



EXPLORING THE ADVERSE DRUG REACTIONS OF SNUHI TAILA ABHYANGA IN VARICOSE VEIN W.S.R.TO MULTIPAROUS WOMEN.

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ABSTRACT

Snuhi plant is a very important therapeutic approaches in Shalyatantra branch among Ashtang Ayurveda with less number of medicinal formulations. The utilization of Snuhi stem for Snuhi Taila preparation contributes towards the management of varicose veins. The Snuhi Taila was used as Abhyanga (Local application) for varicose vein which provides supportive mode of management for palliation of varicose vein.

Abhyanga therapy is well-known traditional therapy, as it's a approach has gained recognition and acceptance at the international level. This study involves the application of Snuhi Taila to reverse and prevents further varicose vein pathogenesis. This paper aims to provide a comprehensive overview of adverse drug reactions and scope of Snuhi Taila application on varicose vein an international scale. It explores the therapeutic mechanism, clinical applications and effectiveness of this therapy, highlighting its potential benefits and adverse drug reactions.

Pharmacovigilance is the need of current era to monitoring the adverse drug reactions induced by all systems of medicine. A Drug or formulation produces adverse events if it is not procured, produced, and used as per the classical guidelines. Various classical preparations along with some proprietary formulations were manufactured by the developed pharmaceutical industries which have brought many challenges about safe use of Ayurvedic Medicines especially metallic preparations and herbo-mineral drugs of Ayurveda are always in doubt regarding safety and toxicity. Ayurveda literature is full of standard methods to prepare various medicines, and it also mentioned adverse drug events occurred due to inaccuracy in the procedures accepted.

Here's a more detailed inspection at the application of Snuhi Taila in Varicose vein patients fulfils the purposes like Ensuring Patient Safety, Promoting Rational Drug Use, Understanding and Preventing ADRs, Monitoring and Surveillance, Improving Public Health and Regulatory Actions.

Key Words: Varicose vein, ADRs of Snuhi Taila, Snuhi Stem, Tila Taila and Abhyanga.

INTRODUCTION

The primary purpose of pharmacovigilance in Ayurveda is to ensure the safety and efficacy of Ayurvedic medicines by identifying, assessing, and preventing adverse drug reactions (ADRs). It aims

to improve patient care, enhances public health, and promote rational drug use. This involves collecting data, documenting clinical evidence of safety and making recommendations for regulatory interventions.

Snuhi plant contributes evidence-based role of master key in the form of minimum access surgery (Anushastra) for the diseases which are not easily curable. As reviewing Ashtang Ayurveda literature, use of Snuhi plant is described with a smaller number of medicinal formulations. In current scenario, use of Snuhi plant in the form of Ksheera (latex) is at peak level in Shalyatantra practices while other useful part of Snuhi is rarely using even if other part also acts effectively. The utilization of Snuhi stem for Snuhi Taila preparation which contributes acceptability, suitability and stability with disease palliative efficacy towards the management of varicose veins. Sometimes Snuhi Taila may produce typical skin lesions.

Abhyanga Therapy is becoming increasingly popular in varicose vein. Snuhi Taila is one of the oil used for massage in initial phase of vascular disorders.

This review is aimed at addressing the ADRs occurred with local application of Snuhi Taila. In the present study Snuhi Taila was applied daily for three months. During the period, No Adverse reactions was observed while local application but after completion of treatment those patients of varicose vein continuously applied Snuhi Taila massage for six to twelve months some Adverse drug reaction like burning sensation, redness, mild irritation, inflammation and itching were observed.

Drugs used for preparation of Snuhi Taila

1. Snuhi

Family Name - Euphorbiaceae

Latin Name - Euphorbia Nerifolia Linn.

Kula - Eranda Kula

Gana - Virechana, Shatshodhanvraksha (Cha.); Adhobhaghara, Shyamyadi (Su.) Snuhi (Euphorbia nerifolia Linn) the Upavisha, is classified under different categories by different Acharyas, according to therapeutic properties. Acharya Charak classified Snuhi in Tikshna Virechana Dravya, Acharya Sushruta in Shyamadigana and Adhobhaghara Dravya and Acharya Vagbhata in Mushakadi Gana. In most of the Nighantu, it is included in Guduchyadi Varga.

