



APPLICATION OF *VISHAGHNA CHIKITSA* IN THE MANAGEMENT OF *LOOTA VISHA* (SPIDER POISONING) – A CASE REPORT

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ABSTRACT: *Visha*(poison) is classified into two types i.e *Sthavar* and *Jangam*. *Sthavar Visha*(Plant origin) includes the plants like *Vatsnabha*, *Erand*, *Kupilu* etc and *Jangam Visha*(Animal origin) includes venomous snakes, insects, spider etc. *Ayurveda* treatises give detail elaboration of *Loota Visha*(spider poisoning) its types, symptomatic presentation and management. In India various species of spiders are found. Though spider bites are uncommon in India, rarely fatal symptoms are seen due to the same. The severity of envenomation varies according to species, dose, duration of poisoning. Spider venom can lead to neurotoxic or cytotoxic presentation. A 32 year female patient presented with complaining of Vesicular skin lesions, pain and itching near right elbow since four days. The case was diagnosed as *Loota Visha* and was effectively managed by adopting *Vishaghna Chikitsa* principles of *Ayurveda*. Complete relief was found after 10 days of intervention.

Keywords: *Loota*, *Visha*, Spider, *Vishagna*, *Chikitsa*

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INTRODUCTION

Acharya Sushruta described origin of *Loota*(spider) from sweat on the forehead of *Vasishta Maharshi* which felt on grass ^[1], by this we can understand *Pitta Pradhana* nature of *Loota*(spider). *Acharyas* explained in detail about its Origin, Types, *Dosha* predominance ^[2], Fatal period ^[3], Modes of poisoning ^[4], Characteristics ^[5], Signs and Symptoms ^[6] and Treatment. Most of the spider bites occur while dressing ^[7], because contaminated material/dress by bodily secretions of *Loota*(spider) serves as a mean of contact poisoning ^[8]. Usually it causes local irritation, vesicular bullous lesions and burning sensation. Rarely it presents with fatal symptoms. A swelling similar to an urticarial that may be light, black, red, yellow, or greyish, soft, raised, and black or blue in the centre is one of the general symptoms of poisoning. Fine vesicles are erupting everywhere around the spot, giving it a sieve-like appearance. Along with various kinds of discomfort and fever, there will be swelling that spreads. Exudation, putrefaction, and loss of deeper tissues result from the bite wound's rapid progression towards tissue death ^[6]. *Acharya Sushruta* has named spiders as “*Luta*” and considers *Lootavisha* as dangerous due to its difficulty in diagnosis and management.

Spider bites usually causes immediate intense pain, swelling at bite site, severe generalized muscle cramps, fever, lymphadenopathy, hypertension, tachycardia, restlessness. Muscle cramps, intravascular hemolysis, acute renal failure and neurotoxicity are the complications caused by spider bite ^[9]. Death usually results from infection and not from spider venom ^[10].

CASE REPORT

A 32-year-old female patient presented with complaints of Vesicular skin lesions on her right elbow associated with pain and itching for four days. She was not a known case of Diabetes, Hypertension, No relevant family history related to above complaints were given by the patient. On taking history related to progression of lesions patient revealed that one fine day after wearing clothes soon after taking bath she felt slight irritation over medial aspect of right elbow which she neglected initially. On third day lesions were developed with irritation and pain but it was mild in nature. Next day as the intensity of complaints increased patient approached to our OPD at *Visha Chikitsa Kendra Kannur, Kerala*.

PERSONAL HISTORY

Bowel: Clear

Appetite: Good

Micturition: Clear

Sleep: Disturbed (due to pain and itching)

Diet: Non-Vegetarian

Habits: Nothing specific

O/E OF WOUND ON 1ST VISIT

- **Site:** Medial aspect of right elbow
- **Symmetry:** Asymmetrical
- **Type:** Vesicular lesion
- **Color:** Brownish
- **Margin:** elevated
- **Secretion:** clear watery
- **Discharge:** Watery
- **Scaling:** peeling of dead skin
- **Crusting:** Present
- **Tenderness:** Mild

TABLE NO 1: DIFFERENTIAL DIAGNOSIS

DISEASE	INCLUSION	EXCLUSION
Herpes Zoster	Vesiculo bullous lesions	Not following dermatomal distribution
<i>Loota Visha</i>	Vesiculo bullous lesions and are spreading wherever the secretion comes in contact with it.	-

DIAGNOSIS

Based on history and clinical presentation this case was diagnosed as *Loota Visha*.

INVESTIGATIONS

No commercially available laboratory tests.

TABLE NO:2 OUTCOME AND FOLLOWUP

Follow ups	Clinical presentation	Treatment
1 st visit (5-9-2022 Fig No 1 and 2)	Asymmetrical brownish vesicular skin lesions with crusting and elevated margins on medial aspect of right elbow joint associated with clear watery discharge, mild tenderness & burning sensation.	1. <i>Lodrasevyadi Kashay</i> ^[11] 15ml with 45ml of warm water twice daily after food. 2. <i>Lasunadi Gulika</i> ^{[12][13]} 1 tablet twice daily after food. 3. <i>Kottama Ramachyadi</i> freshly prepared <i>Kashaya</i> for washing the lesion.
1 st follow up (13-9-2022 Fig No 3 and 4)	Vesicular skin lesion healed with crusting and discoloration. Burning sensation and tenderness reduced.	1. <i>Neelitulasyadi Kashay</i> ^{[14][15][16]} 15ml with 45ml of warm water twice daily after food. 2. <i>Lasunadi Gulika</i> 1 tablet twice daily

		after food. 3. <i>Neelitulasyadi Taila</i> for external application.
2 nd follow up (19-9-2022)	Skin lesion completely healed with normal skin colour. Tenderness and discharge reduced completely.	No any medications were advised



