

REVIEW ARTICLE ON AGRYA AUSHADHI IN DRAVYA GUNA - A REVIEW

Dr. Greeshma R.*, Dr. Shreedevi Huddar and Dr. N. S. Ullegaddi*****

¹(BAMS MD) Dravya Guna Shri Shivayogeeshwara Rural Ayurvedic Medical College
Hospital and Post Graduate Research Centre INCHAL.

²Prof & HOD, Post Graduate Dpt. of Dravyaguna, SSRAMCH INCHAL.

³Associate Professor, Post Graduate Dpt. of Dravya Guna, SSRAMCH INCHAL.

Article Received on
21 August 2023,
Revised on 11 Sept. 2023,
Accepted on 01 Oct. 2023,
DOI: 10.20959/wjpr202317-29975

*Corresponding Author

Dr. Greeshma R.

(BAMS MD) Dravya Guna
Shri Shivayogeeshwara
Rural Ayurvedic Medical
College Hospital And Post
Graduate Research Centre
INCHAL.

ABSTRACT

Ayurveda is apparent as one of the greatest antiques and well recognized system of medication equally relevant in contemporary times. Its all-inclusive approach whether for healthy persons or for unhealthy ones remains unparalleled. The aim of Ayurveda is to bring homeostasis in the tissues in order to maintain health, but Ayurvedic prescriptions are often challenged for their rationality. A vast mainstream of prescription drug used in Ayurveda contains amalgams that are directly or indirectly, via semi-synthesis derived from different plants. The non-availability of consistent and standardized drugs, their high cost, and vagueness in the individuality of the ingredients used are a few of the main glitches met today in the utilization of multiple drugs in Ayurveda.

KEYWORDS: *Agrya, Best drug, Chikitsa.*

INTRODUCTION

Ayurveda is an apparent as one of the most ancient and well documented system of medicine equally relevant in modern times. Acharya Charaka clarifies Ayurveda in the form of Hetu, Linga and Aushadha i.e Trisutra. Here aushadha is clarified in the form of medicine. Chikitsa be contingent completely upon four factors which are known as chikitsa chatushpada. Dravya i.e used as aushada is one of the four factors of chikitsa chatushpada which with their proper qualities responsible for the cure of any kind of diseases. Aushadha in the management of disease is very important. Therefore, sufficient opinions should be given for selecting the

drug. A vast mainstream of prescription drug used in Ayurveda contains mixtures that are directly or indirectly, via semi-synthesis resulting from different plants. The non-availability of reliable and standardized drugs, their high cost, and ambiguity in the identity of the fixings used are a few of the major difficulties encountered today in the utilization of compound drugs in Ayurveda. If we look at the drugs mentioned, agrya - aushadhi are also labeled in Ayurveda that has its own potential or qualities. One of the most common use of agrya aushadhi are cost effective, inexpensive and harmless. Also, these single drugs were proven for their capacities on modern research parameter. Therefore, agraya aushadha are studied and accumulated here. Agrya aushadhi is the discussion between Athreya Punarvasu and his students. In some context for a single disease a single drug is stated or a single drug stated for more than one disease. e.g., Shirisha –vishaghna, Mustaka - dipana, pachana, sangrahi. In Agrya aushadha both ahara and vihara related truths are stated.^[1-2]

Nirukti

Agrya dravya means “*Gha pratyā in Aghre Bhavam Aghra Pradhanam*” that means first to use or the best one. On the other hand, aushadha means dravya that conciliate the diseases. (Shabadkalpadruma).

Definition of Agrya Aushadha

The drugs that perform the same action, in those drugs the drug that is best in pathya (wholesome) and drugs that is best one in apathya (Unwholesome) is considered as agrya aushada. Example for vritikara means for sustaining daily life so many things can be used or important like Jala, Anna, Vihara, Brahmacharya, Swapna etc but from all these Anna i.e. food is best. Therefore, in vritikara purusha medicine is agrya along with food.

Why agrya Is important?

