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Review Article

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 gruhadhma have been mentioned for oral administration, as nasya (nasal inhalation), anjana (collyrium), lepa (ointment), etc. A literary search through the treatises of Ayurveda has put a light on the various formulations containing it.

Keywords: Agadayogas, Gruhadhuma, poisons, formulations.

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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. Panchamrittika in Ayurveda pharmaceutics is used for the purification of metals¹.

Yogas containing Gruhadhuma in Charaka Samhita:

In Rajimantha Visha (krat poison), Gruhadhuma (chimney soot) with Shunti, Maricha, Pippali, Ativisha, Kushta,

Harenu, Tagara and Katuka is said to be used internally,² in Vasuki sarpavisha (celestial snakes) gruhadhma with Haridra, Daruharidra, Tanduliyaka along with madhu (honey) and ghrita (ghee) is explained to be taken internally³.

Vachadi agada is mentioned to be administered as nasya (nasal therapy), anjana (collyrium), lepa (ointment) in cases of visha (poison). It has Vacha, Vamsha, Pata, Nata, Tulasi, Bala, Mahabala, Nakuli, Kushta, Shirisha, Haridra, Daruharidra, Guha, Atiguha, 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

Sl. No.	Yoga	Ingredients	Indications	Mode of administration
1	Mrutasanjeevana Agada ⁴	Nimba (<i>Azadirachta indica</i>), Gruhadhuma, Phanita, Bruhati mixed with Gopitta (bile of cow)	In all types of visha (poison)	Internal use
2	Prajapatyagada ⁵	Trivrut (<i>Operculina turpethum</i>), Gorochana, Trikatu, Vacha (<i>Acorus calamus</i>)	In all types of visha (poison)	Internal use
3	Maheshwara yoga ⁶	Ashwagandha (<i>Withania somnifera</i>), Gruhadhuma, Guggulu (<i>Commiphora wightii</i>), triturated with	In all types of visha (poison)	Internal use

		Gomutra (Cow's urine)		
4	Gruhadhumadi panam ⁷	Gruhadhuma, Haridra (<i>Curcuma longa</i>), Daruharidra (<i>Berberis aristata</i>), Tanduliyamoola (<i>Amaranthus viridis</i>)	In Vasuki sarpavisha (snake poison)	Internal administration With madhu (honey) and Ghrita (ghee)
5	Vachadi Agada ⁸	Vacha (<i>Acorus calamus</i>), Vamsha (<i>Bambusa arundinacea</i>), Pata (<i>Tragia in volucrata</i>), Tagara (<i>Valeriana wallichii</i>), Tulasi (<i>Ocimum sanctum</i>), Bala (<i>Sida cordifolia</i>), Atibala (<i>Abutilon indicum</i>), Rasna (<i>Pluchea lanceolata</i>), Kushta (<i>Saussurea lappa</i>), Shirisha (<i>Albizia lebbeck</i>), Haridra (<i>Curcuma longa</i>), Daruharidra (<i>Berberis aristata</i>), Shalaparni (<i>Desmodium gangeticum</i>), Prushnaparni (<i>Hedysarum pictum</i>), Ajagandha (<i>Cleome gynandra</i>), Shilajatu (Black bitumen), Katruna, Katabhi (<i>Celastrus paniculatus</i>), Yavakshara, Gruhadhuma, Manahshila (Realgar), Rohitaka (<i>Tecomella undulata</i>) - these have to be triturated with Gopitta	In Keetavisha (insect poison)	As anointment, collyrium, internal usage
6	Ksharagada ⁹	Dhava (<i>Anogeissus latifolia</i>), Asana (<i>Pterocarpus marsupium</i>), Tinisha (<i>Ougeinia dalbergioides</i>), Madanaphala (<i>Randia dumetorum</i>), Palasha (<i>Butea monosperma</i>), Amrataka (<i>Spondia spinnata</i>), Arjuna (<i>Terminalia arjuna</i>), Paribhadra (<i>Erythrina variegata</i>), Lodhra (<i>Symplocos racemosa</i>), Kapittha (<i>Limonia acidissima</i>), Kutaja (<i>Holarrhena antidysenterica</i>), Ankola (<i>Alangium salvifolium</i>), Karanja (<i>Pongamia apinnata</i>), Amalaki (<i>Emblica officinalis</i>), Bujapatra, Shami (<i>Prosopis cineraria</i>), Shleshmataka (<i>Cordia dichotoma</i>), Ashmanta, Gojihwa (<i>Onosma bracteatum</i>), Kantaka, Chirabilwa (<i>Holoptelea integrifolia</i>), Arka (<i>Calotropis gigantea</i>), Shyonaka (<i>Oroxylum indicum</i>), Manjishta (<i>Rubia cordifolia</i>), Shigru (<i>Moringa oleifera</i>), Gopagontha, Karaveera (<i>Nerium indicum</i>)- bhasmas of these drugs should be made; Gomutra is mixed in it filtered like the way of preparation of ksharajala and when it solidifies the powders of drugs of Pippali (<i>Piper longum</i>), Gajapippali (<i>Scindapsus officinalis</i>), Koshamra, Saptaparna (<i>Alstonia scholaris</i>), Elavaluka (<i>Brunn scerasus</i>), Varanga, Ela (<i>Elettaria cardamomum</i>), Manjishta (<i>Rubia cordifolia</i>), Kushta (<i>Saussurea lappa</i>), Jalavetasa, Shyonaka (<i>Oroxylum indicum</i>), Vidanga (<i>Embelia ribes</i>), Atasi (<i>Linum usitassimum</i>), Sariva (<i>Hemidesmus indicus</i>), Sarshapa (<i>Brassica nigra</i>), Tanduliya (<i>Amaranthus viridis</i>), Devadaru (<i>Cedrus deodara</i>), Saralakashta, Plaksha (<i>Ficus lacor</i>), Gruhadhuma, Karanja (<i>Pongamia pinnata</i>), Nagadanti (<i>Croton oblongifolius</i>), Dravanti (<i>Jatropha glandulifera</i>), Jalavetasa, Varuna (<i>Cratae vanurvala</i>), Vacha (<i>Acorus calamus</i>), Eranda (<i>Ricinus communis</i>), Bilwa (<i>Aegle marmelos</i>), Loha (iron) these are added and stored in iron vessel	Sthavara and jangama visha (animal and plant poison)	Internal administration