Synonyms Nistishapatra Snuk, Guda, Sudha, Samantdugdha, Vajri, Sehunda,

English Name Common Milk hedge

Marathi Name - Nivadunga

Chemical Constituent-Euphorban, Resin, gum, rubber, calcium, malsseate, Latex contains water and water soluble 69.4-93.3%, triterpenes.

Flavonoids like flavonol, proanthocyanidins shows anti-inflammatory, analgesic, hypolipidemic, hepato protective, diuretics, anti-diabetics, anti-carcinogenic, antibacterial, anti-viral, anti-fungal, anti-ulcer, antioxidant, analgesic, wound healing, and anti-thrombotic activity.

There is mounting evidence that flavonoids rich food & beverages contribute to vascular outcomes, reducing platelet aggregation and also provides Reno protective benefits.

Parts Used - Root, Latex, Leaves, Stem

Properties

Rasa - Katu

Virya - Ushna

Vipaka – Katu

Guna-Laghu, Tikshna

Doshghnata – Kapahavatahara

Karma

Vedanasthapana, Lekhana, Raktashodhak, Twakdoshahar,

Tikshna Virechak, Bhedana, Aamakaphavatahara.

Side effects

Excess use of Snuhi can cause severe purgation and if the milk of the plant falls to the mucosal part, eye, face, thin and delicate skin, genital part skin and fairy skin. Hence Snuhi should be used always under medical supervision.

Toxic effect

Latex of Snuhi is found to be a powerful contact poison but weaker as a stomach poison. Produce excruciating pain and severe inflammation if it gets into a cut on skin or into eyeball, may result in ulceration of the eyeball.

External Uses - Leaves are anti-inflammatory in action, Decoction - Drops are uses for ear pain, Latex useful in haemorrhoids, skin diseases, and toothache.

Formulation of Snuhi for external use - Snuhi Taila

Dose – 10-15 ml

Route of administration – Local application

2. Tila Taila

Tila Taila has occupied the highest place in the list of all Taila. It is squeezed from sesamum-beej. So, the properties of Tila Taila are similar to that of Tila.

Botanical name: Sesamum Indican Linn.

Natural order: Pedaliaceae

Sanskrit name: Tila, Pitrutarpan, Papaghna, Pootadhanya.

English name: Sesamum

Parts used: Seed and oil squeezed from seed.

Chemical composition: Seeds contain humidity 4.1-6.6%, fats 43 to 56.8%, proteins 16.6% to 26.4%, carbohydrates 9.1 to 25.3%, minerals 4.1 to 7.4%, calcium 1.06 to 1.45% and phosphorous 0.47 to 0.62%.

Properties:

Guna: Snigdha, Ushna, Vyavayi, Sangrahee

Rasa: Madhura,

Anurasa- Kashaya, Tikta

Veerya: Ushna

Vipaka: Ushna

Doshghnata: Vatashamaka, Kaphapittavardha

Action and uses: Tila Taila promoted action of medicine added to it, increases its efficacy, so it is described as Sarvorogapaham. It cures all diseases of Vata. It is also used as base of many preparations for Basti, eye drops and ear drops.

Mode of action of Snuhi Taila

Local application of Snuhi Taila gives rise to Vimalapana Karma, Shothghna, Vilayana, Pachana, Sukshma, Vishyandi Karma which all helpful to increase venous return blood supply. Snuhi described in Upavisha Varga and possess Shothghna, Bhedana, Shoolaghana, Aama and Kaphahara, Ushna, Tikshna, Katu, Sukshma, Vyavayi, Vikashi, Strotogami properties.

As par Acharya Charaka, Katu-Rasa is useful in 'Shonit-Sanghat-Bhinnati' that means Clot-lysis activity. It is useful to dilate the channels of Sira and makes Sira (vein) free from blood congestion. It strengthens muscular walls of veins by Kaphashamak properties. It also prevents Kandu (Itching) by providing smoothness to the skin hence prevents advanced pathogenesis (Samprapti) like Shotha (edema), Kandu (Itching). Vranotpatti (ulcer formation). Snuhi possesses Kaphavathara, Shulahaar, Udveshtana-Nirodhi (19), properties which will take part in reducing heaviness in legs, night muscle cramps, spider veins, leg pain.

