

A CONCEPTUAL STUDY ON *AGRYA AUSHADHI (DRAVYA)* AND ITS APPLIED ASPECTS IN *AYURVEDA*

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ABSTRACT

In today's era Ayurveda is becoming more & more conventional globally because of its eco-friendly, cost effective, having less side effects. Ayurveda is a perfect blend of philosophy & science. It balances all the components like physical, mental and spiritual factor. The main aim is to prevent the disease and maintain the health. *Bruhatrayee* includes *Agrya aushadhi* to prevent disease and maintain health. *Charak Sutrasthana* includes 152 *Agrya aushadhi*, *Ashtang hridayam Uttarsthan* includes *Agrya aushadhi* and in *Ashtang Sangraha Sutrasthana* *Agrya sangraha*. *Agrya Dravya* i.e. the drug which can be used as first drug of choice for the treatment of disease. They are cost effective, economical, easy to use and safe. In *Shatkriya kaal Agrya aushadhi* is effective in *Sthan sanshray Avastha*. Here some examples of *Agrya aushadhi* are explained with applied aspects ex-*Mutrakruccha Vataharanam* is *Gokshur* and *Vrushya saradosha haram* is *shaliparni*, All *Agrya Dravyas* action is based on their own potential & properties like *Rasa*, *Guna*, *virya* & chemical constituents so with the help of them one drug can be used in many diseases so as many drugs are used in one disease also.

Keywords: Best drug, *Agrya*, *Aushadhi*, *Ekal Dravya Chikitsa*.

INTRODUCTION

The main aim of *Ayurveda* is to maintain the health of healthy person and destroy the disease with the help of *Trisutra*. *Acharya Charak* explains *Ayurveda* in the form of *trisutra* i.e. *Hetu, Linga, Aushadhi. Chikitsa*

depends upon *Chatuspada*, one of them is *Aushadhi*, which are in the form of medicine.¹ when used tactfully in *Dravya yojana*, are responsible for cure of any diseases.² *Bruhat trayee* includes some *Agrya aushadhi* having effect on health factors. *Charak Samhita Su.25*

includes 152 *Agrya aushadhi*, *Ashtanga hridayam* U. 40 includes 55 *Agrya aushadhi*. They are in preventive aspect like *Kalbhojan -Arogyakar*, *Shirish- Vishaghna*, *Vidang – Krimighna*, etc. In *Agrya aushadhi Hetu pratyani*, *Vyadhi pratyani* and *Ubhay pratyani Chikitsa* are mentioned for each disease. These *Aushadhi* have their own potential or qualities. The *Agrya aushadhi* is the main discussion between *Aatreya Punarvasu* and his students (*shishya*)³

Aim and Objectives –

1. To Study the *Agrya Dravya* on basic concepts of *Dravyaguna Vidyan*.
2. To Evaluate some examples of *Agrya Dravya* and their applied aspects.

Materials and Methods – From *classical ayurvedic* texts, modern and *ayurvedic* literature *Agrya aushadhi* were evaluated for complete understanding

Nirukti – *Agrya* word is derived by adding *Ghapratya* in *Agre Bhavam*, *Agra Pradhanam*. It denotes the best one on other hand it denotes the *Shrestha Dravya* that pacify the diseases.

Definition –

The drugs that having same action, and in those drugs that is best in *Pathya* and *Apathya* is considered as *Agrya aushadhi*.⁴ For ex – *Vrutikar* means things that are needed for sustaining daily life are *Jala*, *Anna* (food), *Ahaara*, *Vihara*, *Swapna*, *Brahmacharya* from all of these *Anna* i.e. food is best, so food is *Agrya* (best) as *Vrutikar*.

अग्र्याणाम शतम उद्दिष्टं यद दिपक्जाशदुतरम |

अलमेत आदि विकारानाम विधातायोउपदिश्यते ||⁵

च.सू. 25/41.