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

In Snake bite:

In case of Darvikara (cobra bite) visha, Gruhadhuma (chimney soot) is mixed with Madhu (honey), Manjishta (*Rubia cordifolia*) and given orally and is said to be best¹⁰. In Rajimantha visha, a combination of Gruhadhuma (chimney soot) with Katuka (*Picrorhiza kurrooa*), Ativisha (*Aconitum heterophyllum*), Kushta (*Saussurea lappa*), Tagara (*Valeriana wallichii*), Trikatu (combination of *Zingiber officinale*, *Piper nigrum* and *Piper longum*), Harenu (*Pisum sativum*), etc. is said for oral administration to lick it¹¹.

In Mushikavisha:

A combination of Gruhadhuma (chimney soot) with Manjishta (*Rubia cordifolia*), Haridra (*Curcuma longa*) and Saindhava lavana (Rock salt) is said to be used as an anointment.¹²

In other conditions: Gruhadhuma with Nata (*Valeriana wallichii*), Shyama (*Ocimum sanctum*), Neelini (*Indigofera tinctoria*), Tanduliya (*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 visha¹³.

Ghrita prepared with Bharangi (*Clerodendrum serratum*), Dadhi (curd), gruhadhma (chimney soot), Sariva

(*Hemidesmus indicus*), Tanduliya (*Amaranthus spinosus*) or a combination of Gruhadhuma with Manjishta (*Rubia cordifolia*) and Yashti (*Glycyrrhiza glabra*) in ghrita form is said in the management of Teekshnavisha (strong poisons).¹⁴

Gruhadhuma (chimney soot) with Manashila (Realgar), Dwiksharas (alkalies), Trikatu (combination of *Zingiber officinale*, *Piper nigrum* and *Piper longum*) and other herbal drugs mixed with Ajamutra (Goat's urine) is said to be Kushtaghma (skin diseases).¹⁵

Yogas containing Gruhadhuma in Ashtanga Hrudaya

Intake of ghee with madhu (honey), Manjishta (*Rubia cordifolia*) and Gruhadhuma (chimney soot) is said for the management of Krishnasarpadashta chikitsa (snake bite).¹⁶ A combination with Gruhadhuma (chimney soot) with Katuka (*Picrorhiza kurrooa*), Ativisha (*Aconitum heterophyllum*), Kushta (*Saussurea lappa*), Harenu (*Pisum sativum*), Trikatu (combination of *Zingiber officinale*, *Piper nigrum* and *Piper longum*), Tagara (*Valeriana wallichii*) with madhu (honey) orally is said to be beneficial in the management of Rajimantha visha (Krait bite).¹⁷

In mushika damsha (rat poison), an anointment with Gruhadhuma (chimney soot), Manjishta (*Rubia cordifolia*), Haridra (*Curcuma longa*) and Saindhava lavana (Rock salt) is mentioned.¹⁸

Yogas containing Gruhadhuma in Sushruta Samhita

In Trikantakavisha (a type of flying insect) Kushtadi agada is mentioned having the ingredients namely Gruhadhuma (chimney soot) with Haridra (*Curcuma longa*), Daruharidra (*Berberis aristata*), Kushta (*Saussurea lappa*), Tagara

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