

REVIEW ON AGASTYA HARITAKI RASAYANA AVALEHA**Dr. Loveshikha*¹, Dr. Pradeep Kapil², Dr. Abhishek³ and Dr. Om Prakash Sharma⁴**

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ABSTRACT

Avaleha Kalpana was first described by Acharya Charak But pharmaceutical principle was firstly described by Sharangdhar in Sharangdhar Samhita. It is most popular due to its dosage form, which helps in easy administration, palatability and long shelf life. The oral trans- mucosal route has significant potential for drug delivery both systemically and locally. Agastya Haritaki Rasayana or Agastya Rasayana, it is an avaleha (Avaleha is a semisolid preparation of herbal drugs prepared in decoction or extracts of different herbs) kind of preparation propounded by Maharishi Agastya and described in Charaka Samhita- Kasachikitsaadhyaaya, Sushruta Samhita Uttaratanttra Kasapratishedhaadhyaaya and Ashtanga Hridayam Kasachikitsaadhyaaya. Most of the ingredients of Agastya Haritaki Rasayana are having kaphavata shamaka properties. Thus, Agastya

Haritaki Rasayana is used in the management of diseases which are mainly vatakapha pradhana. Agastya Haritaki Rasayana is indicated as main line of treatment in Shwasa, Kasa roga as well as used as the Naimittika Rasayana in various other diseases like grahani, aruchi, arsha etc. and also attributed as the "Shreshtha-Rasayana" The study was taken with a view to enlist the ingredients of Agastya Haritaki Rasayana from different Classical text of Ayurveda and critical analysis was done based on the rasa, guna, virya, vipaka of ingredients.

A thorough and comprehensive review of Agastya Haritaki Rasayana from different Ayurvedic classical texts, to enlist the chemical constituent, karma, formulations and therapeutic indication of the ingredients of Agastya Haritaki Rasayana.

KEYWORDS: Avaleha kalpana, Agastya Haritaki Rasayana, Shreshtha Rasayana, Chemical Constituent, Ras, Guna, Virya, Vipaka, Therapeutic Indication.

INTRODUCTION

Avaleha is a semisolid preparation of herbal drugs prepared in decoction or extracts of different herbs by adding sweetening agents like jaggery, sugar, sugar candy, fine powder of medicinal drugs as a Prakshepa Dravya (Condiments), Ghruta (Ghee) and Madhu (Honey).^[1] It is considered as an Upakalpana of Kwathakalpana. The word Avaleha has been derived from the root word “lihaswadane”, in which ‘lih’ means substance which is licked and ‘aswadane’ means that which has good taste. According to Acharya Sharangdhara, the semisolid mass obtained by continuous heating of Kwathadi basic Kalpanas is called Rasakriya. According to the consistency various synonyms are given to this preparation namely Avaleha, Leha, Lehya, Avalehya, Rasakriya, Ghan.^[2] It is the most popular and accepted Ayurvedic dosage form due to its easy administration, palatability and long shelf-life. They are intending to provide better drug absorption through the oral cavity. The oral trans-mucosal route has significant potential for drug delivery both systemically and locally.

It was first described by Acharya Charak & it was widely used as rejuvenator by Acharya Charak, Vagbhat and Sushrut. Acharya Kashyap has given importance to this kalpana & has described separate chapter Leha Adhyay in Sutrasthana. But pharmaceutical principle was firstly described by Sharangdhar in Sharangdhar Samhita.^[3] Different varieties of Avaleha are mentioned in various Ayurvedic classics, one of the important Avaleha is Agastya Haritaki Rasayana or Agastya Rasayana, it is an avaleha kind of preparation propounded by Maharishi Agastya and described in Charaka Samhita- Kasachikitsaadhyaya, Sushruta Samhita Uttarantra Kasapratishedhaadhyaya and Ashtanga Hridayam Kasachikitsaadhyaya. It is indicated mainly in the pranavaha-srotas vikaras (respiratory disorders) like five types of kasa, shwasa, hikka, kshaya etc. Moreover, the regular usage of this Rasayana is also mentioned for the medical conditions of Vishama-jwara, meha, gulma, grahani, arshas, hridroga, aruchi, peenasa vali and Palita (wrinkles and untimely greying of hair), Varna (complexion), Bala (vigour and strength) and Ayushya (longevity of life). Hence

has been attributed as the “Shreshtha-Rasayana”.

