapr.v12i12.3466
	Published by Mahadev Publications (Regd.) publication licensed under a Creative Commons Attribution-NonCommercial-ShareAlike 4.0 International (CC BY-NC-SA 4.0)

Table1: List of the ingredients of *Neelipatradi leham*

S.No.	Name of the drug	Botanical name	Family	Part used
1	<i>Neelipatram</i>	<i>Indigofera tinctoria</i>	Fabaceae	<i>Patram</i>
2	<i>Thanduliyakam</i>	<i>Amranthus spinosus</i> Linn	Amaranthaceae	<i>Samoolam</i>
3	<i>Pippali</i>	<i>Piper longum</i> linn	Piperaceae	<i>Phala</i>

4	Maricham	Piper nigrum Linn	Piperaceae	Phala
5	Sundi	Zingiber officianale Roscoe	Zingiberaceae	Kandam
6	Takaram	Valeriana wallichii DC	Valerianaceae	Moolam

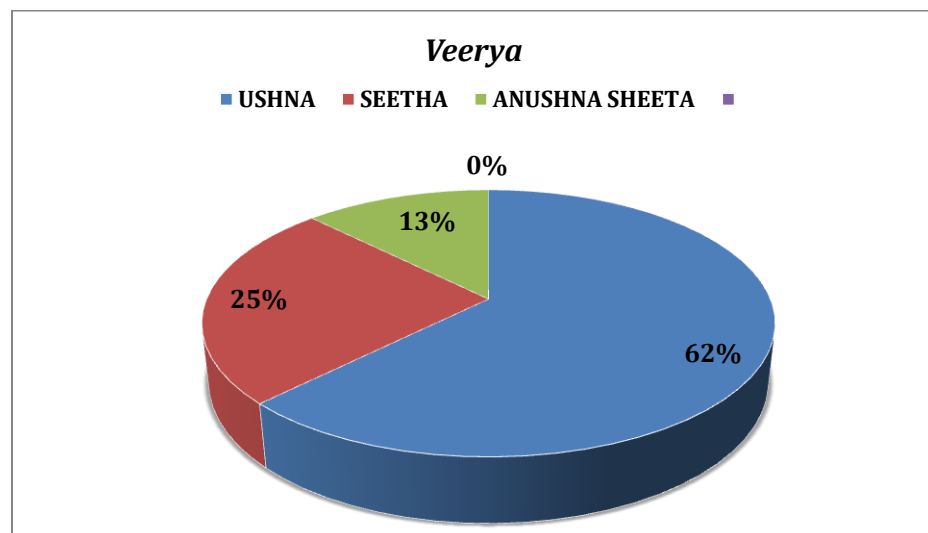
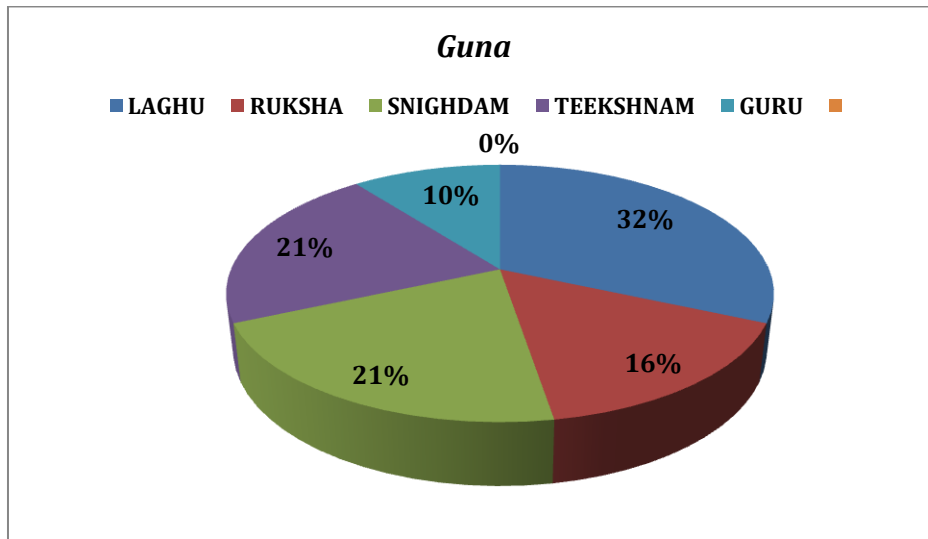
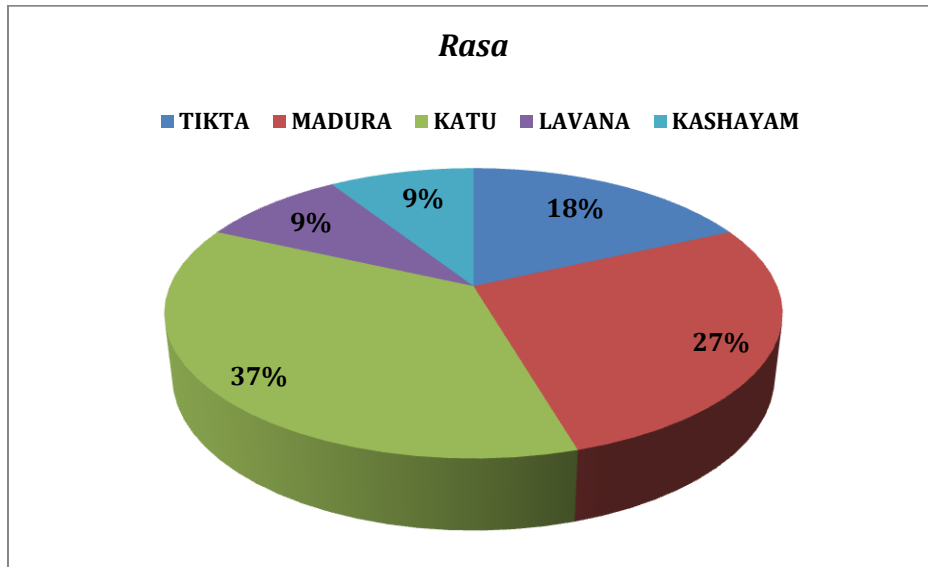
Table2: Properties of the ingredients of Neelipatradi leham

