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CONCEPT OF VISHADVAYA AND THEIR THERAPEUTIC VALUE IN CHIKITSA GRANTH: A REVIEW

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ABSTRACT

India is a country having variety of languages and population dependent on different tribal and folklore medicine. The variation in the language is sometimes responsible for confusion in the nomenclature of different plants having similar name. Ayurveda does not adopt binomial system for nomenclature of plants. In Ayurveda, a single name is sometimes used to denote many plants and even there are many names for a single entity. So it is essential to understand the way Ayurvedic nomenclature works. There are many plants mentioned in Ayurveda literature but have controversy because of the common names used for them. Ativisha and Prativisha are two such controversial drugs which are together taken as Vishadvaya but the plant source for Ativisha is *Aconitum heterophyllum* Wall ex. Royle and for Prativisha, it is *Aconitum palmatum* D. Don which clearly states that these are two different drugs. The reason for this controversy is the use of same names Atees or Patees for them in the herbal drug market. These drugs are sometimes considered as one and a single drug is found in the herbal market when asked for any of these two drugs. The Samhita granthas have considered them the two different drugs while Lexicons (Nighantus) after mentioning different varieties of Visha, considered Ativisha and Prativisha as synonyms having same Ayurvedic properties. So the question arises here is whether these two drugs are really different or possess some similarities in their phytochemicals that they can be used as better substitutes of each other. This paper is an attempt of the author to sort out this controversy by reviewing different therapeutic uses of both plants from textbooks of Ayurveda, Lexicons and other Databases.

Keywords: Vishadvaya, Ativisha, Prativisha, Diarrhoea, Skin disorders.

INTRODUCTION

India harbours a wide range of medicinal and aromatic plants used in Ayurvedic, Unani, Siddha, Homeopathic, Allopathic and other alternative medicinal practices such as folk medicine, home remedies, naturopathy, tantra therapy, Amchi and tribal medicine.¹ Ayurveda system of medicine considers Dravya an important tool in the Physician's performance and one of the four limbs of treatment (Chikitsa Chatushpada) which should be known by the name, form, properties and action. A physician initiates his treatment by keeping the dravya (drug) in his view.^{2,3} Since dravyas occupy the important place, the writers started compiling lexicons (Nighantus) with the details about drugs in terms of synonyms, pharmacological attributes and therapeutic indications. Out of all the Nighantus (lexicons); Dhanvantari nighantu, Bhavaprakasha nighantu and Raja nighantu have become popular among Ayurvedic practitioners. These Nighantus have contributed many new drugs to Indian Materia Medica but the descriptions of a plant in these nighantus are found in verses having ample use of synonyms. These synonyms have caused controversy in the identification of plants and hence the correct source sometime is misleading with a fictitious plant.⁴ One of such controversy is related to Vishadvaya which consists of two types of Visha – Ativisha (*Aconitum heterophyllum* Wall ex. Royle) and Prativisha (*Aconitum palmatum* D. Don). Vishadvaya were never a source of controversy until they were sold in the raw drug market under

the name of Ativisha (Atees) or Prativisha (Patees) for the same drug. Moreover this controversy was because of the use of words Ativisha and Prativisha as synonyms in the Lexicons. So, there develops a need to check their literature right from Samhita period to modern times of research.

Vishadvaya in Samhita Grantha

In Charaka and Sushruta samhita, there is no description of the word Vishadvaya. Maharishi Charaka has mentioned several times about the plant Ativisha in context of fever, diarrhoea, skin diseases, haemorrhoids, sprue etc⁵ and twice about Prativisha in his treatise in context of skin diseases⁶ and diarrhoea⁷. Maharishi Sushruta also quoted about Ativisha many times and Prativisha term is used in context of Atisara⁸. So, it is clear that there must be two different varieties. Vridha Vagbhata has mentioned the term Vishadvaya for the very first time. In Ashtanga Sangraha, it is mentioned that Vishadvaya are digestives, mitigate Kapha and Pitta dosha, bitter in taste and cold in potency.⁹ Again, Ativishadvaya are also mentioned as Vamaka dravya.¹⁰ Both Visha and Ativisha are mentioned in Bhallataka Rasayana Yoga.¹¹ Again, Vishadvaya are mentioned as ingredients of Bhallataka Taila which can be used for curing all varieties of skin diseases.¹² In Ashtanga Hridaya, Vishadvaya are mentioned as ingredients of Bhallataka Taila which can also be useful for curing skin diseases.¹³

Vishadvaya in Nighantus

Lexicons have mentioned about different varieties of Visha. All major Lexicons are responsible for the controversy related to Ativisha and Prativisha as most of them considered these drugs as synonyms even after mentioning them as different varieties of Visha. But the oldest Lexicons like Sushruta Nighantu and Ashtanga Nighantu have never considered Prativisha as a synonym of Ativisha. Sushruta nighantu has described only about synonyms of Ativisha where Prativisha is not included¹⁴ and Ashtang Nighantu has considered Prativisha as the second variety¹⁵. In Dhanvantari nighantu, the author has mentioned two types of Ativisha in Guduchyadi Varga – First called as ‘Shuklakanda’ with 2 synonyms like Vishwa and Bhangura and second as ‘Shyamakanda’ also called as Prativisha.¹⁶ In Sodhala Nighantu, the Author Sodhala has mentioned three varieties of Visha or Ativisha – Shveta or Shukla kanda, Krishna or Shyam Kanda and Raktika or Aruna variety in Guduchyadi Varga.¹⁷ In Abhidhana ratnamala (shadarasa nighantu), the author has mentioned Ativisha in Tiktadravya Skanda and mentioned 2 varieties of Ativisha – One having 5 synonyms like Bhangura, Ativisha, Shringi, Shuklakanda and Ghunapriya and second having 4 synonyms like Prativisha, Upvisha, Shvetarakativisha and Avisha.¹⁸ In Madhava dravyaguna, the author Madhava has mentioned about Ativishadvaya in Vividh Aushadhi Varaga and quoted Doshghna, Pachana, Grahi, Tiktam as their properties.¹⁹ In Madanapala nighantu, the author has included Ativisha in