1. Acceptance- For particular disease it's easy to use one best drug than to use many drugs for making formulation. Agrya aushada can be use promptly. For making formulation it takes lot of time. E.g Best vatanulomana drug is Haritaki which is superior to all. Unavailable dravyas (drug) In formulation mentioned for particular diseases some of the Drugs used in them are un obtainable today or in rare condition, so it's difficult to make formulation as described. E.g., Chandana is akala aushadha used for vishaghna where as in Dooshivishari agada 12 different drugs are mentioned and some of them are taken as substitute.

2. Cost effective

Single drug is not as much as costly as compound formulation as it has lots of drugs.

3. Identification

Astanga Hridayam adds Shrestha Aushadha for Identification can be given in Vikalpa/Yoga based on Desha, Kala and Bala. Astanga Hridayam has explained AgryaAushadha in the last chapter of Uttaratantra, as he has related the Agrya Dravya to Astangas of Ayurveda. Agryasangraha in fact comprises of single drugs, food articles or regimen which are either wholesome or unwholesome in the given context. Agryasangraha, the essence of Āyurveda in this collection. A distinct group of best and foremost factors enlisted a great importance in various fields like clinical practice, Health maintenance and ethics for leading a satisfactory life. That possessing the knowledge of AgryaSangraha is must for a Prānābhisara Vaidya amongst many other qualities. Fast Action, Broad Spectrum action, Use at Various Stages, Less Adverse Effects, Specific Site of Action, High Potency, Less Adverse effects, Palatability and Availability. According to the practical implementation and relevance to the practitioners, a total of 54 factors other than the drugs are explained. AgryaSangraha touches all the aspects of Āyurveda like, Drug-Disease relation, Drug actions, Factors effecting body Physiology, Factors to be avoided, Ethics and morals of Practice.

4. Mode of Action

In Clinical practice, the drug choice is most important aspect. Agrya Dravyas are the best way to choose the Drugs in clinically applied Science. Agrya Aushadhi are the most potential drugs for disease, in those which are clinically proven by Acharyas. Agrya are the best among all so best drug used in the treatment gives the best result. Single drug is used which give the best result in disease treatment. One drug can be used in many diseases so as many drugs. Here, Agrya Dravya are classified in different aspect as Hitatam and AhitatamDravya, JantavaAushadhi, Agrya in Shrotodusthi, Agrya in Rakta related Diseases, Agrya in Prognosis of diseases. Agrya related in Dosha, Dathu and Mala. This type of classification helps to choose the drugs in best and easy way. Some drugs are described in all aspect for the better clinical understanding. Different Tables of Agryas are given for the easy learning and easy searching of drugs for clinical practice. Acharya Charak, Acharya Sushruta and Vagbhata describes the Agrya Dravya as the most important drugs in the whole textsIt is also easy in Ayurveda to authenticate the Karma (action) of single drug. If we see on other hand that, compound formulation as a whole can comprehend action but which drug is execution

what action it is fairly unbearable to know. eg Neem is best agrya for kandu (Itching) i.e skin diseases. It has laghu (light to digest), rooksha (dry) guna (qualities), tikta (bitter), kashaya (astringent) rasa (taste), katu (pungent) vipaka (taste conversion after digestion), sheeta (cold) veerya (potency) and balances kapha and pitta. Sometimes the Dravya act by Prabhava when act on skin. It is also proved to have best effect on skin diseases by modern parameter. It has major chemical constituent's catechin, epicatechin, epicatechin gallate, procatechinic acid, tannins, alkaloids quercetin and kaempferol, porifera sterol glucosides, (+)-afzelechin gum are also present in minor quantity. Catechin and rutin are most important constituents which are free radical scavengers, due to which it showed very similar antioxidant activity as that of ascorbic acid and act as anti-oxidant. Methanolic extract of *Acacia catechu* has anti-microbial activity against pathogenic as well as non-pathogenic bacteria e.g *Bacillus subtilis*, *Staphylococcus aureus*, *Salmonella typhi*, *Escherichia coli*, *Pseudomonas aeruginosa* and *Candida albicans*. It is effective against gram positive as well as gram negative bacteria. It was found to be most effective against *Staphylococcus aureus*. So easily its pharmacological action can be validate whereas inspite of this if there is compound formulation for kustha like kanakabindu arishta it is impossible to collectively understand the possible pharmacological action of that formulation.^[3-4]

DISCUSSION

Agrya are specified that can be cast-off as Ekal (single) or in samudaa (compatible combinations) but other must be used in grouping with other for diseases to get best result. Ustra ksheera (camel milk) can be used alone or in group with other drug for udara roga and shotha but pushkara moola must be used with other drugs in grouping to get best action. There are eleven agryas are stated that can be used alone or in mixture.