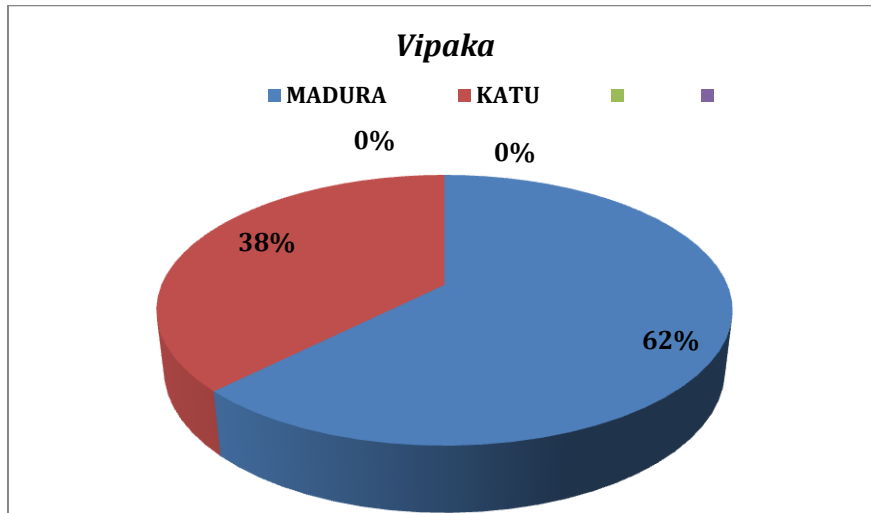
S.No	Drugs	Rasa	Guna	Veerya	Vipaka	Karma	Indication
1	Neelipatram ^[2-3]	Tikta	Laghu, Ruksha	Usna	Katu	Kapha vata paha, Vishagnam, Yakrittuttejaka	Sarpavisha, Rakta vikara, Pakwasaya gatha visham, Yakrit Pleehodara, Moha bhramaharam
2	Thanduliyakam ^[4-5]	Madhura	Ruksha, Laghu	Seetha	Madhura	Pitta kapha samanam, Vishagnam, Ruchikrit, Deepanam, Madahara	Sarpa mushika keeta visham, Raktavikaram
3	Pippali ^[6-7]	Katu	Laghu Snigdha Tikshna	Ushna	Madhura	Kapha vata hara, Deepana, Rasayana, Yogavahi, Vrishya	Yakrit vikara Pleeha vridhi, Raktavikara, Krimi roga
4	Maricham ^[8-9]	Katu	Laghu, Tikshna	Ushna	Katu	Kapha vata hara Deepana, Pachana, Yakrit uttejaka	Yakrit vikara, Jwaraghnam
5	Sundi ^[10-11]	Katu	Guru, Ruksha Tikshna	Ushna	Madhura	Kapha vata hara, Deepana, Pachana Ruchyam	Agnimandya, Jwaraghnam
6	Tagaram ^[12-13]	Tikta, Katu, Kashaya	Laghu, Snigdha	Ushna	Katu	Kapha vata hara Vishaghna	Visha-Sarpa damsa, Rakta vikara, Apasmara, Anidra.
7	Sita ^[14]	Madhura	Guru, Snigdha	Sheeta	Madhura	Vata pitta samaka	Murcha chardhihara, Jwaram hanti, Susheetam, Sukrarakaram
8	Saindhavam ^[15]	Madhura, Lavana	Laghu, Snigdha, Tikshna	Anushna sheeta	Madhura	Tridosha shamaka	Hridya, Vrishyam, Deepanam