Abhayadi Varga and mentioned 9 synonyms of Ativisha and 4 varieties – Rakta, Shveta, Krishna and Peeta.²⁰ In Kaiydeva nighantu, Acharya Kaiydeva has described Ativisha in Aushadhi Varga and has mentioned 2 varieties – One is Ativisha which is Shukla kanda and other is Prativisha.²¹ In Raja nighantu, the author Narahari Pandita has mentioned Ativisha in Pipplyadi Varga. He has described 16 synonyms of Ativisha and 3 varieties as Trividha Ativisha but he has clearly mentioned about similarities in taste (Rasa), potency (Virya) and metabolic action (Vipaka) of these 3 varieties.²² Priya Nighantu has considered Ativisha as Shukla kanda and Prativisha as Aruna Kanda.²³

Vishadvaya in Chikitsa Grantha

In Yoga Ratnakar, Dvivisha are mentioned in Maharasnadi Kwatha which can be used for curing different neurological disorders.²⁴ Again, Dvivisha are mentioned in Mahalakshmi Narayana Taila in management of Vata vyadhi.²⁵

Therapeutic Formulations of Ativisha and Prativisha in different Chikitsa Grantha

Different Chikitsa Grantha like Chakradutta²⁶, Sharangdhara Samhita²⁷, Yog Ratnakara²⁸ and Bhaishajya Ratnawali²⁹ have mentioned about different formulations containing Ativisha and Prativisha. [Table 1-7]

Table 1: Therapeutic Ayurvedic Yoga of Ativisha in Chakradutta

S.No.	Yoga/Formulation	Indication	Context
1.	Pippalyadi Gana	Kaphahara, Pratishyaya, Aruchi, Jwara, Deepana	C.D.1(Jwara)/101
2.	Katukadi Kwatha	Kaphaja Jwara	C.D.1(Jwara)/103
3.	Pippalyadi Ghrita	Jeerna Jwara	C.D.1(Jwara)/240
4.	Hriberadi Kashaya	Pichhasrava, Vibandha, Shula, Rakta atisara with or without jwara	C.D.2 (Jwaratisara)/5
5.	Guduchyadi Kwatha	Jwaratisara, Hrilasa, Arochaka, Chhardi,	C.D.2 (Jwaratisara)/6
6.	Kalingadi Kwatha	Jwara, Atisara, Santaapa	C.D.2 (Jwaratisara)/12
7.	Naagradi Kwatha	Jwaratisara	C.D.2 (Jwaratisara)/15
8.	Mustakadi Kwatha	Jwaratisara (Severe)	C.D.2 (Jwaratisara)/16
9.	Ghanadi Kwatha	Jwaratisara	C.D.2 (Jwaratisara)/17
10.	Vidangadi Kwatha	Shotha yukta Jwaratisara	C.D.2 (Jwaratisara)/27
11.	Trayushanadi Churna	Aamatisara	C.D.3(Atisara)/26
12.	Naagradi Kwatha	Trishna yukta Atisara	C.D.3(Atisara)/31
13.	Kutajadi Kwatha	Pitta Kaphaja Atisara	C.D.3(Atisara)/42
14.	Kalingadi Kalka	Vata Pittaja Atisara	C.D.3(Atisara)/47
15.	Samangadi Kwatha	Sarvatisara	C.D.3(Atisara)/50
16.	Kutaja kwathavleha	Sarvatisara	C.D.3(Atisara)/55
17.	Rasanjanadi Churnam	Raktatisara	C.D.3(Atisara)/61
18.	Vidangadi Kwatha	Shotha yukta Atisara	C.D.3(Atisara)/63
19.	Vatsakadi Kwatha	Aama, shula and rakta yukta Atisara	C.D.3(Atisara)/64
20.	Kutajashtaka Leha	Krishna, shveta, lohita, peeta Atisara, Grahani	C.D.3(Atisara)/88
21.	Shunthyadi Kwatha	Mandanala, Satat aama anubandha Grahani	C.D.4(Grahani)/6
22.	Naagaradi Kwatha	Aama pachana and Vataja Grahani	C.D.4(Grahani)/14
23.	Pathadi Churna	Chhardi, Jwaratisara, Shula, Trishna, Daha	C.D.4(Grahani)/29
24.	Kutajavleha	Vataja, Pittaja, Kaphaja, Sannipataja Raktarsha	C.D.5(Arsha)/118
25.	Sunishanaka Changeri Ghrita	Arsha, Tridoshaja Atisara, Raktasrava, Pravahika, Gudabransha	C.D.5(Arsha)/131
26.	Brihadagnimukh Churnam	Mandagni, Ajeerna, Gulma, Pleeha, Guda and Udara roga	C.D.6(Agnimandya) / 32
27.	Shada dharana yoga	Vatavyadhi	C.D.22(Vatavyadhi)/4
28.	Mulakadya Tailam	Ugra Vatavyadhi	C.D.22(Vatavyadhi)/147
29.	Maasha Tailam	Pakshavata	C.D.22(Vatavyadhi)156
30.	Shatyadi Kwatha	Aamvata	C.D.25(Aamavata)/3
31.	Vachadi Churnam	Aanaha, Vimudha vata	C.D.29(Aanaha)/3
32.	Trikantakadya Ghrita Taila Yamak	Kapha Vataja Prameha	C.D.35(Prameha)/32
33.	Ksharadi Gutika	Pleeha, Shvitra, Halimaka, Arsha, Pandu,	C.D.39(Shotha)/25
34.	Shatapushpadya Ghritam	Vataja, Pittaja, Medoja and Mutra Vridhi	C.D. 40(Vridhi Vraghna)/ 32
35.	Dantyadi Lepa	Bhagandara	C.D.46(Bhagandara)/10
36.	Vachadi Kashaya	Jihva roga	C.D.56(Jihvaroga)/11
37.	Kantharogahara Kwatha	Kantha roga	C.D.56(Kantha roga)/14
38.	Shrivatsadya Churna	Avyakta Akshi roga	C.D.59(Netraroga)/2

