



A CASE STUDY ON *SHATAPADI DAMSHA* WITH *COPRA POTALI SWEDA* AND *DASHANGA AGADA*

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ABSTRACT:

Shatapadi is one among the *JangamaVisha*. *Shatapadi Damsha* produces pain, swelling, redness, itching and burning sensation which makes daily activities difficult. Several external medications are mentioned in classics and in *Keraleeya Visha Chikitsa Granthas* for *Shatapadi Damsha*. But only a few of them are used in our daily practice. *Copra (Varattu Thenga) Potali Sweda* is a *Yoga* found in *Keeta Visha Prakarana* of *Kriyakoumudhi* in *Shatapadi Damsha*, which is not explored much, effortlessly prepared and comfortably administered. A 59 year old female patient came to OPD with a main complaint of pain and swelling of left palm for three hours. She noticed redness of the finger and palm and also experienced a slight burning sensation. *Copra Potali Sweda* was done externally for 30 minutes for 3 times with a gap of 30 minutes and 6 doses of 2-gram *Dasanga Agada* internally with a gap of 2 hours for one day. Redness and burning sensation was cured by the first *Swedana* itself. Pain has subsided by the second *Swedana*. Swelling was also cured by the completion of interventions.

Keywords: *Shatapadi*, centipedes, *Dasanga Agada*, *Copra potali Sweda*, *Varattu Thenga*

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INTRODUCTION

From olden times to the present era, poisonous bite has been a serious health concern. Among the poisonous animals, centipedes are the predatory venomous arthropods. They have a segmented body and each segment consists of one pair of legs. The first and foremost pair of leg is modified into forcipules which is a pincer-like structure. It injects the venom to the victim. Agadatantra is one among branches of Ayurveda that deals with the treatment of poisonous bite and other poisonous conditions. *Shatapadi* is a *Keeta*, which is classified under *JangamaVisha*. *Shatapadi* means “*ShatamPadamYasya*” which is having hundred legs^[1]. On getting *Shatapadi Damsha* it produces *Ruk*, *Raga*, *Sopha* and *Daha*^[2]. *Visheshachikitsa* mentioned for *Shatapadi Damsha* are very less in Samhitas, whereas in Keraleeyavishachikitsa books mentioned many *Yogas* for it. But very few of them are in practice. Copra *Potali Sweda* is a *Yoga* found in *Keeta Visha Prakarana* of *Kriyakoumudhi* in *Shatapadi Damsha*, which is not explored much^[3]. The coconut albumen becomes hard with sweet and salty water inside is called *Varattu Thenga*^[4]. A protocol was developed for the treatment of *Shatapadi Damsha* with Copra *Potali Sweda* externally and *Dasanga Agada*^[5] internally.

CASE REPORT

A 59 year old female patient came to the OPD of Pappinisseri Visha chikitsa Kendra under PG department of Agadatantra (OP Number: 4846/22) on 15th November 2022 with a main complaint of pain and swelling of left palm for three hours. An interrogation with the patient revealed a history of centipede bite on her left index finger from her work place. She noticed two marks over the finger and started pain. She was taken to our hospital by her co-workers. On the way she noticed swelling and redness of the finger and palm and also experienced a slight burning sensation.

General examination

Built	: moderately
Nourishment	: good
Temperature	: 98.6 ^o F
Height	: 149cm
Weight	: 55 kg
Pulse	: 73/min
Respiratory rate	: 19/min
Heart rate	: 73/min
BP	: 130/90 mmHg

Systemic examination

Cardiovascular system : S₁ and S₂ sounds heard, no abnormal sound detected.

Respiratory system : size and shape of chest found normal, chest clear.