Method of Preparation^[1]

Leaf of Neeli (*Indigofera tinctoria*) and Tanduliyaka (*Amranthus spinosus* Linn) is crushed together to obtain Swarasa, the juice or extract of the herbs. To this sugar is added and boiled in low temperature. When it comes to the proper Paka, fine powder of Vyosham [Pippali (*Piper longum* linn), Maricham (*Piper nigrum* Linn) and Sundi (*Zingiber officianale* Roscoe)], Tagaram (*Valeriana wallichii* DC) and Saindhava lavana (rock salt) is added and stirred till it attains the Lehya paka. Small quantity of Ghrita (ghee) and Madhu (honey) is added after cooling the preparation. In the treatise quantity of sugar is not mentioned, but in the commentary it is told that we can take the sugar quantity as one out of sixth part of Swarasa.

Analysis:





RESULTS AND DISCUSSION

The formulation *Neelipatradi leham* consists of eight ingredients, in which 27% are of *Madhura rasa* (sweet), 37% are of *Katu rasa* (pungent), 18% of *Tikta* (bitter), 9% of *Kashaya* (astringent) and *Lavana* (salt) *Rasas*. *Katu rasa* has the properties of *Deepana*, *Pachana* and *Srotosodhaka*.^[16] Toxic metabolites created by venom's activity are broken down with the aid of the medication's *Deepana pachana* ability. *Madura rasa* is *Vata pitta* and *Vishapaha* (alleviates poison).^[17] Increase of *Vata and Pitta doshas* said to be an aggravating factor of *Visha*^[18]. *Madura rasa* counteracts the poison as well as pacifies the *Vata pitta doshas*. *Madhura rasa* is *Ayushyam*, *Jeevanam* and good for *Ojas*^[17]. The *Gunas* of *Visha* are opposite to *Ojas* and when *Ojas* depletes life ceases.^[19-20] So these *Gunas* of *Madura rasa* will help to counter act the *Visha*. The *Tikta rasa* having the *Vishagna* (destroys poison) property also helps to mitigate *Visha*^[21]. In this formulation, 32% of drugs are having *Laghu guna*, 21% are of both *Snigdha* and *Teekshna guna* and 16% possess *Rooksha guna*. The drugs possess 62% *Ushna veerya* and 25% of *Seetha* and 13% of *Anushna seetha veerya*. 62% of drugs possess *Madhura vipaka* and the remaining 38% having *Katu vipaka*. As we see the *Samprapti* of *Visha*, it first vitiates the *Rakta dhatu*. So the *Raktasodhaka* property of the formulation also increases the efficacy. *Yakrit uttejaka* property of the formulation will prevent liver diseases and increase the health of the organ. The detoxification action of liver will further aids to the *Vishaharatwa* activity. The herb *Neeli's Vishahara prabhava* and *Vishagna* action of both *Tanduliyaka* and *Tagara* also contributes to the formulation's *Vishaharatva* (destroys poison), increasing the medication's therapeutic efficacy.

CONCLUSION

The concept of "*Visha*" remains relevant today due to its implications for health and well-being in the context of modern lifestyles and environmental challenges. *Visha* can be correlated to poisons or toxic compounds that can build up in the body as a result of

a variety of things, including poor food, unhealthy lifestyle choices, pollution from the environment, and impaired digestion. These pollutants are said to be detrimental to the body and disturb the equilibrium of the *Doshas* resulting in illness and disharmony. *Neelipatradi leham* cited in *Visha vaidya jyotsanika* is found to be effective in managing the poisonous conditions which was substantiated by *Rasapanchaka* analysis. All ingredients are widely accessible, highly efficient, and simple to administer and prepare. More clinical study ought to be conducted for a deeper comprehension of its efficacy.

