



A CRITICAL REVIEW ON ASHTANGA AGADA

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ABSTRACT

Background: One of the *Ashtangas* of *Ayurveda*, *Agada tantra* deals with all instances of poisoning. *Sarpavisha* is the most significant *visha* because it is a condition that requires emergency management. According to their predominant *dosha* and structural characteristics, snakes are divided into three classes in *Ayurveda*. In modern medicine, the main treatment protocol for a poisonous snake bite is anti-snake venom. However, in our *Samhitas*, *Acharyas* described several *Agada yogas* that are effective for treating snake bite instances. *Ashtanga Agada* is one of the *Agada Yoga* mentioned by *Acharya Vriddha Vagbhata* in *Ashtanga Sangraha Uttar sthana* (chapter 42/29) and by *Acharya Vagbhata* in *Ashtanga Hridya Uttar sthana* (Chapter 36/66) Materials and Methods: The comprehensive review of *Ashtanga Agada* formulation is done from literature such as *Ashtanga Sangraha*, by emphasizing its properties and action. Observation and Results: *Ashtanga Agada* contains 8 ingredients, cow's urine for trituration, and is indicated for *Gonasa visha* (*Mandali visha*). All of the ingredients have *Vishahara* and *Shothahara* properties and can be used in the treatment of *Sarpavisha*. Conclusion: *Ashtanga Agada* mentioned by *Acharya Vriddha Vagbhata* (*Ashtang Sangrah Uttar Sthana*) in *Sarpavisha Chikitsa* and by *Acharya Vagbhata* in *Ashtanga Hridya Uttar sthana* (Chapter 36/66) may be found to be effective anti-poisonous formulation which should be tried for experimental and clinical trials in *Sarpavisha Chikitsa*. By using the *Agada Yogas* told by our

Acharyas, we can try to treat *Sarpavisha* cases without ASV. Thus, an effort has been undertaken to study this formulation in order to determine its pharmacological characteristics for its intended use as medicine.

Keywords: *Ashtanga agada, Gonasa visha, Mandali visha, Snake bite, Agada Tantra*

INTRODUCTION

Agada Tantra is one of the branches of *Ayurveda* that deals with different types of poisoning and their treatment either resulting from *Sthavara* (inanimate), *Jangama* (animate), or *kritrima* (combination) *visha*. Each year, snake bites in India result in approximately 11,000 fatalities¹. To preserve the victims' lives from *Sarpavisha*, emergency management is required. In *Ayurvedic Samhitas*, *Sarpas* are mainly classified into 3 categories:

1. *Darvikara Sarpa*
2. *Mandali Sarpa*
3. *Rajiman Sarpa*²

Gonasa sarpa is similar to *Mandali Sarpa* according to *Acharya Charaka* and it produces symptoms like *Shotha, Jwara, Daha, Trishna* etc³. which are similar in nature to hemotoxic poison, commonly noted in viper snake bite cases. Snake bite is a significant health concern, especially in rural populations. High mortality is due to poor health services in rural areas and getting delayed for well-equipped health care facilities, where ASV can be administered⁴. In *Ayurvedic Samhitas*, many *Agada yogas* are mentioned for the management of *Sarpavisha* among this, one such

formulation is *Ashtanga Agada*, which has undergone a thorough literature evaluation with an emphasis on its qualities and action in order to be used in poisoning conditions. The scientific review and research works are required to utilize this formulation with more confidence.

Review Of Literature:

About *Ashtanga Agada*-

Ashtanga Agada is one of the *agada yogas* mentioned by *Acharya Vriddha Vagbhata* in *Ashtanga Sangraha Uttaratantra* 42nd chapter *Sarpavishapratisedho Adhyaya*⁵ and by *Acharya Vagbhata* in *Ashtanga Hridaya Uttar sthana* (Chapter 36/66) in the context of *Gonasa sarpavisha chikitsa*⁶. It contains 8 ingredients and cow urine for trituration.

Method of preparation:

All the ingredients are taken in equal quantity They are powdered separately, and the fine powders of the ingredients are mixed well to form a homogenous mixture and then made into a paste form by triturating with *Gomutra*⁷.