Nervous system : no abnormalities found

Gastrointestinal system: no abnormalities found

Locomotor system : no abnormalities found

Integumentary system: Left palm

Inspection : redness, swelling

Palpation: mild tenderness at bite site, slight increase in temperature, Non-pitting edema

Interrogation: pain, burning sensation

AstastanaPareeksha

Nadi : *Vatakapha*

Mutra : 3-4 times/ day, 2 times/ night(drink- 6-8 glass of water)

Malam : *Prakrutham*(not constipated)

Jihwa: *Liptam*(coated)

Sabdham: *Spashtam*(clear voice)

Sparsham: *Ushnasparsha* at affected part

Drik: *Prakrutha* (normal)

Akriti: *Madhyama*

DasavidhaPareeksha

Dosha: *Tridosha* (*Vatapittapradana*)

Dushya: *Rasa, Rakta, Mamsa*

Desham: *Bhumi: Anupa*

Deha: *Vaama hasta*

Balam Roga: *Pravara*

Rogi: *Madhyama*

Kalam : *Kshanadi* : *Sarat*

Vyadhyavasta : *Navam*

Analam: *Madhyama*

Prakruthi: *Vatakapha*

Vaya : *Vridha*

Satva : *Madhyama*

Satmya: *Katu amla rasa pradhanasarvarasa*

Ahara: *Misram*

Diagnosis: *Shatapadi Damsha/ Centipede bite*

Therapeutic intervention

Drug externally : *Copra Potali Sweda*

Duration : 30 minutes

Frequency : 3 times (gap of 30 minutes)

Drug orally : *Dasanga Agada*

Dose : 2 tablet (2*1gm) (6 doses with a gap of 2 hours)

Anupana : lukewarm water

Preparation of medicine

Copra Potali/ Varattu Thenga Kizhi

Part used : Solid albumen of coconut

For preparation of two Potali, following items were used:

Cotton Cloth : 2 nos (30 x 30 cm)

Tag : 2 nos

Pan : 1 nos

Stove : 1 nos

Copra : half a coconut

Method / Procedure

The *Potali* was made hot and applied over the affected part of the participants only after checking the temperature. *Potali* were used alternatively to maintain the temperature throughout the procedure for 30 minutes.

Treatment given and observation

Table 1: Treatment given and observation

Date & time	Condition of patient	Medicine given	Observation
15/11/22 10.00am	Pain ,swelling, redness, burning sensation	<i>Dasanga Agada</i> (2 gm with lukewarm water)	
15/11/22 10.15am	Pain ,swelling, redness, burning sensation	<i>Copra PotaliSweda</i> -30 minutes	Redness & burning sensation cured Pain & swelling reduced,
15/11/22 11.15am	Pain & swelling	<i>Copra PotaliSweda</i> -30 minutes	Pain also subsided Swelling reduced
15/11/22 12.00pm	Swelling	<i>Dasanga Agada</i> (2 gm with lukewarm water)	Swelling reduced
15/11/22 12.15m	Swelling	<i>Copra PotaliSweda</i> -30 minutes	Swelling reduced
15/11/22 2.00pm,4.00pm, 6.00pm,8.00pm		<i>Dasanga Agada</i> (2 gm with lukewarm water)	Swelling subsided

16/11/22: Observation day

17/11/22: Follow up day: No fresh complaints



Figure 1-first visit



Figure 2- follow up day

DISCUSSION

The diagnosis of the case was done by the proper history taking. The main complaint by the patient was the pain. And for the cessation of the pain a *Sadyo Chikitsais* needed. A *Vishahara, Vedanahara, Sophahara Chikitsa* was developed after proper case taking. Copra *Potali Sweda* is a *Yoga* found in *Keeta Visha Prakarana* of *Kriyakoumudhi* in *Shatapadi Damsha*, which is not explored much and *Dasanga Agada* was used as interanal medicine. The treatment plan was decided and administered to the patient. The developed treatment plan was found very effective in curing the symptoms by one day itself. Redness and burning sensation was cured by the first *Swedana* itself. Pain has subsided by the second *Swedana*. Swelling was also cured by the completion of interventions.