Agastya Haritaki Rasayana contains Haritaki as one of the main ingredients is Ruksha, Laghu, Kashaya Pradhana Pancharasa(except lavana), Madhura vipaka, ushna veerya, Rasayani and Vata-kaphahara.⁴ The plant has been extensively used for anorexia, indigestion, anaemia, pharyngitis, hiccough, dyspnoea, cough, coryza, asthma,intermittent fevers, cardiac disorders, neuropathy, general debility etc.^[5] Haritaki has been well reported for its anti-oxidant, anti- mutagenic, anti-carcinogenic, anti-ageing, anti-bacterial, anti-viral, anti-fungal, anti-diabetic, cardio-protective, hepato-protective, anti-ulcer and wound healing properties.^[6]

MATERIAL AND METHOD

The study was taken with a view,

- To enlist the ingredients of Agastya Haritaki Rasayana from different Classical text of Ayurveda
- To enlist the indication of Agastya Haritaki Rasayana from different Classical text of Ayurveda.
- To critically analyze the Ras Guna Virya Vipaka of the ingredients of Agastya Haritaki Rasayana
- To enlist the chemical constituent, karma, formulations and therapeutic indication of the ingredients of Agastya Haritaki Rasayana.

➤ **Table 1: Formulation of Agastya Haritaki Rasayana.**^[7]

Sr.No.	Drug	Botanical name(family)		Part used	Quantity
1	BILVA	Aegle marmelos Carr.(Rutaceae)		Rt. /Stem bark ofplants	96 g
2	AGNIMANTHA	Premna Roxb(verbenaceae)	corimbosa	Rt. /Stem bark ofplants	96 g
3	SHYONAKA	Oroxylum vent.(Bignoniaceae)	indicum	Rt. /Stem bark ofplants	96 g
4	PATLA	Stereospermum DC.(Bignoniaceae)	suaveolens	Rt. /Stem bark ofplants	96 g
5	GAMBHARI	Gmelina Roxb.(Verbenaceae)	arborea	Rt. /Stem bark ofplants	96 g
6	SHALAPARNI	Pseudarthria viscid W&A.(Fabaceae)		Whole plant	96 g
7	PRSNIPARNI	Desmodium DC.(Fabaceae)	gangeticum	Whole plant	96 g
8	BRIHATI	Solanum indicum Linn.(Solanaceae)		Whole plant	96 g
9	KANTKARI	Solanum xanthocarpum Schrad&Wendl(Solanaceae)		Whole plant	96 g
10	GOKSHURA	Tribulus terrestris		Whole plant	96 g

		Linn.(Zygophyllaceae)		
11	KAPIKACCHU	Mucuna pruriens Bek(Fabaceae)	Seed	96 g
12	SHANKA PUSHPI	Clitoria ternatea L (Convolvulaceae)	Whole plant	96 g
13	SHATI	Kaempferia galangal L (Zingiberaceae)	Rhizome	96 g
14	BALA	Sida rhombifolia L(Malvaeeae)	Root	96 g
15	GAJAPIPLI	Scindapsus officinalis Schott (Araceae)	Fruit	96 g
16	APAMARGA	Achyranthes aspera Linn (Amaranthaceae)	Root	96 g
17	PIPPALI MOOLA	Piper longum Linn (Piperaceae)	Root	96 g
18	CHITRAKA	Plumbago indica L (Plumbaginaceae)	Root	96 g
19	BHARNGI	Clerodendrum serratum Spreng (Verbenaceae)	Root	96 g
20	PUSHKAR MOOLA	Inula recemosa Hook.f. (Asteraceae)	Root	96 g
21	HARITAKI	Terminalia chebula Retz (Combretaceae)	Fruit /pulp	1.200kg
22	YAVA	Hordeum vulgare Linn (Gramineae)	Seed	3.072kg
23	GUDA	Jaggery		4.800kg
24	GHRITA	Ghee		192g
25	TAILA	Sesame oil		192g
26	PIPPALI CHURNA	Piper longum Linn (Piperaceae)	Fruit	192g
27	MADHU	Honey		192g
28	Water for decoction			15.360l. Reduced to 3.840l.