Need -

1. **Easiness-** For disease it's easy to use the best drug rather than using a lot of drugs for making formulation, *Agrya* can be used instantly. ex. *khadir (Acacia catechu)* is single drug mentioned for *kushtha*.
2. **Unavailability of Drug-** In formulations many drugs are used for particular disease but most of them are unavailable, so it's difficult to make formulation as described. for ex- *Shirish (Albizzia lebbak)* is *Ekal drug* used for *Vishaghna* where as

Mahagandhhastiadi Agad ,89 different drugs are mentioned and some of them are unavailable.

3. **Cost Effective:** Single drug is not as much as costly as compound formulation as it has lots of drugs.
4. **Identification:** *Agrya Dravya* which are mentioned are mostly single drug or two, three drugs in combination are easy to identify whereas when formulation reach to doctor, it's difficult to know that drugs in the formulation are pure and authenticate or not.
5. **Pharmacological Action:** Single drugs were proven for their potential on their modern parameter and their pharmacological action are well known today. It is easy in *Ayurveda* to validate the *karma (action)* of single drug. on the other hand, in compound formulation we can understand action, but which drug is performing what action is impossible to know. ex- *Vidang (Embelia ribes)* is the best *Agrya* for *krimi* (worms) i.e. *Krumighna*.⁶ It has *Laghu*, *Rooksha*, *Teekshna guna*, *katu*, *kashay* in *rasa*, *ushna* in *virya* and *katu* in *vipak*. It is *Krimighna* by *Prabhava*. It is also proven to have best effect on *Worm infestations (anti-helminthic)* by modern parameter. It has light properties, pungent taste and hot potency.it contains major chemical constituent like *Embelin*, *homoembelin*, *christembine (alkaloid)*, *quercitol*, *vilangine*, *volatile oil*, *fixed oil*, *phenolic acids* like *caffeic acid*, *vanillic acid*, *cinnamic acid* etc. Usually when the medicine is given for deworming the intestines, it is associated with another *laxative* ingredient so as to ease the dead worms out of intestines but while giving *Vidang* for deworming, an extra laxative is not required because *Vidang* itself is a *mild laxative*. The word *Krimighna* does not suggest only intestinal worms it also encompasses microbial infection as well so it detoxifies blood, hence useful in wide range of skin diseases, *anti-microbial activity*, improves skin complexion and its *decoction* used to relieve dental caries and bad breath.

Agrya Aushadhi In Different Classical Texts –

Bruhatrayee includes Agrya aushadhi used as an Ekal Dravya in various diseases and to maintain health. In Charak samhita Sutrasthana 25/40, includes 152 Agrya aushadhi.⁷

- In Ashtanga Hridayam Uttar sthana.40, includes 55 Agrya aushadhi.
- In Ashtanga sangraha. Su.13, Agrya sangraha Adhyaya 155 Agrya aushadhi are described.⁸

In Ashtanga hridayam Agrya Dravyas are focused to cure the diseases while in Charak samhita they are explained as preventive measure. Some single drugs mentioned for single diseases for ex- Laja -chardighna, below

Khadir - kushtaghna, Chitakmool- Deepaniya, Eran-damool – Vrushya, Bilva- Malsangrahak, Agni Deepak, vatshamak, Madan phal- Vamak, Trivrutta- Sukhavi-rechana, Aragvadh -Mruduvirechan. For particular Dosha is also mentioned like Basti -Vatahara, Virechana- Pittahara, Vamana- Kaphahara. And also used for preventive aspect like Kalbhajan – Arogyakar, Ekaras abhyas- Daurbalyakar, Jangal desh- An -Arog-yakar, etc. some examples of Agrya Dravya from Charak samhita and Ashtang hridayam are mentioned

Table 1: Agrya Dravya mentioned in Charak Samhita –

Anna (food)	Vrittikaranam
Sura	Shramaharanam
Ksheer	Jeevan yam
Mansam	Brihaniam
Rasa tar	Paniyanam
Lavan Dravya	Aruchikaranam
Amlam	Hridyanam
Kukkuto	Balyanam
Madhu	Shleshmapittaprashamana
Sarpi	Vatapittaprashamana
Til Taila	Vatashleshmaprashamana
Vamana	Shleshmaharanam
Virechan	Pittahara
Basti	Vataharanam
Sweda	Mardavkaranam
Vayayama	Steryakaranam
Kshara	Punsatvaghakar
Aam kaapittha	Akanthyanama
Avi Sarpi	Hrudya
Gavhedhukam	Karshyaniam
Yava	Purishjananma
Kullathha	Amlapittajanam
Masha	Shleshmapittajanam
Madan phal	Vamanasthapananuvasanupyoginam
Trivrutta	Sukhavirechana
Ikshu	Mutrajananam