Ingredients of *Ashtanga Agada*:⁸

Table 01:

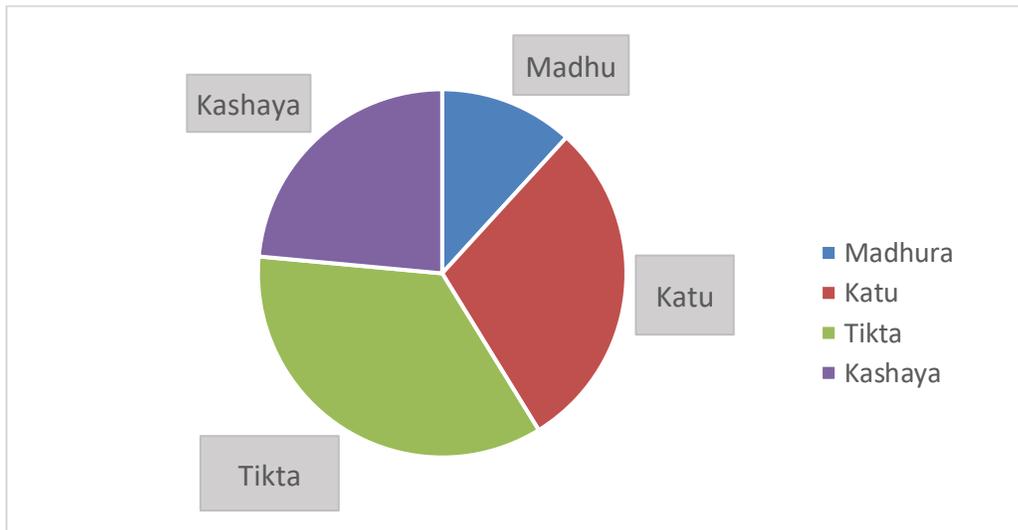
Ingredients	Botanical Name	Family	Part Used
<i>Vansha</i>	<i>Bambusa arundinaceae</i>	Graminae	Bark, seeds
<i>Kutaki</i>	<i>Picrorhiza kurroa</i>	Scrophulariaceae	Root
<i>Patala</i>	<i>Stereospermum suaveolens</i>	Bignoniaceae	Seeds
<i>Shunthi</i>	<i>Zingiber officinale</i>	Zingiberaceae	Rhizome
<i>Shirisha</i>	<i>Albizzia lebbek</i>	Leguminosae	Seeds
<i>Ativisha</i>	<i>Aconitum heterophyllum</i>	Ranunculaceae	Root
<i>Gavedhuka</i>	<i>Coix lachrymal jobi</i>	Poaceae	Root
<i>Vacha</i>	<i>Acorus calamus</i>	Araceae	Root
<i>Gomutra</i> (Cow's urine)			

Table 02: Properties of ingredients of Ashtanga Agada:

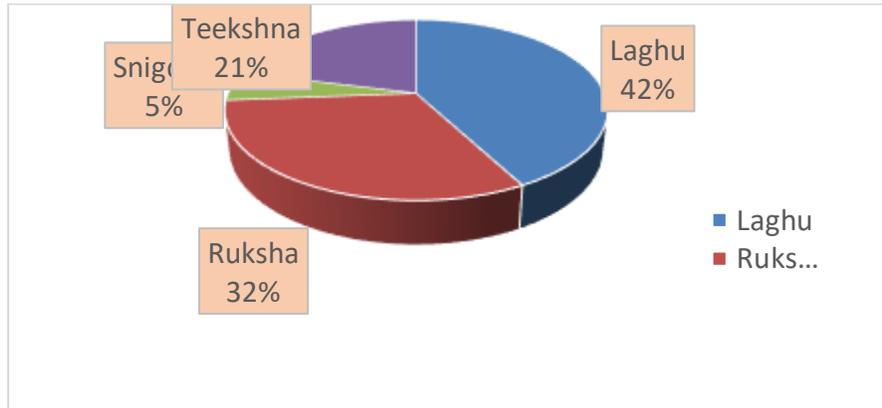
Drug	Rasa	Guna	Veerya	Vipaka	Karma
Vansha ⁹	Madhura, Kashaya	Ruksha, Laghu, Teekshna	Sheeta	Madhura	Kaphapitta shamaka, Krimighna, Jwaraghna, Vishaghna, Vranashothaghna, Mutrala, Lekahana, Kushthaghna
Kutaki ¹⁰	Tikta	Ruksha, Laghu	Sheeta	Katu	Kaphapitta shamaka, Raktashodhaka, Kushthaghna, Dahaprashamana, Shothaghna, Vishamjwaraghna, Lekhana
Patala ¹¹	Tikta, Kashaya	Ruksha, Laghu	Ushna	Katu	Tridoshshamaka, Vedanasthapana, Vranaropana, Trishnashamaka, Yakrituttejaka, Shothahara, Jwaraghna, Dahaprashamana
Shunthi ¹²	Katu	Laghu, Snigdha	Ushna	Madhura	Vatakaphashamaka Panduhara, Shoolaprashamana Atisarahara), Shophahara, Jwarahara,
Shirisha ¹³	Kashaya, Tikta, Madhura	Laghu, Ruksha, Teekshna	Anushna	Katu	Tridoshshamaka, Shothahara, Vedanasthapana, Varnya, Vishaghna, Raktashodhaka, Kushthaghna, Stambhana
Ativisha ¹⁴	Tikta, Katu	Laghu, Ruksha	Ushna	Katu	Tridoshshamaka, Deepana, Pachana, Grahi, Krimighna, Raktashodhaka, Shothahara, Jwaraghna, Vishaghna,
Gavedhuka ¹⁵	Katu	Laghu, Ruksha	Ushna	Katu	Kaphapitta shamaka,
Vacha ¹⁶	Tikta, Katu	Laghu, Teekshna	Ushna	Katu	Kaphavata shamaka, Vedanasthapana, Shothahara, Deepana, Krimighna, Shoolaprashamana, Jwaraghna
Gomutra ¹⁷ (Cow's urine)	Tikta, Katu, Kashaya	Teekshna	Ushna	Katu	Kaphavata shamaka, Deepana, Shoolaprashamana, Krimighna, Kushthaghna, Kandughna