➤ **Table 2: Ingredients of Agastya Haritaki Rasayana according to different Authors.**

S.N	Name of the Ingredient	C.S. ^[8]	S.S. ^[9]	A.H. ^[10]	B.R. ^[11]	S.Y. ^[12]	C.D. ^[13]	V.S. ^[14]
1.	Dashmoola	+	+	+	+	+	+	+
2	Kapikacchu	+	+	+	+	+	+	+
3	Shankhpushpi	+	+	+	+	+	+	-
4	Shati	+	+	+	+	+	+	+
5	Bala	+	+	+	+	+	+	+
6	Gajapipali	+	+	+	+	+	-	+
7	Apamarga	+	+	+	+	+	-	-
8	Pipplimoola	+	-	+	+	+	+	-
9	Chitraka	-	+	+	+	+	-	-
10	Bharangi	+	+	+	+	+	+	+
11	Pushkarmoola	+	+	+	+	+	+	+
12	Rasna	-	+	-	-	-	-	-
13	Guduchi	-	+	-	-	-	-	-

14	Patha	-	+	-	-	-	-	-
15	Nagra	-	+	-	-	-	-	-
16	Pippali	-	+	-	-	-	-	-
17	Devadaru	-	-	-	-	-	-	+
18	Madhulika	-	-	-	-	-	-	+
19	Punarnahva	-		-	-	-	-	+
20	Panchkola	-	-	-	-	-	-	+
21	Pasanbheda	-		-	-	-	-	+
22	Yava	+	+	+	+	+	+	+
23	Guda	+	+	+	+	+	+	+
24	Ghrita	+	+	+	+	+	+	+
25	Taila	+	+	+	+	+	+	+
26	Pipaali	+	+	+	+	+	+	+

C.S -Charak Samhita, S.S- Sushrut Samhita, A.H- Ashtang Haridya, B.R-Bhaishajya Ratnawali, S.Y-Sahstar yogam, C.D-Chakardatt, V.S- Vangsen.

➤ **Table 3: Therapeutic Indication of Agastya Haritaki Avaleha according to different authors.**

S.N	Name of the disease	C.S	S.S	A.H	B.R	S.Y	C.D	V.S	A.S
1.	Kasa	+	+	+	+	+	+	+	+
2	Shwasa	+	+	+	+	+	+	+	+
3	Hikka	+	+	+	+	+	+	-	+
4	Pinasa	+		+	+	+	+	+	+
5	Rasayana	+		+	+	+	+	+	+
6	Vali	+		+	+	+	-	+	+
7	Palitya	+		+	+	+	-	+	+
8	Kshaya	+	+	+	+	+	+	+	+
9	Gulma	-		+	-	+	-	+	+
10	Grahani	+	+	+	+	+	+	+	+
11	Arsha	+		+	+	+	+	+	-
12	Hridroga	+		+	+	+	+	-	+
13	Aruchi	+		+	+	+	+	+	+
14	Vishamjwara	+	+	+	+	+	+	+	+
15	Pleeha	-	-	-	-	-	-	+	-
16	Swarabhang	-	-	-	-	-	-	+	-
17	Pandu	-	-	-	-	-	-	+	-
18	Rajayakshma	-	-	-	-	-	-	+	-
19	Shiroroga	-	+	-	-	-	-	-	-
20	Meha	-	-	+	-	+	-	-	+
21	Varna Ayu Bal vardhana	+	+	+	+	+	+	+	+

C.S -Charak Samhita, S.S- Sushrut Samhita, A.H- Ashtang Haridya, B.R-Bhaishajya Ratnawali, S.Y-Sahstar yogam, C.D-Chakardatt, V.S- Vangsen.

➤ **Table 4: Ras Panchaka of Individual components of Agastya Haritaki Rasayana according to Bhavprakash Nighantu.^[15]**

