

‘Alarka’ visha and its perspective according to Ayurveda- A review article**Dr. Nayana Hingmire****Professor and HOD Agadtantra Department****Hon. Annasaheb Dange Ayurved Mdicol College Ashta****ABSTRACT**

Ayurveda is an ancient science, it includes 08 branches that is kay, bal graham, damshttra etc. Agadtantra is one of the branch of ayurveda *Damstra* means knowledge related to visha or toxins. It's poisoning signs, symptoms and treatment is called as *Agadtantra*. *Alark visha* (Dog bite) incidences are seen worldwide. India is experiencing a significant surge in dog bites in 2025, with over 47 lakh cases reported by mid-February. While rabies deaths in 2024 surged to 180, 2025 data shows continuing high risk, particularly in Karnataka (53 deaths) and Tamil Nadu (28 deaths). The crisis highlights failures in stray dog management despite high, increasing, vaccination efforts. Dog bite incidence occur commonly but if person get rabid it is fatal. It can leads to death. Now a days we only have prophylactic treatment or immunization for *Alark visha* (Rabies) in modern science. In *Ayurveda* the knowledge about treatment, sign and symptoms of Alarka is mentioned. So present study is an attempt to conceptualize the *Alark Visha* with special reference to Bruhatrayee

KEYWORDS: Alark,Agad,Fatal,Poison,Chikitsa.**◆ INTRODUCTION**

Ayurveda is an ancient science, it includes 08 branches i.e.kay, bal, graham,damshttra etc. Agadtantra is one of the branch of ayurveda. *Damstra* means knowledge related to visha or toxins. Ayurveda is a branch of science which deals with maintaining health and treating illness of the body.[. Poisoning is caused by many factors like

biting, intake of inappropriate substances, application of paste of substance over body surface. According to *Ayurveda visha* has been divided into *sthavar visha* (Inanimate) & *jangam visha* (Animate). *Sthavar visha* poisoning is caused by some inanimate substances like metal poisoning like lead etc. and *jangam visha* poisoning is caused by poisoning by *visha* present in animals like snake, scorpion, dog, monkey, insects etc. India is experiencing a significant surge in dog bites in 2025, with over 47 lakh cases reported by mid-February. While rabies deaths in 2024 surged to 180, 2025 data shows continuing high risk, particularly in Karnataka (53 deaths) and Tamil Nadu (28 deaths). The crisis highlights failures in stray dog management despite high, increasing vaccination efforts. *Visha* can be defined as any substances when come in contact with body by any route causes fatality or death. Some poisons are hazardous to body and some poisons are responsible for death of person. Poison are classified in modern science in different types. It is classified into suicidal, homicidal, for cattle killing, stupifying, accidental and abortive. according to purpose or intention. It is classified as corrosive irritants, narcotics, cardiac and others. according to action or effect. The site of poison is the location from which poison is released from its source in case of *sthavar visha* they are ten, namely leaves, stem, flowers, fruits, bark, milk, Sara, niryas, dhaatu, kand. In case of *jangam visha* they are sixteen namely vision, expiration, teeth, nails, urine, faces, Semen, saliva, menses mouth, anus, tip, acid, legs and dead body of animals.[3] The *Alark visha* causes due to the bite of animal like cat, dog, wolf, monkey. *Alark visha* is very lethal to body. Once transmitted never be cure its fatal to all. *Alark visha* can be compared with rabies in modern science and we know that rabies can be 100% prevented but 100% fatal if not prevented. *Alark visha* is really very common in all over the world. It found in around human habitations, in urban and village locations in forest, desserts, hilly and in grasslands also.

◆ AIM

Review on *AlarkVisha* with special reference to *charaksamhita, sushrut samhita and ashtang hridaya*.

◆ OBJECTIVE

- 1) To study *Alark visha* from *charaksamhita, sushrut samhita and ashtang hridaya*.
- 2) To understand the sign and symptoms of the *Alarkvisha* in *Ayurveda*
- 3) To understand treatment of *Alark visha* in *Bruhatrai*.

◆ MATERIALAND METHOD

Literature review is done through *charak samhita, sushrut Samhita, ashtanghruday* and online data available.

◆ Review of literature

Alark

The *Alark visha* poisoning causes due to the bite of animal who is affected with *Alark visha*.

Sushruta described animals such as dog, monkey, cat, mongoose, tiger, wolf or any wild animal.^[4]

Samprapti

According to charaksamhita

After bite of the dog or other animal all the three doshas get vitiated and other *Rasadi dhaatus* get agitated.^[5]

According to Sushrut and Ashtang hruday

After bite, the poison get spread all over body and all doshas get vitiated. Kapha dosha prominence with other doshas get accumulated in *Sandnyavah & manovaha strotas* and it leads to *sadnyanash*. Other *Rasadi dhaatus* get agitated by the *Alark visha* and deprive it's functions.^[6,7]

Symptoms of animal who is affected with

Alark visha According to charak

Due to *Alark Visha* Animals get Headache with fever, excessive salivation. Its head is hanging down it unable to look upward.^[8]