39.	Pushyanuga Churna	Asrigadara, Rakta atisara, Bala dosha, Yoni dosha, Rajo dosha	C.D. 63(Striroga)/14
40.	Hriberadi Kwatha	Aneka dosha yukta Atisara and Jwara in Garbhini	C.D.63(Striroga)/33
41.	Bharangyadi Kwatha	Stanya shuddhi	C.D.63(Striroga)/49
42.	Shringyadi Leha	Children suffering from Kasa, Jwara, Chhardi	C.D.64(Balaroga)/27
43.	Nagradi Kwatha	Sarvatisara	C.D.64(Balaroga)/33
44.	Pushkaradi Churna	Shishunaam Pancha kasa	C.D.64(Balaroga)/57

Table 2: Therapeutic Ayurvedic Yoga of Ativisha in Sharangdhara Samhita

S.No.	Yoga/Formulation	Indication	Context
1.	Piplyadi Kwatha	Vatakaphaja Jwara, Vata, sheeta, sweda, Pralapa, Atinidra, Romaharsha, Aruchi, Maha vata vikara, Aptantraka, Sarvagatra shunyata, Sarva jwara	Sh.S.Ma.Kh. 2/37
2.	Naagradi Kwatha	Jwaratisara	Sh.S.Ma.Kh. 2/63
3.	Vatsakadi Kwatha	Chira kaalin Aamatisara, Sashula Raktatisara	Sh.S.Ma.Kh. 2/66
4.	Kutajashtaka Kwatha	Atisara, Daha, Raktatisaraja shula, Aamashula	Sh.S.Ma.Kh. 2/67
5.	Hriberadi Kwatha	Chira kaalina Atisara, Aruchi, Aamashula, Rakta dosha, Jwara, Aamapachana	Sh.S.Ma.Kh. 2/69
6.	Chaturabhadra Kwatha	Aama yukta Grahani; Grahni, Deepana, Pachana	Sh.S.Ma.Kh. 2/74
7.	Brihad Manjishthadi Kwatha	Ashtadasha Kushtha, Vatarakta, Ardita, Updansa, Shleepada, Prasupti, Pakshaghata, Medodosha, Netra roga	Sh.S.Ma.Kh. 2/142
8.	Sudarshana Churna	Tridosha shamaka, Sarva jwara, Aagantuaka jwara, Dhatu sthita jwara, Sheeta jwara, Moha, Tandra, Brahma, Shvasa, Kasa, Paandu, Hridroga	Sh.S.Ma.Kh. 6/29
9.	Yavaksharadi Churna	Shishoo Pancha Kasa	Sh.S.Ma.Kh. 6/ 45
10.	Chandraprabha Vati	Prameha, Mutrakrichha, Mutragata, Ashmari, Vibandha, Aanaha, Granthi, Arbuda, Andavridhi, Aantrvridhi, Vicharchika, Kushtha, Arsha, Dantaroga, Vrishya, Rasayana	Sh.S.Ma.Kh. 7/40
11.	Yogaraja Guggul	Tridosha naashaka, Rasayana, Aamavata, Kushtha, Arsha, Grahani, Prameha, Vatarakta, Naabhi shula, Bhagandra, Udavarta, Kshaya, Gulma, Apsamara, Shvasa, Kasa, Aruchi, Retodosha, Rajodosha	Sh.S.Ma.Kh. 7/58
12.	Vachadi Taila	Daaruna Gandamala	Sh.S.Ma.Kh. 9/195
13.	Keetaghna Lepa	Keeta visphota nashaka	Sh.S.U.Kh. 11/8

Table 3: Therapeutic Ayurvedic Yoga of Prativisha in Sharangdhara Samhita

S.No.	Yoga/ Formulation	Indication	Context
1.	Maharasnadi Kwatha	Sarvavata Roga	Sh.S. 2.2/12
2.	Shringyadi Churna	Kasa, Jwara and Chhardi in children	Sh.S. 2.6/44
3.	Shunthyadi Churna	Aamatisara	Sh.S. 2.6/46
4.	Haritkyadi Churna	Aamatisara	Sh.S. 2.6/46
5.	Vrihadgangadhar Churna	Pravahika, Sarvatisara, Grahani	Sh.S. 2.6/51
6.	Kutajavleha	Arsha, Atisara, Arochaka, Grahani, Pandu, Raktapitta.	Sh.S. 2.8/41. 213
7.	Kutajashtakadhyava	Sarvatisara, Asrigdara, Sarvarsha, Pravahika	Sh.S. 2.8/46
8.	Mahatiktaka Ghrita	Vatrakta, Kushtha, Raktapitta, Raktarsha, Paandu, Hridroga, Gulma, Kshudra roga, Jwara	Sh.S. 2.9/45
9.	Grahanikapata Rasa	Sarvatisara, Grahani	Sh.S. 2.12/259
10.	Grahani Vajrakapata Rasa	Sarvaja Grahani	Sh.S. 2.12/255

