**Gruhadhuma in Agada Yogas: a review**

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**ABSTRACT**

Gruhadhuma is an ingredient mentioned in Ayurveda pharmaceutics in a group of drugs termed as panchamrittika. It is an ingredient that is used in various formulations in the treatment of vishas (poisons). Many formulations for the management of various poisons like snake bite, keetavisha (insect poisons), etc. have been explained in Ayurveda treatise that contains it as an ingredient. The agada yogas (formulations for poisonous bites) mentioned for the management of various poisons in bruhatrayee contain ingredients that are both herbal and mineral in origin. Formulations having gruhadhuma have been mentioned for oral administration, as nasya (nasal inhalation), anjana (collyrium), lepa (anointment), etc. A literary search through the treatises of Ayurveda has put a light on the various formulations containing it.

**Keywords:** Agadayogas, Gruhadhuma, poisons, formulations.

**INTRODUCTION**

A literary review through the samhitas (treatise) of Ayurveda with reference to the management of various poisons has led light on Gruhadhuma being used in agada yogas (formulations in treatment of poisons). Both internal administration and external use of these formulations have been mentioned.

Gruhadhuma is the chimney soot. It is mentioned as one of the panchamrittika (five types of mud) in the text books of Indian alchemy. Pandamritika in Ayurveda pharmaceutics is used for the purification of metals.

Yogas containing Gruhadhuma in Charaka Samhita:

In Rajimantha Visha (krait poison), Gruhadhuma (chimney soot) with Shunti, Maricha, Pippali, Ativisha, Kushtha, Harenu, Tagara and Katuka is said to be used internally, in Vasuki sarpavisha (celestial snakes) gruhadhuma with Haridra, Daruharidra, Tanduliyaka along with madhu (honey) and ghrita (ghee) is explained to be taken internally.

Vachadi agada is mentioned to be administered as nasya (nasal therapy), anjana (collyrium), lepa (anointment) in cases of visha (poison). It has Vacha, Vamsha, Pata, Nata, Tulasi, Bala, Mahabala, Nakuli, Kushtha, Shirisha, Haridra, Daruharidra, Guha, Atigua, Swetha Ajagandha, Shilajatu, Katruna, Katabhi, Kshara, Gruhadhuma, Manahshila - these drugs are triturated with the bile of Rohita (a type of fish) and made into a paste and used.

**Table 1: Yogas containing Gruhadhuma in Ashtanga Sangraha**

<table>
<thead>
<tr>
<th>Sl. No.</th>
<th>Yoga</th>
<th>Ingredients</th>
<th>Indications</th>
<th>Mode of administration</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Murutasanjeewana Agada⁴</td>
<td>Nimba (<em>Azadirachta indica</em>), Gruhadhuma, Phanita, Bruhati mixed with Gopitta (bile of cow)</td>
<td>In all types of visha (poison)</td>
<td>Internal use</td>
</tr>
<tr>
<td>2</td>
<td>Prajapatya agada⁵</td>
<td>Trivrt (<em>Opecurina turpethum</em>), Gorochana, Trikatu, Vacha (<em>Acorus calamus</em>)</td>
<td>In all types of visha (poison)</td>
<td>Internal use</td>
</tr>
<tr>
<td>3</td>
<td>Maheshwara yoga⁶</td>
<td>Ashwagandha (<em>Withania somnifera</em>), Gruhadhuma, Guggulu (<em>Commiphora wightii</em>), triturated with</td>
<td>In all types of visha (poison)</td>
<td>Internal use</td>
</tr>
<tr>
<td>No.</td>
<td>Common Name</td>
<td>Biological Name</td>
<td>Administration</td>
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<td>4</td>
<td>Gruhadhumadi panam</td>
<td>a) Gruhadhuma, Haridra (<em>Curcuma longa</em>), Daruharidra (<em>Berberis aristata</em>), Tanduliyamoola (<em>Amaranthus viridis</em>) b) In Vasuki sarpavisha (snake poison) c) Internal administration: With madhu (honey) and Ghrita (ghee)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>5</td>
<td>Vachadi Agada</td>
<td>a) Vacha (<em>Acorus calamus</em>), Vamsha (<em>Bambusa arundinaceae</em>), Pata (<em>Tragia indica</em>), Tagara (<em>Valeriana wallichii</em>), Tulasi (<em>Ocimum sanctum</em>), Bala (<em>Sida cordifolia</em>), Atibala (<em>Abutilon indicum</em>), Rasna (<em>Pluchea lanceolata</em>), Kushta (<em>Saussurea lappa</em>), Shiriha (<em>Albizia lebbeck</em>), Haridra (<em>Curcuma longa</em>), Daruharidra (<em>Berberis aristata</em>), Shalaparni (<em>Desmodium gangeticum</em>), Prushaparni (<em>Hedyasarum pictum</em>), Ajagandha (<em>Cleome gynandra</em>), Shilajatu (Black bitumen), Katruna, Katabhi (<em>Celastrus paniculatus</em>), Yavalashara, Gruhadhuma, Manahshila (Realgar), Rohtitaka (<em>Teckemella undulata</em>), etc. b) In Keetavisha (insect poison) c) As anointment, collyrium, internal usage</td>
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</tbody>
</table>

Other than the above formulations, a few combinations mentioned are:

**In Snake bite:**

In case of Darvilara (cobra bite) visha, Gruhadhuma (chimney soot) is mixed with Madhu (honey), Manjista (*Rubia cordifolia*) and given orally and is said to be best. In Rajimantha visha, a combination of Gruhadhuma (chimney soot) with Katuka (*Picrorhiza kurrooa*), Ativisha (*Aconitum heterophyllum*), Kushta (*Sausurea lappo*), Tagara (*Valeriana wallichii*), Trikatu (combination of *Zingiber officinale*, *Piper nigrum* and *Piper longum*), Harenu (*Pism sativum*), etc. is said for oral administration to lick it.

In *Mushikavisha*:

A combination of Gruhadhuma (chimney soot) with Manjista (*Rubia cordifolia*), Haridra (*Curcuma longa*) and Saindhava lavana (Rock salt) is said to be used as an anointment. In other conditions: Gruhadhuma with Nata (*Valeriana wallichii*), Shyama (*Ocimum sanctum*), Neelini (*Indigofera attientoria*), Tanduliy (*Amaranthus spinosus*) prepared in the form of Ghrita (Ghee) is said to reduce the bastivedana (pain in urinary system) and anaha (Distension of abdomen due to obstruction to passage of urine and stools) in the complications caused because of visha. Ghrita prepared with Bharangi (*Clorodendrum serratum*), Dadhi (curd), gruhadhuma (chimney soot), Sariva (*Piper nigrum*), etc. is said for oral administration to lick it.
CONCLUSION

An insight through the agada yogas mentioned for the treatment of various animate poisons reveal the use of gruhadhuma in various forms; as pana (internal use), anjana (collyrium), lepa (ointments), etc. Thus gruhadhuma probably acts as an antidote in various poisons.

REFERENCES


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