Analysis of Rasa of ingredients of Ashtanga Agada:

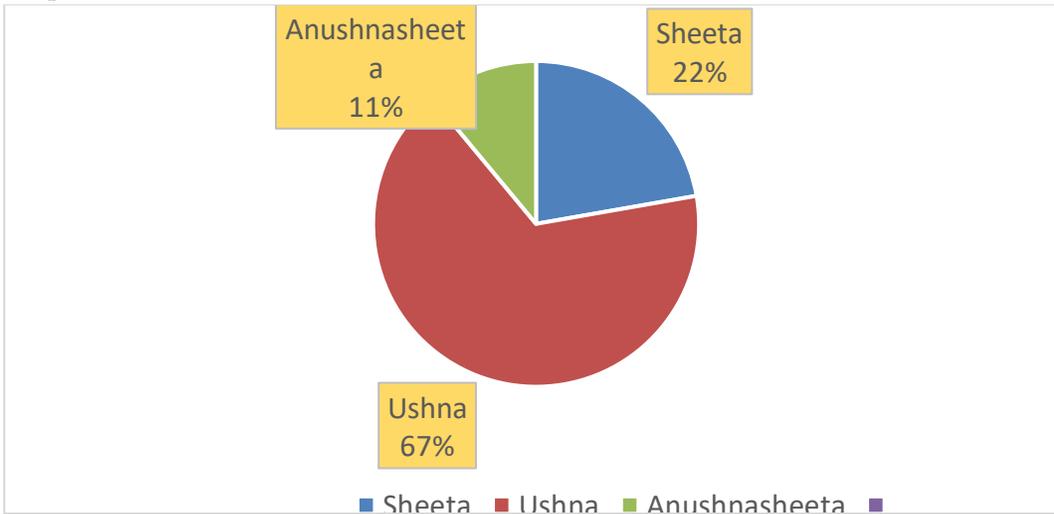
Graph 1:



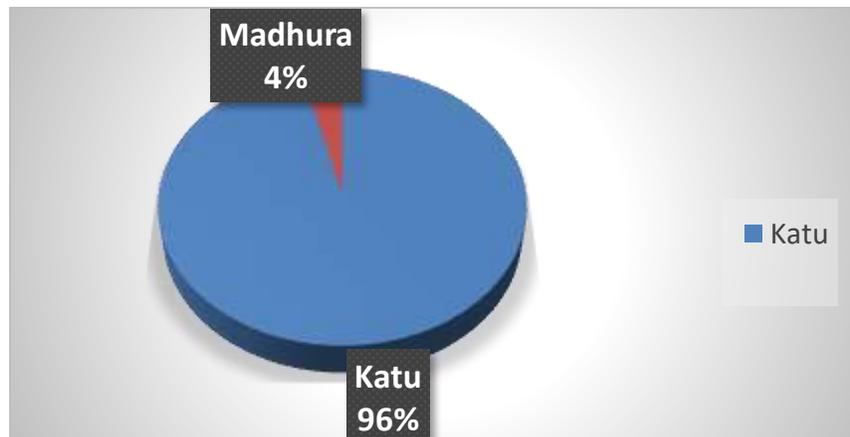
Analysis of Guna of ingredients of Ashtanga Agada:
Graph 2