Table 2: Agrya Dravya Mentioned in Ashtang Hridayam⁹ –

AGRYA (BEST DRUG)	DISEASES
Mustaka (<i>Cyperus rotundas</i>)	Fever (<i>Jvara</i>)
Hot soil cooled in water	Trushna (<i>Excessive thirst</i>)
Laja	Vamana (<i>Relieving vomiting</i>)
Shilajeet	Basti (<i>Urinary disorder</i>)
Amla (<i>Emblica officinale</i>), Hirda (<i>Curcuma longa</i>)	Prameha (<i>Diabetes</i>)
Loha	Pandu (<i>Anaemia</i>)
Haritaki (<i>Terminalia chebula</i>)	Vat, Kapha shamaka
Pipali (<i>Piper longum</i>)	Pleeha Roga (<i>Spleen disorder</i>)
Laksha	Uro-Kshat (<i>Chest injury</i>)
Shirish (<i>Albizia lebback</i>)	Vishaghna (<i>Anti-Poison</i>)
Guggul (<i>Commiphora mukul</i>)	Med (Fat) and Vayu Shamaka
Vasa (<i>Adhatoda vasica</i>)	Rakta-Pitta
Kutaj (<i>Holarrhena anti dysenterica</i>)	Atisaara (<i>Dysentery</i>)
Bhallatak (<i>Semi carpus anacardium</i>)	Arsha (<i>Piles</i>)
Swarna (<i>Gold</i>)	Gara
Rasanjana	Sthulya (<i>Obesity</i>)
Vaayvidanga (<i>Embelia robusta</i>)	Krimighna (<i>Anti-helminthic</i>)
Sura (<i>Alcohol</i>), Goat's milk and meat	Shosha
Triphala (<i>Haritaki, Bibhitaka, Amla</i>)	Netra Roga (<i>Eye disorder</i>)

DISCUSSION

Agrya aushadhi are the most potential drugs for particular disease, in those which are clinically proven by Acharyas. They are having more importance; one drug can be used in many diseases so as many drugs are used in one disease also. The word Agrya used to show efficacy of Dravya, some of them are mentioned to cure diseases or maintain the swasthya(health) also some Agrya Dravyas are Hetu for diseases or unwell being, for ex –Ekaras abhyas – Daurbalyakar, Upwas – Jwarahara, Kutaj- Arshakar, Also, these Aushadhi has to play role in preventive aspect like Kalbhajan -Arog-yakar, Vishad -Rogvardhak. And some Agrya with applied therapeutic excellency for ex-Vidang - Krimighna, Gokshur- Mutrakrucchaghna, Shirish-Vishaghna, Kantakari - Kasaghna.

Also, they are most patent drugs for disease ex- Mahish ksheer-Madhur, Guru more than cow milk, Snigdha, Sheet, Abhishyandi in Guna, these all properties prone to increase Nidra hence it is Nidrakar in all aspect, according to modern it contains Tryptophan. Tryptophan converted into sleep inducing hormones serotonin& melatonin in human body, so it

proves Mahish Ksheer having efficacy in Anidra (insomnia).

CONCLUSION

From the above discussion it seems that Agrya Dravyas have their own guna, having their own potential so they can be used instead of using multiple drugs is more affordable and effective. In Shatkriya kaal, Agrya Aushadhi are effective in Sthan - sanshray avastha.so they can be used in Poorvaroopa of diseases can be more effective and stop the spread of disease to next stage. So, With the use of these Agrya aushadhi we can find a new best one drug for diseases to achieve further research in field of Ayurveda.

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