Table 4: Therapeutic Ayurvedic Yoga of Ativisha in Yog Ratnakara

S.No.	Yoga/ Formulation	Indication	Context/Page
1.	Bharangyadi Kwatha	13 Mahasannipata, Shula, Kasa, Hikka, Shvasa	Y.R.Pu.Jwara/212
2.	Arkadi Kwatha	Vata pradhana sannipata	Y.R.Pu.Jwara/213
3.	Lashunadi Kwatha	Sudaruna sannipata	Y.R.Pu.Jwara/214
4.	Sudarshana Churnam	Dwandwaja Jwara, Sannipata jwara, Vishma jwara, Sheeta yukta jwara, Paakshika and Maasika jwara.	Y.R.Pu. Vishma Jwara/232
5.	Kurantakadinama Leha	Dwandwaja jwara, Jeerna jwara, Mandagni, Vishama jwara	Y.R.Pu. Vishmajwara/234
6.	Devdarvadi Kwatha	Ajeerna	Y.R.Pu. Atisara/259
7.	Tryoshnadi Churna	Aamatisara	Y.R.Pu. Atisara/259
8.	Vishwadi Kwatha	Aamatisara	Y.R.Pu. Atisara/260
9.	Shunthyadi Churna	Sashula Aamadosha	Y.R.Pu. Atisara/260
10.	Shunthyadi Churna	Atisara	Y.R.Pu. Atisara/260
11.	Kalingadi Kwatha	Shula, stambha, vibandha naashaka; Deepana pachana	Y.R.Pu. Atisara/261
12.	Kutajadi Churna	Chiroth Pittaja and Raktaja Pakvatisara	Y.R.Pu. Atisara/262
13.	Bilwadi Kwatha	Aama sahit Pittaja Atisara	Y.R.Pu. Atisara/263
14.	Ativishadi Churna	Pittaja Atisara	Y.R.Pu. Atisara/263
15.	Katphaladi Kwatha	Pittaja Atisara	Y.R.Pu. Atisara/264
16.	Kutajashtaka Kwatha	Sarvatisara; Daha, rakta, shula yukta Aama roga	Y.R.Pu. Atisara/264
17.	Vatsakadi Kwatha	Aama, rakta, shula yukta Atisara and Chirapravrita Atisara	Y.R.Pu. Atisara/264
18.	Hriberadi Kwatha	Deepana, pachana; Aruchi, aama dosha, Vibandha; Raktatisara with or without jwara	Y.R.Pu. Atisara/265
19.	Rasanjanadi Churna	Ulbana (severe) Raktatisara	Y.R.Pu. Atisara/265
20.	Pathyadi Churna	Aamatisara, Kaphaja Atisara	Y.R.Pu. Atisara/267