According to sushrut

Due to *Alark Visha* animals tail, shoulder and chin get loosen up, loss of balance when walking, excessive salivation, the animal is unable to hear, barking differently, became aggressive and running everywhere.^[9]

According to ashtanghriday

Excessive salivation, it became blind and deaf, running every where, tail, shoulder and chin get loosen up, headache, neck hanging down.^[10]

Signs and Symptoms of *alark visha*

poisoning According to sushrut

- Black colour blood is coming out through bite site.
- A stab or punctured poisoned wound is formed.^[11]

According to ashtanghriday

- The bite site became numb and black colored blood is coming out.
- Headache and chestpain, fever, arthralgia.
- Became more thirsty after sometime become unconscious.^[12]

Arishta lakshna(Terminalsigns)of *alark visha* poisoning

According to Sushrut and Ashtang hriday

If patient not getting treatment in time or ignored the above symptoms patient get worsened with below symptoms.

- If the patient repeatedly utters the sound like bitten animal and acting like bitten animal.
- If the patient visualize the image of bitten animal in water, mirror or anywhere

Then the patient with such negative symptoms physician should understand that he will definitely die.^[13,14]

Jal-santras (Hydrophobia)

According to Sushrut and Ashtang hriday

A person who suddenly gets scared after seeing or touching water without any reason should also be considered as a sign indicating death. This state is called as Hydrophobia. He also does not become healthy if a patient wake up from sleep and suffers from water or in a healthy state then it is also in curable.^[15,16]

◆ Chikitsa of alark visha

poisoning According to sushrut

- If bitten by these animals press the bite site to extract blood and then burn it with goghrita.
- Apply goghrita and give puranghrita.
- Give a treatment of ark(Calotropis)milk as a purgative.
- Give a treatment of Aparajita and punarnava with dhatura.
- Give a treatment of palal(Tilkalk)tiltel and ark milk and jaggery.
- Give a treatment of one karsha (10 gm) of sharpunkha ½ karsha (5 gm) of dhatura give it with rice water and rice only.
- Patient should be animal contaminated with the poison of rabbid animal should give this treatment.

According to sushrut weather above medicine is get digested the patient will start behaving like a rabid dog when these symptoms get vanished. The patient should be kept in a cool and quite room without water after giving him a bath. Shali and shashti food should be given with hot milk on the next day. It has been mentioned to repeat the same treatment in half quantity on the third and fifth day this method is recommended by ancient Acharya to treat poison of rabbid dog. The person in whome the poison become semerged does not survive.^[17]

Ashwasan -chikitsa(Other treatment)

It is also mentioned in *Sushrut Samhita* that if the *Alarkvisha* get vitiated by itself the disease become incurable and so the clever physician should take efforts to vitiate the *Alark visha* by

medicines. In *Ashwasan chikitsa* it is stated that seeds (tiladi), ratna (gems), oshadhi all are put in vessels filled with cold water and gate bathed on the bank of river or at cross road. After offering tilkhal, tilkalk and curd. Offer different types of garlands and cooked meet and recite this Mantra "*he alkadhipati yaksha king of sameygana quickly detoxify me who hasbeen bitten by a dog*". After this give a tikshna samshodhana.[18]

According to ashtanghriday

- Do Dahan karma at bite site by ghrita
- Application of various agad lepa at the bite site. various agad lepa are mentioned in the samhita
- Give a treatment of puran ghrita.
- Give a treatment of ark kshir, white punarnava, tilkalk, tiltail, guda.[19]

According to charak

- (Chaturvishatiupakrama) twenty four folds of treatment told by charak. According to stages of poisoning do the proper treatment of patient.
- According to stages of doshas do the shodhana karma like vaman and virechana followed by sansarjan karma.[20]

◆ OBSERVATION AND RESULTS

Alarkvisha is very well explained in all the Samhitas. In *Sushrut Samhita* it is explained in detail in 7th adhyay of *kalpsthana* namely *mushik kalp adhyay*.

In *Charaksamhita* it is explained in detail in 23rd adhyay of *chikitsa sthan* namely *vishachikitsa adhyay*.

In *Ashtang hriday* it is explained in detail in 38th adhyay of *uttartantra* namely *mushik alark visha pratishedhamadhyay*.

◆ DISCUSSION AND CONCLUSION

It is observed that in all over the world dogs and cats are many a times pet animal and stray also. Wild animals influence is also in many areas of the world like village area, forest area, desert area and in hilly areas the poison comes under the *Jangam visha* category. It is very lethal to body and after the spread of poison there is no treatment. Now a days only prophylactic treatment is available. After the (Rabies virus) *Alark visha* contamination the virus travel through peripheral nerves to the brain. It affects on CNS lead to death by paralysis of muscles, difficulty in swallowing food and water, excessive salivation, fever, muscle spasm, patient start screaming, very afraid of water. Also it shows symptoms of vat dosh predominance, pitta dosh predominance and kaphadosha predominance. Like modern aspect in *Ayurveda in Brihatrayee* also mentioned all the signs and symptoms of the *Alark visha* with specific prognosis and treatment. Also they have

mentioned that it is *Sandnyavah strotas disease affecting brain* causing Jalsantras (Hydrophobia) and other *Arishta lakshanas* (Incurable signs).

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