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### Research Article

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## Arbudahar Effect of Bhallataka: A Case Report

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### Abstract

Agadtantra is branch of Ayurveda toxicology, which works around poisons and its treatment. The traditional texts mentioned medicinal properties of some poisons, however poison can acts as drug only after *Shodhan* (Purification) measure i.e.; *Bhallataka* (*Semicarpus Anacardium*) a poisonous drug offers *Arbudahar* property after being purified. The Ayurveda branch which associated with the diseases and treatment of Eye, Ear, Nose, Throat and *Shira* region is termed as *Shalakyatantra*. There are many diseases which arise from these body parts and *Arbuda* in neck region is one of them. Poisonous drug *Bhallataka* (*Semicarpus anacardium*) provides *Arbudahar* property and can be used after proper purification and precautionary measures. This article presented a case report on *Arbudahar* effect of *Bhallataka*.

**Keywords:** Ayurveda, *Bhallataka*, *Arbudahar*, *Agadtantra*, *Semicarpus anacardium*, *Shalakyatantra*

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### 1. Introduction

The Ayurveda classics defined the concept of *Arbuda* which somehow differs from *Granthi*, as per modern terminology the *Granthi* can be correlated with tumour while *Arbuda* can be correlated with cancer. There are many other types of *Arbuda* which can be correlated with modern terminologies such as; *Raktarbuda* can be correlated with leukemia while *Mamsarbuda* represents melanoma and *Mukharbuda* can be correlated with oral cancer, etc. The pathogenesis of *Arbuda* depends upon metabolic changes when *Vata dosha* play role in cell division. Aggravation of *Vata dosha* along with suppression of *Kapha doshas* may triggers cells proliferation. (1-4) *Acharya Susruta* described different stages in the pathogenesis of diseases; these stages in case of *Arbuda* can be explained as follows:

- *Sanchaya* means early localized neoplastic changes
- *Prakopa* initiation of metastatic tumours
- *Prasara* is metastasis stage
- *Sthana samsraya* stage includes complete metastasis along with secondary growth

- *Vyakti* involves appearance of signs and symptoms of *Arbuda*.
- *Bheda* stage describes as differentiation stage of pathological progression.

*Sushrutahas* described different types of *Arbuda* as *Vataarbuda*, *Pitta Arbuda*, *Kaphaarbuda*, *Raktajarbuda*, *Mamsjaarbuda* and *Medojarbuda*. *Arbuda* affects various tissues mainly *Rakta* and *Mansa*, the vitiation of *Agni* and formation of *Ama* also involved in the pathogenesis of *Arbuda*. Ayurveda classics mentioned role of various drugs in the management of *Arbuda* and *Bhallataka* (*Semecarpus anacardium*) is one such drug that can be used for *Arbuda* after purification. (3-6)

According to classification *Arbuda* are of two types:

- a. *Sadhya* (Benign)
- b. *Asadhya* (Malignant)

In this article with the help of case paper of patient who was suffering from *Sadhya Arbuda* (benign one), the ultimate "*Arbuda har*" property of a poisonous drug *Bhallatak* (*Semicarpus Anacardium*) after *Shodhan* (purification) is shown.

**Bhallataka** (*Semecarpus anacardium*) offers *Arbudahar* property thus this drug was used for a case of *Arbuda* in neck region and report presented here.

## 2. Materials and methods

### Patients Details:

**Table 1.** *Ashta Vidha Pariksha*

Nadi	Mala (frequency of defecation)	Mala (frequency of urination)	Jivha	Shabda	Sparsha	Druk	Akruti
81 b/min	Once in a day	4-5 times/day	<i>Alipta</i>	<i>Avishesha</i>	<i>Anushna Sheeta</i>	<i>Avishesha</i>	<i>Madhyama</i>

### Clinical investigations

Patient observed with *Kapha vataja* predominant *Prakruti* and *Vikruti* of *Rasa*, *Mamsa* and *Meda*. *Madhyama Sara & Samhanana*, *Mishra rasa satmya*, *Madhyama Ahara Shakti*, *Madhyama Jarana Shakti* and *Madhyama Vyayama Shakti* were also observed during clinical investigations.

### Symptoms

- ✓ Appearance of round, immobile, large swelling on neck.
- ✓ Lump on neck only, other area not affected

### Pathological parameters

- **CBC:** Hb- 11.7 gm%. The rest of the CBC parameters were found to within
  - normal range.
- **T3:** 137 ng/dl,
- **T4:** 8.48 mg/dl,
- **TSH:** 1.71 ml IU/ml
- **USG Neck:** Cystic lesion B/W antero superior part to postero inferior part of Thyroid.

## 3. Treatment

*The patient was treated with Shamana Chikitsa using following medications:*

- Revplaq Tablet (Consisted of *Bhallataka*, *Chitraka* and *Guggulu*)
  - **Dose:** 02 tablets/thrice a day after meal with water.
- *Kanchnar Guggulu* Tablet
  - **Dose:** 02 tablets/thrice a day after meal with warm water.
- *Harde* Tablet
  - **Dose:** 02 tablets at bed time with warm water daily.

### Follow up period:

Every 15 days up to 03 months.

## 4. Observations

The therapy provides relief in disease symptoms without any complication after the uses of drug *Bhallataka*. The relief in symptoms was found to be remarkable as depicted in **Figures 1-3**, therapy also exhibited effective reduction in disease progression.

Probable mode of action of therapy:

The patient (age; 23 years), unmarried, came to the OPD of *Shalakyatantra* Dept. of Swami Atmanand Saraswati Ayurveda Hospital, Surat with the complaint of swelling on the neck region that lasting from the one month, patient does not reported any other illness.

Kapha which manifest as swollen growth in deeper tissue, *Kanchanara Guggulu* relieves accumulation of Kapha in tissue. Formulation breaks and eliminates lump and detoxify body by lymphatic drainage and regulating metabolic activities. Formulation by virtue of its detoxifying nature facilitate elimination of inflammatory toxins thus controls extra growths of tumors. The *Ruksha guna* and *Ushna virya* imparts Kapha pitta hara, *Lekhana*, *Chedana*, *Grantihara* and *Shophahara* properties thus relieves symptoms of *Arbuda* in neck region.



**Figure 1.** Effect of therapy after one month of treatment



**Figure 2.** Effect of therapy after two month of treatment



**Figure 3.** Effect of therapy after three month of treatment

Formulation clears channels, reduces inflammation, pain and swelling by virtue of its anti-inflammatory activity. Bhallataka is non-poisonous after Shodhan and it acts as Arbudahar medicine due to its following Ayurveda properties:

- Rasa: Katu, Tikta and Kasaya
- Guna: Laghu, Tikshna
- Virya: Ushna
- Vipaka: Madhura

The Katu-Tikta Rasa and Ushnaveerya of Bhallataka provide Kaphavataharam, Gulmanashan, Vidradhi Nashana and Medanashanam effects, thus relieves symptoms and growth of Arbuda. (5-10)

## 5. Conclusion

The present case study showed marked improvement in symptoms and growth of Arbuda in neck region after the treatment with oral medicines (Revplaq Tablet, Kanchnar Guggulu and Harde Tablet). The Tikshna, Laghu and Ushna virya of formulation mainly Bhallataka provides Arbuda hara effect and reduces pathological progression of disease significantly.

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## Conflict of Interest

The author declares that there is no conflict of interest regarding the publication of this article.

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