21.	Samangadi Kwatha	Sannipata Atisara	Y.R.Pu. Atisara/267
22.	Mustadi Kwatha	Vata pitta Atisara	Y.R.Pu. Atisara/268
23.	Vidangadi Kwatha	Shokaja Atisara	Y.R.Pu. Atisara/269
24.	Ativishadi Yoga	Pravahika	Y.R.Pu. Atisara/270
25.	Naagaradi Kwatha	Sarva jwara and Sarva Atisara	Y.R.Pu. Jwaratisara/271
26.	Dhanyakadi Kwatha	Chirotha Atisara, Aruchi, Aama, Shula, Jwara	Y.R.Pu. Jwaratisara/272
27.	Kalingadi Kwatha	Jwaratisara santapa	Y.R.Pu. Jwaratisara/272
28.	Guduchyadi Kwatha	Jwaratisara, Hrillasa, Aruchi, Chhardi, Pippasa, Daha	Y.R.Pu. Jwaratisara/272
29.	Vyoshadi Churna	Pachana, Grahni; Trishna, Aruchi, Jwaratisara, Kaamla, Grahani, Gulma, Pleea, Prameha	Y.R.Pu. Jwaratisara/272
30.	Arluvadi Kwatha	Sarva jwara, Sarva atisara	Y.R.Pu. Jwaratisara/273
31.	Dadim avleha	Jwaratisara, Aamrakta, Aamshula, Mandagni, Shotha, Kshaya, Dhatugata Jwara,	Y.R.Pu. Jwaratisara/273
32.	Kutajashtaka	Atisara, Grahani, Raktapradra, Raktapitta, Raktarsha	Y.R.Pu. Jwaratisara/274
33.	Mritasanjeevana rasa	Shatt prakara Atisara	Y.R.Pu. Jwaratisara/276
34.	Rasanjanadi Churna	Pittaja Grahani, Raktapitta, Arsha, Atisara	Y.R.Pu. Grahani/283
35.	Nagaradya Churna	Pittaja Grahani, Rakta dosha, Arsha, Hridya guda shula, Pravahika	Y.R.Pu. Grahani/283
36.	Shunthyadi Kwatha	Mandagni, Satat Aamvata, Aama anubandha Grahani	Y.R.Pu. Grahani/284
37.	Vridha Gangadhar Churna	Sarvatisara	Y.R.Pu. Grahani/286
38.	Taalhsadya Churna	Grahani, Kshaya, Shvasa, Kasa, Aruchi, Pleea, Hridroga, Arsha, Atisara, Apsamara, Paandu	Y.R.Pu. Grahani/287
39.	Grahanikapata rasa	Sarvatisara, Sarva grahani, Vahni deepana	Y.R.Pu. Grahani/290
40.	Hriberadi Ghritam	Arsha, Atisara, Grahani, Paandu roga, Jwara, Aruchi, Mutrakrichha, Guda bransa, Basti Aanaha, Pravahika, Pichha srava, Arsha shula	Y.R.Pu. Arsha/307
41.	Chandanadi Churnam	Raktapitta, Arsha, Visha, Murchha, Mada, Trishna, Atisara, Vamana, Rajograh, Garbhasrava	Y.R.Pu. Raktapitta/357
42.	Khanda pippali avleha	Mandagni, Karshya, Deepana pachana, Shvasa, Kasa, Prameha, Kshaya, Trishna, Kaamla, Pleea, Kandu, Jeerna jwara, Raktapitta	Y.R.Pu. Rajayakshma/373
43.	Suryaprabha Gutika	Shosha, Kasa, Ura kshata, Tamaka shvasa, Paandu, Kaamla, Krimi, Kushtha, Arsha.	Y.R.Pu. Rajayakshma/377
44.	Neelikadhya Yoga	Ura kshata	Y.R.Pu. Rajayakshma/397
45.	Shatyadyavleha	Shleshmaja Kasa	Y.R.Pu. Kasa/406
46.	Khadiradi Gutika	Daaruna and Chirotha Kasa Shvasa	Y.R.Pu. Kasa/412
47.	Shada dharana Yoga	Aamashya gata Vata, Mahavyadhi	Y.R.Pu. Vatavyadhi/516
48.	Vidangadi Kwatha	Aamashya gata Vata	Y.R.Pu. Vatavyadhi/516
49.	Maharasnadi Kwatha	Sarvanaga vata, ekanga vata, Shvasa, Kasa, Hridroga, Tandra, Shula, Tuni, Pratituni, Aptantraka, Ardita, Vatarakta, Gridhrasi, Paada shula	Y.R.Pu. Vatavyadhi/525
50.	Dwatrimshak Guggul	Aama nashaka, Udavarta, Aantravidhi, Guda krimi, Maha jwara, Bhootonmada, Kushtha	Y.R.Pu. Vatavyadhi/528
51.	Shaddshiti Guggul	Saptadhatu gata Vata, Samavata, Niramavata, Yakshma, Mandagni, Dhatugata jwara	Y.R.Pu. Vatavyadhi/529
52.	Mahalakshmi Narayana Tail	Vatavyadhi	Y.R.Pu. Vatavyadhi/536
53.	Panchatikta Ghrita	Prabala Vata roga, Sandhi asthigata Vata, Kushtha, Nadvirana, Arbuda, Bhagandra, Gandamala, Gulma, Prameha, Rajyakshma, Shvasa, Pinasa, Kasa, Shotha, Hridroga, Vidradhi, Vatarakta	Y.R.Pu. Vatavyadhi/542
54.	Lakshmi Narayana Rasa	Ekdoshaja jwara, Sannipata jwara, Visuchika, Vishma jwara, Atisara, Grahani, Rakta aamatisara, Prameha, Shula	Y.R.Pu. Vatavyadhi/548
55.	Rasnadvadasha Kwatha	Daruna Aamvata, Kati, uru, trika, janga, Pada, Gulfa, Jaanu ashrita Vata	Y.R.Pu. Aamvata/566
56.	Shatyadi Kwatha	Aamvata	Y.R.Pu. Aamvata/567
57.	Chitrakadi Churna	Aamvata	Y.R.Pu. Aamvata/569
58.	Vachadi Churna	Aanaha, Vimudhavata	Y.R.U. Aanaha/25
59.	Chandraprabha Guli	Arsha, Pradra, Vishma jwara, Prameha pidika, Gulma, Prameha, Aruchi, Retodosha, Ura kshata	Y.R.U. Prameha/87
60.	Darvadi Yoga	Sarva Shofa	Y.R.U. Shotha/131
61.	Mansyadi Ghrita	Aantravidhi, Vataja vridhi, Pittaja vridhi, Medoja vridhi, Mutraja vridhi	Y.R.U. Vridhi/139
62.	Punarnavadi Taila	Kati, uru, prishtha, medra, kukshi, vrishna aashrita Vata kaphaja Shula, Aantra vridhi	Y.R.U. Vridhi/139
63.	Saindhavadi Taila	Kapha vata shamaka, Vardhama, Udavarta, Gulma, Arsha, Pleea, Meha, Aadyavata, Aanaha, Ashmari	Y.R.U. Vridhi/140
64.	Mahakashaya Yoga	Ashtadasha Kushtha	Y.R.U. Kushtha/219
65.	Ekvinshati Guggul	Ashtadash Kushtha, Krimi, Dushta vrana, Grahani, Arsha, Mukh roga, Galagraha, Gridhrasi, Bhagna, Gulma, Koshtha gata roga	Y.R.U. Kushtha/222
66.	Bhallataka Avleha	Shvitra, Udumbar, Dadru, Rishjivya, Kaaknaka, Pundrika, Visphota, Rakta mandala, Pama, Vipadika, Vatarakta, Udavarta, Paandu, Arsha, Shvasa, Kasa, Bhagandra	Y.R.U. Kushtha/223
67.	Trikatukadya Churna	Adhogami Amlapitta	Y.R.U. Amlapitta/241
68.	Pipplyadi Churna with Madhu	Galashundi	Y.R.U. Galaroga/305
69.	Katukadi Kwatha	Kantha roga	Y.R.U. Mukharoga/306