Fig No 1 and 2: 1st visit



Fig No 3 and 4: 1st follow up

DISCUSSION

Dermatological lesions which are vesiculo-bullous in nature, mimicking *Lootavisha*(spider poisoning) in their appearance can be

diagnosed and treated successfully by proper history taking. In the present patient it was observed that the symptoms initiated after the patient had worn her cloths after bath. Cloth

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serves as a means of contact poisoning; cloth might be contaminated with bodily secretions of *Loota*. Even the presentation of the skin resembles like the *Lakshanas* of *Luta Visha*, the case was diagnosed as *Luta Visha* (spider poisoning) and the bodily components like *Rasa, Rakta, Lasika* and *Mamsa* were vitiated by *Pitta Pradhana Tridosha* so *Vishaghna* treatment principles were adopted which includes *Vishagna, Kusthagna* and *Vranaropan*. We treated the case successfully with the formulations which are directly mentioned in the context of *Loota Visha*.

Lodra Sevyadi Yoga is mentioned in *Keeta Visha Adhikara* in *Ashtanga hrudya* and also in various traditional *Visha Chikitsa* textbooks like *Visha Jyostnika* and *Prayoga Samuchaya*. It is indicated in all types of *Loota Visha*. The ingredients of the *Yoga* contain majority of *Tikta, Madhura* and *Kashaya Rasa Dravyas* which are *Pitta* and *Vatahara* respectively. As the *yoga* having ingredients which are having *Laghu, Ruksha, Snigdha* and *Guru Gunas*, will helps in easily spreading of the medicine and alleviating the *Vata Dosha*. As there is *Pitta Dosha Pradhanata* in this presentation, and the *Yoga* having *Pittahara, Vrana Ropana, Vishagna, Kushtanga* and *Varnya* properties helps in reducing the burning sensation, itching and pain at the affected site.

Lashunadi Gutika as it is mainly indicated in *Loota Visha* by *Prayoga Samuchchay* and *Kriya Koumudi*. It having ingredients like *Lashuna, Vacha, Haridra, Hingu* and *Shunti* which all mainly having *Katu, Tikta Rasas* and *Ushna, Teekshna, Snigdha gunas* and *Vishahara* properties helps in preventing the further complications and reducing the pain at the lesions. If we screen the ingredients of the *Yoga*, all the drugs are having *Vatakaphahara, Kushtaghna, Krimighna, Deepana* and *Vedana Sthapana* actions.

Kottam Ramachyadi Churna having ingredients like *Kushta, Ushira, Neelimoola*, and *Chandana* has been advised as the *Yoga* is having *Pitta Shamaka* quality. As majority of the *Dravyas* possess *Laghu, Ruksha Guna, Sheeta Veerya* and *Madhura Vipaka* helps in alleviating the severe burning sensation and pain at the affected area. It is having *Visarpahara, Vishahara, Kushtaghna, Kandughna* and *Vranaropana* properties.

Neelitulasyadi Kashaya and *Taila* is mentioned in *Prayoga Samuchaya, Kriya Koumudi* and *Visha Jyostnika* in *Loota Samanya Chikitsa Adhikara* is prescribed because it is having *Vishaghna, Kushtaghna, Vedana Sthapana, Rakta Prasadana, Sopahara*, *Varnya, Daha Prasamana* properties. As after the 1st visit as there was reduction in the watery discharge and burning sensation and healing of vesicular

bullous lesions, administration of *Neelitulasyadi Kashaya* and application of the *Neelitulasyadi Taila* will help in further healing of *Vrana* and bringing back the complexion. It can also help in reducing the itching which may be due to *Vata Kapha* predominance and the same time balancing the *Pitta Dosha*.

As during the first visit of the patient, as there was acute manifestation of symptoms which was getting aggravated due to the *Luta Visha*, administration of *Vishaghna Agada Yogas* has prevented the further aggravation and reduced the complications. *Vishagna*, *Pittaraktagna* and *Amaharatva* were achieved due to the medications which were advised on 1st visit. Later in 1st follow up, *Vishaghna*, *Kushtaghna*, and *Varnya* medications were maintained so that which might have contributed in reducing further complications and bringing back the complexion at the affected site.

CONCLUSION

Ayurveda treatises explained *Loota Visha* in detail. Many species of spider cause mild to moderate symptoms like local skin lesions, irritation and burning sensation etc and only causes fatality. *Loota Visha* (spider poisoning) is mainly diagnosed on *Hetu*(etiology). In any disease treatment adopted depending on its *Hetu*(etiology) will also help to get complete

rid as early as possible. The same principle is followed in above said case in the form of internal and external *Vishaghna yogas*, which has helped in reduction of signs and symptoms of the patient within a short period. As there are many *Vishaghna Yogas* explained in *Keraleeya Visha Chikitsa* textbooks application of them is rare. This case serves as an example by incorporating some of the *Vishaghna Yogas* explained in the *Luta Visha Chikitsa Adhikara* of various traditional *Visha Chikitsa* text books which might have helped in achieving an encouraging result in a shorter time period.

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