

PROFOUND KNOWLEDGE ON APPLIED ASPECTS OF AGRYA AUSHADHA

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ABSTRACT

In Today era Ayurveda is becoming more and more conventional globally because of its ecofriendly, cost effective, less side effects and holistic approach. In *Samhita*, *Acharyas* has given the list of *Agrya Dravya* i.e. the drug which can be used as a first drug (Drug of choice) for the treatment of that particular condition or disease. e.g.: *Mutrakruccha-Vataharanam* is *Gokshura* and *Vrushya-Sarvadoshaharanam* is *Shaliparni*. All *Agrya Aushadhi Dravya* are acts based on its own potential or properties like *Rasa*, *Guna*, *Viryadi* and the chemical constituents. These all *Agrya-aushadhi* are the most potent drugs of that particular disease. Here some examples of *Agrya*

aushadha explained with applied therapeutic excellency. One drug can be used in many diseases so as many drugs are used in one disease also. In treatment use of an *Agrya dravya* Instead of using multiple drugs is more economically affordable and effective.

KEYWORDS: *Agrya aushdhi*, *Ekal dravya chikitsa*, Single drug therapy.

INTRODUCTION

The main ambition of *Ayurveda* is to preserve the health of healthy person and destroy the disease from its root. When '*Yukti and Aapto praman*' is used tactfully in *Dravya yojana* only then Ambition of *Ayurveda* will be fulfilled. *Ayurveda* promotes preventive methods. It balances all the components like physical, mental and spiritual factor.

Human passion on herbal medicine dated back to times centuries old. The plant/herbs have played major part in the pharmacotherapy during the *Vedic* period in India. *Vedic* literature indicates mainly about the utility about single herbs in the management of common diseases.

Similar trend is followed during in early *Samhita* period as well. Though certain compound preparations are explained by *Acharya Charaka*, single drugs with similar indication were categorized under the '*Dasemani* groups' (group of 10 herbs with single indication). Poly herbal formulations have the ayurvedic pharmacotherapeutics subsequently. Hence, *Susruta* mentioned the *Ganas* (group of herbs) possessing multiple herbs with multiple indications. *Vridha Vagbhata* tactfully adopted both the earlier approaches.^[1]

AIMS AND OBJECTIVES

- (1) The study is carried out with an aim to review the *Agrya Dravya* on Basic Concepts of *Dravyagun-Shastra* and therapeutics.
- (2) Evaluate some Examples of *Agrya Aushadha* with applied therapeutic Excellences.

REVIEW OF LITERATURE

Bruhatryee includes *Agrya aushadhi* to prevent the disease and maintain the health.

- In *Charak samhita Sutrasthana* 25/40, includes 152 *Agrya aushadhi*,
- In *Astang Hridaya Uttar sthana*.40, includes 55 *Agrya aushadhi*
- In *Astang Sangraha*. Su.13, *Agryasangraha* adhaya are described.
- In *Aashtang hridayam Agrya dravyas* focused to cure the diseases while in *Charak samhita Agrya dravyas* as preventive measure is stressed.

These all *Agrya-aushadhi* are the most potent drugs of that particular disease.

MATERIALS AND METHODS

Classical *Ayurveda* texts, modern and *Ayurvedic* literature were evaluated for complete understanding of concept of *Agrya aushadhi*.

CONCEPT OF AGRYA AUSHADHI

In *Ayurveda* '*Ekal dravya chikitsa*' is having more importance. That is A single drug mentioned for single disease.

अग्र्याणां शतम् उदिष्टं यद् दिपग्जाशदुतरम् I

अलमेत आदि विकाराणां विधातायोपादिश्यते II

(ch.su.25/41)^[2]

All *Agrya Aushadhi* are based on its own potential or qualities like *Rasa*, *Guna*, *Viryadi* and the chemical properties. In some context for one disease a single drug is mentioned or a single drug mentioned for more than one disease.

Agrya Aushadhi are cost effective, economical, easy to use and safe. *Agrya Aushadh dravyas* are most potent drugs of that particular disease. In *Shatkriyakaal*, *Agrya Aushadhis* are effective in *Sthana Samshraya Avastha*.

e.g.

- *Vidang - Krimighna*
- *Musta - Dipan, Pachan, Sangrahak*

Hetu pratyani, *Vyadi pratyani* and *Ubhaya pratyani chikitsa* are the main therapeutic measures, commonly used in practice. In *Agrya aushadhi* all these *chikitsa* are mentioned for each and every disease. The *Agrya aushadhi* is the result of discussion between *Athreya Punarvasu* and his students (*Shishyas*).