Snuhi possess thrombolytic property hence application of Snuhi Taila on varicose veins helps to reduce venous congestion and prevents further complications like deep vein thrombosis. It is also proved that sufficient flavonol content of Snuhi (*Euphorbia Nerifolia*) exhibit clot lysis activity compared with streptokinase; hence it is evidenced that it could be a very good source of natural medicines. Snuhi plant has potent antifungal, analgesic, anti-inflammatory, hypolipidemic, anti-thrombotic, antiulcer, wound healing, and antioxidant activities hence application of Snuhi Taila helps in reducing swelling and inflammation of veins and may improves the condition of atherosclerosis. It also reduces congestion of blood and prevents clot forming activity of blood. Application of Snuhi Taila in upward direction helps to improve venous return, reduce leakage and rupture of vein, regains lost muscle tone, increases strength of veins walls, reduces blood congestion in veins ultimately reduces dilatation, tortuosity and sacculatation of veins hence reduces leg pain, muscle cramps and heaviness in legs. It also prevents clotting of blood and also helpful in reducing the size of blood clot. Application of Snuhi Taila for longer duration helps in reducing network of spider veins and varicose veins.

ADRs observed while application of Snuhi Taila

Mild adverse reactions were observed while local application of Snuhi Taila for long duration are as follows

- Burning sensation
- Redness
- Mild irritation
- Inflammation
- Itching

Abhyanga, a full-body oil massage in Ayurveda, is generally considered safe but can cause mild, temporary side effects in some individuals. These may include skin sensitivity, fatigue, or a burning sensation from the oil. Ayurvedic practices including Abhyanga also have broader principles of drug safety such as avoiding "Ahita" (unsuitable actions) and "Viruddha" (incompatible actions).

Common Adverse Reactions of Snuhi Taila Abhyanga:

- Skin Sensitivity: Some individuals may experience mild skin redness, itching, or a burning sensation, especially if the oil was applied to sensitive areas or if the skin is already irritated.
- Fatigue: Abhyanga can sometimes lead to temporary fatigue as the body processes the oil and detoxifies.

Rare, but Potential Adverse Reactions

- Contact Dermatitis: Contact dermatitis, an inflammatory skin reaction, can develop if a person is allergic to a component of the oil

Precaution to avoid ADRs

While application of Snuhi Taila in varicose vein, patient should avoid contact with Genital region, Perianal region, Oral cavity and Eye.

Management of ADRs

- Stop use of Snuhi Taila application.
- Local Application of Kumari Svaras.
- Symptomatic Treatment: Treatment of the symptoms of the ADR, such as skin rashes , itching , inflammation, burning, and redness may be necessary with washing of body part with clean water and application of Raktachandana Lepa.

Discussion

In Ayurveda, adverse drug reactions (ADRs), also known as "Aushadha Vyapata", refer to any unintended or extra actions of a drug beyond its intended therapeutic effect. These reactions can include side effects, toxic effects and idiosyncratic effects. Similar to modern pharmacology, ADRs in Ayurveda can arise from various factors, including drug interactions, overdose, iatrogenic effects and unsuitable drug administration. Ayurveda acknowledges ADRs as a real possibility, similar to modern medicine, and recognizes various causes.

Importance of Safety: Principal Investigator emphasizes safety and patient well-being throughout the treatment process.

Causes of ADRs of Snuhi Taila

- Drug Interactions (Viruddhadravayaprayoga): Unsuitable combinations of drugs can lead to adverse reactions.
- Iatrogenic Effects (Vaidhyakruti): Treatment-related complications from therapies like massage or improper preparation of Snuhi Taila can cause ADRs.
- Overdose for application of Snuhi Taila (Atimatradravyaprayoga): Excessive dosages can lead to adverse effects.
- Excessive pressure/forceful massage can produce ADRs.

Conclusions

1. Adverse drug reactions of Snuhi Taila Abhyanga in Varicose Vein depend on duration, site of application and pressure applied on the body part.
2. The adverse drug reactions of Snuhi Taila Abhyanga in Varicose Vein observed mostly after long duration i.e. beyond three months of application but not appeared onwards.
3. The management of adverse drug reactions of Snuhi Taila Abhyanga in Varicose Vein requires only counselling & Psychological support to patient; it was observed that adverse drug reactions symptoms disappeared or regress within 72 hrs.
4. Management of adverse drug reactions of Snuhi Taila Abhyanga in Varicose Vein were carried out with the help of Kumari Svarasa (Aloevera pulp) application or Jatyadi Ghrut.
5. Kumari Svarasa & Jatyadi Ghrut showed remarkable improvement in management of adverse drug reactions of Snuhi Taila Abhyanga in Varicose Vein.

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