70.	Pushyanuga Churnam	Arsha, Atisara, Rakta pravahika, Balanama Krimiropa, Yoniroga, Rajodosh, Sarva pradara	Y.R.U. Pradara/399
71.	Hriberadi Kwatha	Prachalita Garbha, Pradara, Kukshi ruja	Y.R.U. Striroga/417
72.	Pipplyadi Churnam	Kaphavata shamaka, Gulma, Shula (Makkala shula), Jwarahara, Deepana.	Y.R.U. Striroga/426
73.	Devdarvadi Kwatha	Sutika roga	Y.R.U. Striroga/428
74.	Eladi Churna	Jwara, Karshaya, Kasa and Atisara in children	Y.R.U. Balaroga/440
75.	Nagaradi Kwatha	Sarvatisara in children	Y.R.U. Balaroga/441
76.	Poshkaradi Churna	Pancha Kasa in children	Y.R.U. Balaroga/442
77.	Mustakadi Rasa	Pancha Kasa in children	Y.R.U. Balaroga/442
78.	Ghanadi Churna	Vaman and Jwara in children	Y.R.U. Balaroga/443
79.	Karkotadi Churna	Kshira dosha in Mata and Dhatri	Y.R.U. Balaroga/456

Table 5: Therapeutic Ayurvedic Yoga of Prativisha in Yog Ratnakara

S.No.	Yoga/ Formulation	Indication	Context/Page
1.	Haritkyadi Churna	Aamatisara	Y.R. Atisara/261.29
2.	Vachadi Kwatha	Vataja Atisara	Y.R. Atisara/263.3
3.	Rasanjanadi Churna	Pittaja Atisara	Y.R. Atisara/263.5
4.	Kalingashahtaka Yoga	Rakta Atisara, Guda shula	Y.R. Atisara/265.14
5.	Grahani Kapata Rasa	Sarava atisara, Sarva Grahani, Vahni deepana	Y.R. Grahani/290.3
6.	Grahani Gajakesari Rasa	Grahani, Visuchika, Asadhya Pravahika	Y.R. Grahani/291.1
7.	Mahatiktaka Ghrita	Galaganda, Gandamala, Pandu, Shleepad, Vatarakta, Kushtha	Y.R. Vatarakta/557.1
8.	Mahatiktaka Ghrita	Kushtha, Raktapitta, Arsha, Visarpa, Amlapitta, Vatarakta, Pandu, Visphota, Pama, Gandamala	Y.R. Kushtha/224.1
9.	Dashanga Agada	Sarva Keeta Visha	Y.R. Visha/474.2

Table 6: Therapeutic Ayurvedic Yoga of Ativisha in Bhaishajya Ratnawali

S.No.	Yoga/ Formulation	Indication	Context
1.	Sudarshana Churna	Sarva jwara, Dwandwaja jwara, Vishma jwara, Somyavegi, Yakrita vridhi janya jwara, Gulma	Bh.R. 5/439 (Jwara)
2.	Jwara bhairava Churna	Sarva jwara, Santata satatadi Vishma jwara, Agnimandya, Raktapitta, Twaka roga, Shotha	Bh. R. 5/448 (Jwara)
3.	Jwaranagamayura churna	Santatadi jwara, Kshaya jwara, Kamashokodbhava jwara, Bhutavesha jwara, Abhicharaja jwara, Chaturthakadi vipryaya	Bh. R. 5/459 (Jwara)
4.	Mritasanjeevana rasa	Sannipata jwara	Bh. R. 5/633 (Jwara)
5.	Paniyavatika Siddhaphala	Sannipata jwara, Daha, Kasa, Shvasa, Hikka, Vidgraha, Ashmari, Mutrarodha, Vibandha	Bh. R. 5/677 (Jwara)
6.	Jwaravidravana rasa	Jwara	Bh.R. 5/1182 (Jwara)
7.	Amritarishta	Jeerna jwara, Vishma jwara, Yakrita pleeha roga	Bh.R. 5/1241 (Jwara)
8.	Mritasanjeevani sura	Deha dadaryakara, Pushti, bala, varna, agni vardhana.	Bh. R. 5/1244 (Jwara)
9.	Krishnadi Gana	Vishma jwara, Jeerna jwara	Bh. R. 5/1323 (Jwara)
10.	Jwarabhairav Taila	Jeerna jwara, Vishma jwara, Sarva pleeha and yakrita gata roga, Kaamla, Paandu, Shotha	Bh. R. 5/1350 (Jwara)
11.	Kalingadi Kwatha	Jwaratisara	Bh. R. 6/22 (Jwaratisara)
12.	Ghanajaladi Kwatha	Jwaratisara	Bh. R. 6/13 (Jwaratisara)
13.	Kutajadi Kwatha	Aamatisara, Jwaratisara	Bh. R. 6/26 (Jwaratisara)
14.	Vidangadi Kwatha	Shotha, Atisara	Bh. R. 6/28 (Jwaratisara)
15.	Shunthyadi Kwatha	Aruchi, Chardi, Jwaratisara	Bh. R. 6/29 (Jwaratisara)
16.	Vyoshadi Churna	Pachana, Grahi, Trishna, Aruchi, Jwaratisara, Prameha, Kaamla, Paandu, Shvathu	Bh.R. 6/37 (Jwaratisara)
17.	Brihata Kutajavleha	Atisara, Grahani, Raktatisara, Pravahika, Agnimandya, Chhardi	Bh. R. 6/46 (Jwaratisara)
18.	Kutajavleha	Sangrahani, Raktatisara, Pakwatisara, Apakwatisara, Shotha, Atisara, Jwara	Bh. R. 6/52 (Jwaratisara)
19.	Mritasanjeevana rasa	Sadhya and Asadhya Atisara, Sangrahani	Bh. R. 6/79 (Jwaratisara)
20.	Amritarnava rasa	Shula shamaka, Vahnijana, Grahani, Arsha, Amlapitta, Kasa.	Bh. R. 6/88 (Jwaratisara)
21.	Yamanyadi Kwatha	Deepana pachana in Aamatisara	Bh. R. 7/28 (Atisara)
22.	Kalingadi Kwatha	Shula, stabdha, vibandha nashaka, Deepana pachana	Bh. R. 7/30 (Atisara)
23.	Pathyadi Kwatha	Ulbana Vatatisara	Bh. R. 7/38 (Atisara)
24.	Vachadi Kwatha	Vatatisara	Bh. R. 7/39 (Atisara)
25.	Kataphaladi Kwatha	Pittatisara	Bh. R. 7/42 (Atisara)
26.	Ativishadi Churna	Pittatisara	Bh. R. 7/44 (Atisara)
27.	Mustadi Kwatha	Pitta Shleshmatiasara	Bh. R. 7/52 (Atisara)
28.	Shothghanyadi Kwatha	Shotha yukta Atisara	Bh. R. 7/77 (Atisara)
29.	Prishanaparnyadi Kwatha	Shokajatisara	Bh. R. 7/80 (Atisara)
30.	Gagansundara Rasa	Atisara, Jwara, Grahani, Aruchi, Ama, shula, rakta yukta Pichhasrava, Bhrama, Shotha, Raktatisara, Sangrahani	Bh. R. 7/134 (Atisara)
31.	Swalpa Gangadhara Churna	Sarvatisara, Sarva shoala, Sangrahani, Sutika roga	Bh. R. 8/44 (Grahani)