The word *Agrya* used to show the efficacy of *dravya*. Some *Agrya dravya* described to cure diseases or maintain the *swasthya* (health). On the other hand, some *Agrya dravya* are causative factors (*Hetu*) for diseases or unwell being.

In the *Agrya Dravya* few are *Aahar*(food) related facts and few about *Vihar* (lifestyle) related facts and *Aushadha Dravya* (medicinal drugs) mentioned.

e.g.

- *Ekras abhyas - Daurbalyakar*
- *Upwas*(fasting)-*Jwarahar*(cures fever)
- *Kutaj - Raktarshahar*

The *Agrya aushadhi* has role to play in preventive aspect like “*Kaalbhajan- Aarogyakar*”, “*Vishaad-Rogvardhak*.”

Here some Examples of *Agrya aushadha* with applied therapeutic excellency.

e.g.

- *Vidang - Krimighna*,

- *Aamalaki - Vayahsthapan*
- *Gokshur – Mutrakrichhaghna*
- *Mahisha kshir - Anindrahara*
- *Khadir - Kusthaghna*
- *Shirish - Vishaghna*
- *Kantakarika - Kaasaghna,*
- *Vasa - Raktapitta prashmam*

विडग (Krimighna)^[3]



***Embelia Ribes* Burm.**

Properties

Rasa: Katu, Kasaya

Guna: Laghu, Ruksha, Tikсна

Virya: Usna

Vipaka: Katu

Chemical constituents: Embeline, Christembine, Homoembelin, Homorapanone, Quercitol.

Caraka delineated *vidanga* as the best among *krimighna dravyas*.

One of the well-known herbal pharmaceutical ingredients embelin, which is found in *embelia ribes*, having significant anthelmintic result.

By recent *Invitro* evaluation it is proved that embelin potentiates paralysis in worm and ultimately it results in death of worms.

आमलकी (Vayahsthapan)

Emblica officinalis Gaertn.

Properties

Rasa: Amlapradhana Pancha Rasa

Guna: Ruksha, Laghu, Sara

Virya: Sita

Vipaka: Madhura

Karma: Tridosha Hara, Vayasthapana, Rasayana

Caraka quoted it as the best among the *Vayasthapana* drugs (rejuvenators).

Both the classical literature and scientific studies prove that amalaki is an Immunomodulator, Antioxidant, Tonic, Anti-diabetic and Hypocholesteremic agent.

Research has proven that Phyllembelin, the active ingredient in *Amalaki*, has an action on endothelial dysfunction. It works to restore a healthy endothelial lining.^[4]

गोक्षुर (Mutrakrichhahar)

Tribulus terrestris

Properties

Rasa: Madhura

Guna: Guru, Snigdha

Virya: Sita

Vipaka: Madhura

Chemical constituents: chlorogenin, diosgenin, gitogenin, β -sitosterol.

Caraka identified it as the best drug for *Mutrakrcchra* (dysuria) and *Vataraogas* (C.S.Su.25) it is one of the herbs which is *Mutrala* as well as *Sothahara*.

It has potassium and fair amount of nitrates. These two ions are very important in their function from the point of view of diuresis.^[5]



माहिष क्षीर (Nindrajanak)

Properties

Rasa: Madhura

Guna: Guru, Snigdha, Sita

Virya: Sita

Vipaka: Madhura

Dosha: Vaatahara, Kaphavardhaka

Mahishkshir is more *Madhur*, *Guru Snigdha*, *Sita*, *Abhishyandi*. than cow milk, all *Gunadharma* prone to increase *Nidra*. Hence, *Mahish kshir* is *Nidrakar* in all aspect.

Acc. to modern *Mahish kshir* is having Tryptophan, Tryptophan converted into sleep inducing hormones serotonin and melatonin in human body. So, it proves *Mahish-Kshir* is having efficacy in *Anidra*.

CONCLUSION

- *Agrya-aushadhis* are most potential drugs of that particular disease. And those *dravya* are clinically proved by *Acharyas*.
- The *Ekal-Dravya chikitsa* is having more importance. One drug can be used in many diseases so as many drugs are used in one disease also.
- The *Agrya dravya* is based on their own *Guna*, so they are having their own potential. in treatment use of an *agrya dravya* Instead of using multiple drugs is more economically affordable and effective.

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