REFERENCES

1. Dr.Rajani nair, *Visha jyotsanika- Padavum Padanavum*, State Institutes of Languages, Kerala, Thiruvananthapuram, Edition 2017, p106
2. Dr.Gyanendra Pandey, *Dravya guna vijnana*, Vol II, Chaukambha Krishnadas academy, Edition 2012, Page 684 Morphology of Neeli
3. J L N Sastry, *Dravya guna vijnana*, Chaukambha Orientalia Varanasi, Reprint edition 2016, Vol.2. p697-698.
4. Dr.Gyanendra Pandey, *Dravya guna vijnana*, Vol III, Chaukambha Krishnadas academy, Edition 2012, P 610-611
5. Prof.Srikantha murthy. *Bhavaprakasha*, Chowkhamba krishnadas academy, Reprint edition 2008, Vol 1, p380.
6. Dr. Gyanendra Pandey, *Dravya guna vijnana*, Vol III, Chaukambha Krishnadas academy, Edition 2012, P 119-120
7. J L N Sastry, *Dravya guna vijnana*, Chaukambha Orientalia Varanasi, Reprint edition 2016, Vol.2. p452-454.
8. Dr. Gyanendra Pandey, *Dravya guna vijnana*, Vol II, Chaukambha Krishnadas academy, Edition 2012, P 505-508

9. J L N Sastry, Dravya guna vijnana, Chaukhambha Orientalia Varanasi, Reprint edition 2016, Vol.2. p448-449.
10. Dr. Gyanendra Pandey, Dravya guna vijnana, Vol I, Chaukhambha Krishnadas academy, Edition 2012, P 179-182
11. J L N Sastry, Dravya guna vijnana, Chaukhambha Orientalia Varanasi, Reprint edition 2016, Vol.2. p519-520.
12. Dr. Gyanendra Pandey, Dravya guna vijnana, Vol III, Chaukhambha Krishnadas academy, 2012, P 577-581
13. J L N Sastry, Dravya guna vijnana, Chaukhambha Orientalia Varanasi, Reprint edition 2016, Vol.2. p801-802
14. T.Sreekumar, Ashtanga hrudaya sutrasthana I, Harisree hospital Mannuthy, 2011 Vol 1, p125-127, 135
15. T.Sreekumar, Ashtanga hrudaya sutrasthana I, Harisree hospital Mannuthy, 2011 Vol 1, p186.
16. T.Sreekumar, Ashtanga hrudaya sutrasthana I, Harisree hospital Mannuthy, 2011 Vol 1, p254
17. T.Sreekumar, Ashtanga hrudaya sutrasthana I, Harisree hospital Mannuthy, 2011 Vol 1, p250-251
18. Prof.K.R Srikantha murthy, Ashtanga hrudaya uttara sthana, Chowkhamba krishnadas academy, Reprint 2012, Vol III, p338
19. Prof.K.R Srikantha murthy, Ashtanga hrudaya uttara sthana, Chowkhamba krishnadas academy, Reprint 2012, Vol III, p329
20. T.Sreekumar, Ashtanga hrudaya sutrasthana I, Harisree hospital Mannuthy, 2011 Vol 1, p280
21. T.Sreekumar, Ashtanga hrudaya sutrasthana I, Harisree hospital Mannuthy, 2011 Vol 1, p253.

Cite this article as:

Indu. V. A, Shiji. R. S. A Conceptual Study on Anti-Poisonous Effect of Neeli Patradi Leham. International Journal of Ayurveda and Pharma Research. 2024;12(12):63-67.
<https://doi.org/10.47070/ijapr.v12i12.3466>

Source of support: Nil, Conflict of interest: None Declared

***Address for correspondence**

Dr. Indu. V. A

MD Scholar,
Department of Agadatantra,
Govt. Ayurveda College,
Thiruvananthapuram, Kerala.
Email:

Indushaajayakumar13@gmail.com

Disclaimer: IJAPR is solely owned by Mahadev Publications - dedicated to publish quality research, while every effort has been taken to verify the accuracy of the content published in our Journal. IJAPR cannot accept any responsibility or liability for the articles content which are published. The views expressed in articles by our contributing authors are not necessarily those of IJAPR editor or editorial board members.