Sr.No.	Drug	Ras	Guna	Veerya	Vipaka	Doshgnata
1	BILVA	Kashaya, Tikta	Laghu, Ruksha	Ushna	Katu	VK hara
2	AGNIMANTHA	Katu, Tikta, Kasaya	Laghu, Ruksha	Ushna	katu	KV hara
3	SHYONAKA	Kashaya, Tikta, Madhura	Laghu, Ruksha	Ushna	Katu	KV hara
4	PATLA	Kashaya, Tikta	Laghu, Ruksha	Ushna	Katu	VPK hara
5	GAMBHARI	Madhura Kashaya, Tikta	Guru	Ushna	Katu	V hara
6	SHALAPARNI	Mahura, Tikta	Guru, Snigdha	Ushna	Madhura	VPK hara
7	PRSNIPARNI	Mahura, Tikta	Laghu	Ushna	Madhura	VPK hara
8	BRIHATI	Katu, Tikta	Laghu, Ruksha, Tikshana	Ushna	Katu	KV hara
9	KANTKARI	Tikta, Katu	Laghu, Ruksha, Tikshana	Ushna	Katu	KV hara
10	GOKSHURA	Madhura	Guru, Snigdha	Sheeta	Madhura	VP hara
11	KAPIKACCHU	Madhura, Tikta	Guru	Sheeta	Madhura	PK hara
12	SHANKA PUSHPI	Kashaya, Tikta	Guru, sara	Ushna	Madhura	VPK hara
13	SHATI	Katu, Tikta	Laghu	Ushna	Kattu	K hara
14	BALA	Madhura	Laghu, snigdha	Sheeta	Madhura	VP hara
15	GAJAPIPLI		Tikshana	Ushna	Katu	V hara
16	APAMARGA	Katu, Tikta	Laghu, Ruksha	Ushna, sheeta	kattu	VK hara
17	PIPPALIMOOLA	Katu	Laghu, Snigdha, Tikshana	Anushana	Madhura	VK hara
18	CHITRAKA	Katu	Laghu, Ruksha	Ushna	Katu	VK hara
19	BHARNGI	Katu, Kashyam	Laghu, Tikta	Sheeta	Katu	V hara
20	PUSHKAR MOOLA	Katu, Tikta	Laghu, Tikshana	Ushna	Katu	VK hara
21	HARITAKI	Alavanpanch rasa, Kashaya pradhana	Ruksha, Laghu, Sara	Ushna	Madhura	VPK hara
22	YAVA	Madhura, Kashaya	Laghu	Ushna	Katu	PK hara
23	GUDA	Madhura	Laghu, Snigdha	Sheeta	Madhura	V hara
24	GHRITA	Madhura	Guru, Snigdha	Sheeta	Madhura	VP hara
25	TAILA	Katu, Tikta, Kashaya, Madhura	Guru, snigdha	Ushna	Madhura, katu	kP hara
26	PIPPALI CHURNA	Katu	Laghu, Snigdha, Tikshana	Anushan	Madhura	VK hara
27	MADHU	Madhura, Kashaya	Guru, Ruksha, Sukshama	Sheeta	Katu	KV hara

➤ **Table 5: Chemical Constituents, Karma, Formulations and Therapeutic uses of the Ingredients of Agastya Haritaki Rasayana.**^[16]

Sr. No.	Drug	Chemical Constituent	Karma	Formulations	Therapeutic uses
1	BILVA	Marmalosin, tannins, mucilage, fatty oil and sugar	Balya, Dipana, Grahi, Pacana, Pittakrt, Vatakaphahara	Bilvadi Leha, Brihatgangadhara churna	Pravahika, Agnimandya, Grahni roga
2	AGNIMANTHA	Sterols	Kaphahara, Vatahara, ávayathuhara.	Dasamularista, Dasmula Kvatha Churna, Indukanta Ghrta, Dhanvantara Ghrta, Gorocanadi Vati, Narayana Taila.	sotha, Pandu, Arsa, Vatvikara, Vibandha, Agnimandya, a dhmana, Gulma, Mutrakrchra, Mutraghata.
3	SHYONAKA	Flavonoids and Tannins.	Dipana, Kaphapittashamaka, Grahi	Amritarishta Dantyadyarishta, Dasmularishta, Narayana Taila, Dhanavantara Ghrta, Brahma Rasayana, Dasmula Kvatha Churna, Cyavanaprasha Avaleha	Vatatisara, Kasa, Aruci, Basti Roga, Aamvata, Udara Roga, Urustambha, Vatvyadhi Kara Roga, sotha
4	PATLA	Bitter Substances, Sterols, Glycosides and Glyco-Alkaloids.	Rucya, Tridosahara	Amritarishta, Dasmularista, Bharangi Guda, Indukanta Ghrta, Dhanvantari Taila, Dasmula Kvatha Chhurna.	Svasa, Sotha, Arsha, Chardi, Hikka, Trishna Amlapitta, Rakt a Vikara, Mutra vikara, Agnida dha, Vrana Ruja, Visphota, Medoroga
5	GAMBHARI	Alkaloids and lignans (arboreal, isoarboreal and related lignans).	sothahara, Bhedana, Dipana, Pacana, Tridosaaait, Visaghna, Medhya, Jvarahara.	Dasamularista Dasamulaharitaki, Dasamula Ghrta, Dasamula sapalaka Ghrta	Sotha, Daha, Jvara, Trishna, Arsha
6	SHALAPARNI	Alkaloids.	Balya, Tridosahara, Vrsya, Vishara, Angamardaprashamana, Sukhaprasavakara, Sarvadoshahara, Vatadoshajit, Rasayana, Bharamhara, Santapnashini	Dasamularishta, Indukanta Ghrta, Amrtaprasha Gh rita, asmulapalaka Ghrta, Dhanvantara Taila, Nṛjya, a Taila, Mahavisagarbha Taila, Mahanaryna Taila.	Jvara, Meha, Arsha, Chardi, Sopha, Svasa, Kasahara, Krmī, Rajayakshma, Netra Roga, Hridaya Roga, Rakta Gata Vata, Vata