On analysis of symptoms, the predominant symptoms found in *Shatapadi Damsha* are *Ruja, Daha, Sopha, Atasipushpavarna* (blue, bluish violet), *Raga* and *Kandu*. The pain occurring is due to the *KupitaVata*. The *Ruksha, Ashukaritva* and *Sukshma Gunas* are responsible for *Vatakopa*. The *Paithika Bhavas* at the same time is aggravated by *Vishagunalike Ushna* and *Teekshna* thus resulting in *Daha, Hrt daha, Damsha Sweda*. *Kapha* with its *Sthira Guna* leads to *Srotorodha*

and finally to *Sopha* and may also produce *Kandu*. Even though the *Visha* is having its own *Gunas*, the Symptoms are produced when the vitiation of *Tridosha* occurs. After analyzing the *Lakshanas* of *Shatapadi Visha*, we can find that all the three *Doshas* get vitiated, especially the *Vata* and *Kapha*.

Nalikeraphala is having qualities like *Madhura, Snigda, Guru* and *Seetha*. These are qualities of *Ojas*. So *Nalikeraphala* is having *Ojoakara* property or it can be consider as *Amrutha*, which counteract with the qualities of *Visha*. From the *Phalasaruthi, "Pazhutharavishamtheerum"*, which means this *Yoga* helps in removing the *Visha* and getting relief from symptoms. Most of the *Vishaharadravya* acts by its *Prabhava*. And here also the desired result is achieved by the *Prabhava* of *Varattu Thenga*. As per Acharyas, *Seethopachara* in *Keetavisha* aggravate *Visha*. In all contexts of *Visha*, *Swedana* are indicated in *Vata* and *Kapha* predominant conditions. *Visha* is *Langhanatmaka*. So in case of *Shatapadi Visha*, *Snigdasweda Prayoga* can be adopted. By the *Snigda Sweda*, *Vata Dosha Samana* occurs. The proper functioning of *Vata Dosha* results in establishment of equilibrium state of *Pitta* and *Kapha Dosha*. Thus *Tridosaharatva* can be attained by copra *Potali Sweda*.

Centipede venom has a complex list of ingredients. Many ingredients such as polypeptides, enzymes, histamines and Toxin-S are heat labile. Denaturing the heat labile toxin appears to be the most likely mechanism by hot application in centipede bite^[6]. Research studies are confirming the wound healing properties of solid albumen pulp^[7].

The *Phalasaruthi* of the *Dasanga Agada Yoga* says it is “*Sarvakitavisham Jayet*”, it relieves the effects of insect bite. It is a scientifically proven drug in *Shatapadi Visha*^[8]. On analyzing the properties of the individual drugs in the *Yoga*, most of them have *KatuTikta Rasa*, *Laghu*, *Tikshna Guna*, *KatuVipaka* and *UshnaVirya*. While analyzing the *Doshagna* property of the ingredients of *Yoga* 70% are *Kaphavatahara* and the remaining are having *Tridosahara* property. And almost all of the drugs have *Vedanahara* and *Sophahara* properties. *Vacha*, *Hingu* and *Pippali* are having *Vedanasthapana* action which will act on the *Keeta damsha*. *Vidanga*, *Prativisha*, *Maricha* and *Patha* are having *Shothahara* action. *Prativisha* and *Patha* are having *Vishaghna* action. However, action of *Yoga* is due to its *Yoga Prabhaava*. So this *Yoga* is effective in manifestation by *Shatapadi Visha*.

CONCLUSION

- The copra *Potali* can be effortlessly prepared and can be comfortably administered to the patient.
- The internal administration of *Dasanga Agada* also helped in preventing the further complications if systemic envenomation occurred. Thus preventing the formation of *Dooshivisha*.
- No complication or adverse drug reaction were noted during the treatment period.
- The protocol is found to be clinically significant in treating the cases of *Shatapadi Damsha*, which can be used as a *Sadyochikitsa* in *Shatapadi Damsha*.

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