32.	Brihad Gangadhara Churna	Ashtavidha Jwara, Asadhya Atisara, Vividha Sangrahani, Koshtha vyadhi	Bh. R. 8/46 (Grahani)
33.	Madhyam Gangadhara Churna	Nanavarana Atisara, Asadhya Grahani, Trishna, Kasa, Vividha Jwara, Daruna shotha, Aruchi, Paandu roga	Bh. R. 8/50 (Grahani)
34.	Swalpa Lavangadi Churna	Agnimandya, Sangrahani, Nanavarnatisara, Shotha, Paandu, Kaamla, Ashtheelika, Kasa, Shvasa, Jwara, Vamana, Hrilasa, Amlapitta, Sannipata shula, Sarva roga	Bh. R. 8/59 (Grahani)
35.	Brihat Lavangadi Churna	Sarva doshaja Grahani, Vataja, pittaja, kaphaja, sannipataja, pakwa. Apakwa, nanavarna Atisara, Krishna, peeta, aruna, maansadhavana sadrisa Atisara, Sangrahani, Udara roga, Pradara	Bh. R. 8/64 (Grahani)
36.	Maarkandya Churna	Sangrahani, Mandagni, Dhaturidhi, Vayovridhi, Balapushti	Bh. R. 8/114 (Grahani)
37.	Kanchatavleha	Sarvatisara, Sangrahani, Amlapitta, Udara roga, Koshtha vikara, Shula, Aruchi	Bh. R. 8/132 (Grahani)
38.	Sangraha grahanikapata Rasa	Grahani, Kshayaja jwara, Arsha, Agnimandya, Atisara, Aruchi, Peenasa, Prameha, Mutrakrichha, Dhaturvardhana	Bh. R. 8/269 (Grahani)
39.	Grahanigajendra Vatika	Vividha Grahani, Jwara, Atisara, Shula, Gulma, Amlapitta, Kaamla, Haleemaka, Kandu, Kushtha, Visarpa, Gudabransha, Krimi	Bh. R. 8/275 (Grahani)
40.	Piyushvalli Rasa	Atisara, Tivara Jwara, Raktatisara, Sangrahani, Shotha, Arsha, Aamashula, Paandu, Prameha	Bh. R. 8/335 (Grahani)
41.	Brihat Jatiphaladi Vati	Aama dosha yukta Atisara, Pancha Kasa, Amlapitta, Sangrahani, Sarva shotha, Guda vikara	Bh. R. 8/391 (Grahani)
42.	Grahanimihir Taila	Rasayana, Valipalitanashaka, Sarvatisara, Grahani, Jwara, Trishna, Kasa, Shvasa, Hikka, Arsha, Prameha, Shotha, Shula	Bh. R. 8/563 (Grahani)
43.	Brihat Grahanimihira Taila	Grahani, Atisara, Valipalitanashaka, Vashikarana	Bh. R. 8/596 (Grahani)
44.	Daadimadi Taila	Grahani, Prameha, Arsha	Bh. R. 8/605 (Grahani)
45.	Paarsiyadi Churna	Kasa, Jwara, Ugratisara, Chhardi, Koshthastha Krimi	Bh. R. 11/15 (Krimiroga)
46.	Kaamlantaka Loha	Kaamla, Prameha, Paandu, Haleemaka, Kasa, Shvasa, Sangrahani, Hridroga	Bh. R. 12/46 (Pandu)
47.	Pipplyadigana Churna	Urustambha	Bh. R. 28/11 (Urustambha)
48.	Chandraprabha Vati	20 Prameha, 8 Mutrakrichha, 4 Ashmari, 13 Mutraaghata, Kushtha, Agnimandya, Aruchi, Balya, Vrishya, Rasayana	Bh. R. 37/16 (Prameha)
49.	Brihat Narachadya Ghrita	Udara roga, Aamvata, Pleeha, Gulma, Bhagandra, Gridhrasi, Urustambha	Bh. R. 40/135 (Udararoga)
50.	Yakridari loha-2	Sarva updrava yukta Pleehodara, yakrita and Gulma	Bh. R. 41/131 (Pleeha yakrida roga)
51.	Gunavati varti	Shodhana and Ropana of Dusadhya vrana and Naadi vrana	Bh. R. 50/7 (Nadivrana)
52.	Narayana Rasa	Nadi vrana, Gandamala, Vicharchika, Dushta vrana, Bhagandra	Bh. R. 51/15 (Bhagandra)
53.	Jambvadya Taila	Sarva vrana, Updansha	Bh. R. 52/82 (Updansha)
54.	Mahabhallataka Guda	Shvitra, Udumbara, Dadru, Palita, AAmvata	Bh. R. 54/203 (Kushtha)
55.	Ushnadi Churna	Visphota, Lohita jwara, Romantika, Jeerna jwara, Masurika	Bh. R. 59/24 (Masurika)
56.	Pradrari Loha	Pradra, Kukshi shula, Kati shula, Deha shula, Aayu pushtikara, Balavaranaagni vardhaka	Bh. R. 66/73 (Pradararoga)
57.	Hriberadi Kwatha	Prachalita Garbha, Pradra, Kukshi shula	Bh. R. 68/39 (Garbhiniroga)
58.	Hriberadi Kwatha	Nanavarna yukta Rakta Atisara and Jwara in Garbhini and Prasuta	Bh. R. 68/47 (Garbhiniroga)
59.	Karkatadi Churna	Jwaratisara, Grahani, Vamana, Pashchatruja in children	Bh. R. 71/35 (Balaroga)
60.	Kutajavleha	Aamatisara, Aama shula, Raktatisara in children	Bh. R. 71/100 (Balaroga)