					Ardhavybhedaka, MudhaGarbha
7	PRSNIPARNI	Alkaloids, Volatile Oil.	Vatahara, Vrsya, Balakrt, Sandhankrt	Dasamularishta., Prasarni Taila	Vatarakta., Vataroga
8	BRIHATI	Steroidal Alkaloids and Steroids	Dipana, Hrdya, Kaphahara, Pacana, Vatahara, Grahi	Dasamularishta., Dasamula Ghrta	Sula, Svasa, Hrdroga, Jvara, Agnimadya.
9	KANTKARI	Glucoalkaloids and sterols.	Sothahara, Dipana, Pacana, Amadosanashaka, Kanthya	Kanakaryavaleha, Pancatiktaka Ghrta, Vyaghriharitaki	Aruci, svasa, Jvara, Kasa, Pinasa, Svarabheda, Parsvasula
10	GOKSHURA	Alkaloids and saponins.	Mutrala, Vrsya, Vatanut, Brmhana	Sahacaradi Taila, Dasamula Kvatha Curna, Dasamulapanchkol adi kvath curna	Svasa, Hrdroga, Kasa, Vataroga, sularoga, Mutrakrcchra, Asamari
11	KAPIKACCHU	Fixed oil, Alkaloid and 3,4- Dihydroxyphenylalanine	Kaphnashaka, Vatasamana, Vrsya, Pittanasaka, Raktdosha nashka, Brhmana, Bal ya	Brhat Masa Taila	Vatavyadhi, Ka mpavata, klaivya, Raktapitta, D ustavrana, Daur balya
12	SHANKA PUSHPI	Alkaloid	Balya, Ayushya, Kaphahara, Medhya, Pittahara, Rasayana, Mohanashaka	Brahmi Ghrta, Agastyaharitaki, Rasayana, Brahma, Rasayana, Manasmi tram Vataka, Gorocanadi Vati Brahmi Vati	Manasaroga, Apasmara
13	SHATI	Essential oil.	Sulahara, Grahi, Kaphavataghna, Mukhasodhana	Agastyharitaki Rasayana, Satyadi Churna	sula, Svasa, Chardi, Kasa, Kandu, Mukharoga
14	BALA	Ephedrine	Vatapitta shamak, vednasthapa na, Shothahara, balya, Grahi, Mutrala, Brumhana, Ojovardhaka	Baladikwatha, Bala dighrita, Baladyaris hta, Chandanbalalak shadi tailam	Raktpitta, Pram eha, Pradra Vrana, Ardita
15	GAJAPIPLI	Glucosides viz. Scindapsin A & Scindapsin B, Sugars & Fixed Oil.	Dipana, Kanthya, Kaphahara, Vatahara, Agnivardhaka, Malavishoshana, Stanya, Varnya	Shivagutika, Punarnavasava, Mahayogaraja Guggulu, Prasarni Taila, Candraprabha vati.	Atisara, Svasa, Krimiroga, Kantha Roga.
16	APAMARGA	Saponins	Dipana, Kaphahara, Vatahara, Medohara, Pachana, Rucya, Mutrala, Vantihara	Agastya Haritaki Rasayana, Maha panchgavya ghrta, Maha vish garbha	Chardi, Adhmana, Sula, Udara Roga, Apaci, Arsa,

