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LITERATURE STUDY OF CHARAKOKTA VARNYA AND VISHGHNA MAHAKASHAY- A REVIEW

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ABSTRACT

The cosmetics are the utility products used extensively throughout the world for maintaining and improving general appearance of face and other parts of the body. There are immense opportunities to use herbal ingredients in the cosmetics in accordance with the principles of Ayurvedic medicine. The aim of this study was to critically evaluate the herbs mentioned in Varnya Maha Kashaya for the maintenance of the complexion of skin. Ayurvedic texts, journals and other research articles were reviewed. The great text in Ayurveda, the Charaka Samhita , stated a group of ten medicinal plants known as Varnya Maha Kashaya that can be used to obtain glowing complexion. It includes Shveta Candana (*Santalum album*), Nagkeshara (*Mesua ferra*), Padmaka (*Prunus cerasoides*), Ushera (*Vetiveria zizanioides*), Madhuka (*Glycyrrhiza glabra*), Manjistha (*Rubia cordifolia*), Shariva (*Hemidesmus indicus*), Payasya (*Ipomoea digitata*), Sita (white variety of *Cynodon dactylon*) and Lata (green variety of *Cynodon dactylon*).

Keywords: Charakokta, Mahakashay etc.

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Introduction

Danshra chikitsa, Agad tantra and Vishagarvairodhik prashaman are synonym of each other. Danshra chikitsa is the sixth branch of Ayurveda which mainly deals with agada i.e. the medicine with anti-poisonous effects. [1] Visha means the dravya which causes vishaad (sorrow or depression) is known as visha. [2] Laghu, ruksha, aashu, vishad, vyavayi, tikshna, vikaashi, sookshma, ushna, anirdeshyarasa are the ten properties of poisonous drugs. [3] Drugs which act against toxic effect of substances are called as vishghna. [4] Acharya Charak has described vishaghna mahakashaya which includes ten vishghna drugs. [5] It includes haridra (*Curcuma longa*), manjishtha (*Rubia cordifolia*), Suvaha (*Pluchea lanceolata*), sukshama ela (*Elettaria cardamomum*), paalindi (*Operculina turpethum*), chandan (*Santalum album*), kataka (*Strychnos potatorum*), shirisha (*Albizia lebeck*), sinduvara (*Vitex negundo*), shleshmataka (*Cordia dichotoma*).

Rubiacordifolia *Rubia cordifolia* show potent antioxidant activity against lead nitrate and radiation induced toxicity. According to Bhava Prakash, *rubia cordifolia* is able to bind itself with amavisha (free radicals) and garavisha toxins which cause inflammation, skin disease, and ulcers and others problems. Alizarin Biomarker of *rubia cordifolia* is responsible for Antigenotoxic activities. A balanced combination of Soma (cooling) and Agni (heat) found in *Rubia cordifolia*. Agni allows the herb to penetrate into the cellular level of tissue and Soma helps to

soak up toxins and neutralize them. *Pluchea lanceolata* It is useful in the treatment of spider bite. *Pluchea lanceolata* having properties to protect against Benzo(a) pyrene induced renal toxicity and loss of DNA integrity. *Elettaria Cardamomum Cardamom*, it is known as "Queen of Spices". The aqueous cardamom suspension can enhance detoxifying enzyme (GST activity) and decrease peroxidation of lipid. *Operculina turpethum* hydroalcoholic extract of *Operculina turpethum*, is highly significant for management of hepatotoxicity and diminishes extension of liver injury. *Santalum album* The DNA damaging activity of sandalwood oil in *Bacillus subtilis* was studied and was found to be nongenotoxic. Similarly, sandalwood oil-induced inhibition of *B. subtilis* showed it to be non-genotoxic. *Strychnos potatorum* *Strychnos potatorum* is also known as Clearing nut Tree. Seeds of *Strychnos potatorum* are used in ayurvedic medicine as well as water purifying agent. *Albizzialebeck* *Shirisha* is the best drug / drug of choice of poisoning (ch.su. 25/40). Ethanolic Extract of leaves of *Albizia lebeck* show remarkable effect against paracetamol induced hepatotoxicity in rat (Devendra et al. 2008) and Ethanolic Extract of bark of *Albizia lebeck* show significant result in carbon tetra chloride induced hepatotoxicity in rat (tushar et al.2010). *Vitexnegundo* Leaf extract of *Vitexnegundo* Linn. Shows significant result in Adriamycin induced toxicity in embryo. It reduces adverse effect of Adriamycin.

DISCUSSION Most drug of Vishaghna mahakashaya having property of vishaghna. Eg Haridra (Dhanwantari Nighantu), Manjishtha (Bhav prakash Nighantu, Dhanwantari Nighantu, Kaideva Nighantu, Raj Nighantu), Suvaha (Bhava praksh Nighantu), Chandan (Bhava praksh Nighantu), Katak (Dhanwantari Nighantu-Kaideva Nighantu), Shirisha (Charak Samhita-Bhava praksh Nighantu Kaideva Nighantu), Shleshmatak (Bhava praksh Nighantu). Vishaghna mahakashaya dravya shows the antitoxic effect by neutralizing toxin, denaturizing toxin and helps to release toxin outside from the body at the cellular level.

CONCLUSION By this compiled critical review work, it is concluded that vishaghna mahakashaya is easy available multitherbal potent preparation for prescribing drug as well as various research ways e.g. To treat of all types of poisoning, Gara visha, Dushi visha, Snake bite, Scorpion bite, rat bite, Sting, Chronic cumulative biochemical toxicity, drug toxicity (ADRS/ Side effect) and substance abuse toxicity. Now we are able to justify the claims of Ayurveda science in the field of toxicological studies on the contemporary scenario.

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