Table 7: Therapeutic Ayurvedic Yoga of Prativisha in Bhaishajya Ratnawali

S.No.	Yoga/ Formulation	Indication	Context
1.	Sovarchaladi Churna	Kaphaja Atisara	B.R. 7/34
2.	Shunthyadi Churna	Aamatisara	B.R. 7/35
3.	Grahanivajrakapata Rasa – 2	Sarvaja Grahani	B.R. 8/266

DISCUSSION

It was Acharya Vridha Vagbhatta who quoted the word Vishadvaya for the very first time and mentioned their properties as digestives; mitigate Kapha and Pitta dosha, bitter in taste and cold in potency. Lexicons were responsible for the controversy related to Vishadvaya by considering them as the synonyms. Bhava Prakash Nighantu has considered both drugs as synonyms and mentioned about properties of Visha³⁰. Sodhala Nighantu has considered Ativisha and Prativisha as synonyms and mentioned about properties of Vishatraya. Raja Nighantu also considered them as synonyms and mentioned three varieties of Ativisha having similar ayurvedic properties. This controversy was further taken to one step ahead by the raw drug sellers who started selling the single drug on the name of Atees and Patees which lead to misidentification of drugs. But other Lexicons like Abhidhana Ratanmala,

Hridayadeepak nighantu, Madanpala nighantu and Kaiyedeve Nighantu quoted the word “Apara Prativisha” which clearly signifies that it is the second variety. On reviewing other ancient Ayurvedic Literature, it was found that Ativisha (*Aconitum heterophyllum*) is one of the ingredients of many important formulations like Balachaturabhadra Churna, Pushyanuga Churna, Sudarshana Churna, Chandraprabha Vati, Yograja Guggul and many others, and Prativisha (*Aconitum palmatum*) an important ingredient of Mahatiktaka Ghrita, Dashanga Agada, Grahanikapata rasa and many more. It was also found that inspite of being two different drugs, Ancient Ayurvedic Physicians have mentioned about similarity in their properties and action. Both drugs are found to be mentioned for curing disorders like diarrhoea, tropical sprue, skin diseases, neurological ailments and conditions of poisoning. Moreover, modern databases have made very clear that plant source for Ativisha and Prativisha are *Aconitum heterophyllum* Wall ex.

Royle and *Aconitum palmatum* D. Don respectively. Tubers of *Aconitum heterophyllum* Wall ex. Royle are yellowish white in colour and are found in North-west Himalayas while that of *Aconitum palmatum* are confined to East Himalayas and are reddish brown or blackish in colour which signifies the statement of Priya Nighantu that Ativisha is Shukla (white) variety of Visha and Prativisha is aruna (reddish brown) variety.

CONCLUSION

Vishadvaya (Ativisha and Prativisha) are two important Ayurvedic drugs which are useful for curing different ailments like diarrhoea, skin disorders, neurological diseases and many others but Lexicons have created controversy on their sources by mentioning them as synonyms of each other. In Vishadvaya, *Aconitum heterophyllum* Wall ex. Royle can be considered as Ativisha or Shukla kanda while *Aconitum palmatum* D. Don or *Aconitum bisma* (Buch.-Ham.) can be considered as Prativisha or Shyamkanda or Aruna as daughter tubers are slightly reddish black while parent tubers are dark brown or black in colour. Both the plants belong to *Ranunculaceae* family where Ativisha is more common in Northwest Himalayas and Prativisha is confined to East Himalayas only. Ancient Ayurveda texts have clearly mentioned about the two different types of Visha which possess similarity in their Ayurvedic properties and action but whether these two drugs can be used as better substitutes of each other or not is further an area of research which needs validation through experimental research.

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