Agrya dravyas are clinically showed by acharyas and in Ayurveda „Aapta” vachana are careful best one, so these agrya-dravyas are use in action. In shat kriya kaala agrya aushadhi's are effective in sthana samshraya avastha (i.e, silent phase of disease). So, these drugs if used in poorvarupa of Diseases can be more real and stop the diseases to reach next stage of disease. Agrya dravya have their own gunas and own potential. On observing agrya aushadha it was found that agrya aushadha was not continuously a single drug for particular diseases but it can be the use of two to four drugs in combo. The Agrya is the foremost or best among substances of different qualities, action and effects. Charak Samhitā sutra 25th Chapter Yejjapurushiya includes 152 Agrya. Astanga Sangraha Sutrasthana- 13th Chapter-named as

Agrya Sangrahaniya. Suśruta Samhita Sutra- 46th Chapter Annapānabhidi, AgryaVarga were described. In Astanga Hridayam, Uttarantra 40th Chapter is named as Agryasangraha. AgryaDravya is classified into different groups such done on the basis of Action on Dosha, Action on Mala, Action as Prabhāva, Applied in Panchakarma, related to Desha so that these are readily used in different branches of Āyurveda. Agrya Dravya is the initial step of drug selection and in any case of dilemma one can incorporate its utility without a question of failure. Hence, a thorough knowledge about AgryaPrakarana acts as a key to success in the prevention and management of majority of diseases.^[5-8]

CONCLUSION

Agrya aushadhi are validated for their particular action and some are not. It's a need of hour to study all agrya aushadha and authenticate them for their best action.

It is necessary to re-emphasize current status of the drug therapy in Ayurveda and changes should be needed so that Ayurvedic prescriptions should not be challenged in any parameter. Use of these agrya aushadha are found out new best one for diseases is one step forward to achieve this in field of Ayurveda.

REFERENCE

1. Agnivesha; Charaka Samhita, Dridhabala with the Ayurveda-Dipika Commentary of Cakrapanidatta and with Vidyotini Hindi Commentary by Pt. Kashinatha Sastri, edited by Dr. Gangasahaya Pandeya, foreword by Vaidya Yadavji Trikamji Acharya, Chaukhambha Bharti Academy, Reprint, Chaukhambha Bharti Academy, Varansi; Sutra Sthana, 2010; 1: 24-8.
2. Ibid 1, Sutrasthana chapter, 9(3): 191.
3. Ibid 1, Sutrasthana chapter, 25(4): 457. 4
4. Ibid 1, Sutrasthana chapter, 25(42): 477.
5. P.V.Sharma, Dravyaguna Vigyana Vol-II, Chaukhamba Bharti Academy, Reprint, 2009; 160.
6. A review on Acacia catechu willd available from "A review on Acacia catechu Willd-journal-archieves 32-Webs", in Ijcrb.webs.com, May 2013; 5(1).
7. Ibid 1, Sutrasthana chapter, 25(41): 477.
8. Vagbhatta, Astanga Hridaya edited by Kaviraj Atridev Gupta with Hindi commentary Vidyotini, Reprint edition, Chaukhambha Sanskrit Sansthan, Varanasi, India; 2005. Uttara Sthana, chapter, 34: 49-55: 611.

9. Astanga Sangraha of Sri Vagabhatta, Hindi Vyakhya- Kaviraja Atrideva Gupta, Vol-1,2, Reprint, Chaukhambha Krishnadasa Academy, sutrasthana, 2005; 13(13): 150-152.