Analysis of Veerya of ingredients of Ashtanga Agada:
Graph 3

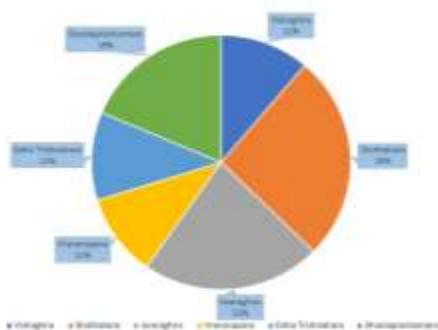


Analysis of Vipaka of ingredients of Ashtanga Agada:
Graph 4



Probable mode of action:

Graph 5



DISCUSSION

For each kind of *sarpadamsha*, Acharyas mentioned several particular *agadayogas*. In *Mandali visha* or *Gonasa Visha*, the symptoms are *shotha* (swelling), *daha* (burning sensation), *jwara* (fever), and *trishna* (thirst), etc. can be seen. By the above drugs, we can reduce the symptoms produced by this *Sarpadamsha visha*...

- In this formulation, 26% of drugs have *Shothahara* action. E.g., *Kutaki*, *Patala*, *Shunthi*, *Shirisha*, *Ativisha*, and *Vacha*.
- 22% of the drugs are having *Jwaraghna* action. E.g., *Vansha*, *Ativisha*, *Shunthi*, *Patala*, *Kutaki*, *Vacha*.
- 19% of the drugs have *Shoolaprashamana* properties. E.g., *Shunthi*, *Shirisha*, *Vacha*, and *Gomutra*.
- 11% of drugs have *Dahaprashamana* and *Trishna prashamana* action. E.g., *Kutaki* and *Patala*.
- 11% of the drugs have *Vishaghna* action E.g., *Vansha*, *Ativisha*, *Shirisha*
- 11% of the drugs have *Vranaropana* properties. E.g., *Shirisha*, *Patala*

Based on Rasa:

In the formulation, the majority of the drugs have *Tikta*, *Kashaya rasa*. *Pitta dosha* is the main dosha involved in *Gonasa sarpadamsha*. so *Kashayarasa* and *Tikta rasa* will help to reduce *pitta dosha* in *Gonasa sarpadamsha*, e.g., *Vansha*, *Kutaki*, *Patala*, *Shirisha*, *Ativisha*, and *Vacha*.

Based on Guna: 42% of the ingredients of the formulation have *Laghu guna* (light), 32% of the ingredi-

ents have *Ruksha guna* (Dry), 21% of the ingredients have *Teekshna guna* (Sharp properties), and 5% of the ingredients have *Snigdha guna* (unctuous properties). Due to *laghu guna*, it acts fast and the *snigdha guna* of the ingredients helps to counteract the poison.

Based on *Veerya*: Most of the drugs have *sheeta veerya* which in turn is *pittashamaka* and helps in relieving the symptoms produced by *gonasa sarpadamsha*. e.g. *Vansha*, *Kutaki*, *Shirisha*.

Based on *Vipaka*: Based on the *Vipaka* in this formulation, 96% of ingredients have *Katu vipaka* that pacifies *Kapha dosha* and 4% of the drugs have *Madhura Vipaka* that pacifies *Pitta* and *Vata Dosha*.

CONCLUSION

Sarpadamsha is a condition that needs emergency management. Many treatment modalities are told for the management of these cases in *Ayurveda*. *Ashtanga Agada* is one such formulation mentioned by *Vridha Vagbhata* in *Ashtanga Sangraha* and by *Acharya Vagbhata* in *Ashtanga Hridaya Uttar sthana* (Chapter 36/66) used to treat the patients of snake bite, particularly in *Gonasa Sarpadamsha visha*. In present days ASV (Anti snake venom) is being used for snake bite conditions that may lead to many difficulties and side effects, and the practice of *Agada* formulations (Anti poisonous preparations) in *Sarpavisha Chikitsa* is limited. Thus, to overcome this condition without side effects and complications, by this review of literature, *Ashtanga Agada* may be found to be one of the effective formulations mentioned by *Ashtanga Sangraha* in the treatment of *Gonasa Sarpadamsha visha*. All the above-mentioned herbal ingredients are safe, harmless, easily available, and cost-effective. Further research on this *Ashtanga agada* might be helpful to explore the exact mode of action and its use in the field of *Ayurveda* and the management of snake poisoning without ASV to appreciate our science.

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