				taila, Apamargaksara Taila,	Kandu, Medoroga Granthi, Bhaga ndhar, Hridroga, jwara, Svitra, V adhira, Yakrt roga, Danta roga, Rakt vikara
17	PIPPALI MOOLA	Alkaloids (Piperine, Piperlongumine, Piperlonguminine etc), Essential Oils.	Dipana, Kaphahara, Pacana, Rucya, Vatahara, Vatanulomana, Sulaprasamana	Pancakola Churna, Dasamula Taila, Dasamulapancakol adi Kvatha Churn, Dasamulastapalaka Ghrta.	Anaha, Gulma, Krmiroga, Udararoga, Vataroga
18	CHITRAKA	Plumbagin.	Sothahara, Deepana, Grahi, Pacana, Kaphavatahara, Arsohara, sulahara	Citrakadi Vati, Citrakaharitaki, Citrakadi Churna	
19	BHARNGI	Saponins	Dipana, Kaphahara, Pachana, Rucya, Vatahara, swasahara	Ayaskrti, Kanakasava, Dasmularishta, Rasnadi Kvatha Curna, Dhanvantara Ghrta, Mahavatagajankusa Rasa.	Gulma, Jvara, svasa, Kasa, Yakshma, Pinasa, sotha, Hikka, Raktadosha.
20	PUSHKAR MOOLA	Essential oil	Kaphavatajit	Kankayana Gutika, Kumaryasava, Mahanarayana Taila, Manasamitra vaaka, Dasmularishta, Lodhrasava, Rasnadi Kvatha Churna	Aruchi, Adhmana Hikka, Jvara, Kasa, Svasa, Parsavsula, Sopha, Ardita, Pandu
21	HARITAKI	Tannins, anthraquinones and polyphenolic compounds.	Caksusya, Dipana, Hridya, Medhya, Rasayana, Anulomana	Triphala Churna, Triphaladi Taila, Abhayarishta, AgastyaHaritaki Rasayana, Citraka Haritaki, Danti Haritaki, Dasamula Haritaki, Brahma Rasayana,	sotha, Arsha, Aruci, Hrdroga, Kasa, Pandu, Prameha, Udavarta, Viba ndha, Jiranjvara, Visamajvara, shiroroga, Tamaka svasa, Gulma, Udararoga
22	YAVA	Starch, Sugars, Fats,	Balya, Kaphahara,	Dadhika Ghrta,	Svasa, Kasa,

		Proteins (Ibumin, Globulin, Prolamin and Glutinin) also contains Flavone Glycosides viz, Orientoside, Orientin, Vitexin etc.	Lekhana, Muttrahara, Medahara, Pittahara, Purishakrt, Sthairyakara, Svarya, Vatakr, Vrsya, Varnya	Agastyaharitaki Rasayana, Eladya Modaka, Dhanvantara Ghrta, Gandharvahasta Taila, Dhanvantara Taila, Brhatmasa Taila, Sarsapadi Pralepa, Kayasthadya Vartti.	Medoroga, Pinasa, Prameha, Trishna, Urustambha, Kanharoga, Tvagroga
23	PIPPALI	Essential Oil and Alkaloids	Dipana, Hrdya, Kaphahara, Rucya, Tridoshahara, Vatahara, Vrnaya, Rasayana, Rocana	Amritarishta, Ayaskrti, Cyavanaprashaa Avalaha, Gudapippali, Asvagandhadyarish ta, Kumaryasava, Candanasava, Shiva Gutika, Kaisora Guggulu	Sula, Arsa, Gulma, ikka, Kasa, Krmi, KÀaya, uÀ¶ha, Pl¶ha Roga, Prameha, Sv¶za, T¶za, Udara Roga, Amavata, Ēmad°Àa, Jvara

DISCUSSION

Haritaki as the main ingredients(100 in number); along with Dashamoola, Kapikacchu, Shankapusphi, Shati, Bala, Gajapippali, Apamarga, Chitraka, Bharangi, Pippalimoola, & Puskarmula is mentioned in Charaka which is common in most of the classical references. Sushruta has added Rasna Guduchi, Patha, Nagara, Yavasa and Pippali & omitte Apamarga and Pippali mula. Vangasena has added Devadaru, Madhulika, Punarnava, Panchakola, Pashanbheda, and omitted Apamarga, Pippalimoola and Chitraka. Apart from this the medicine also contain Gaja pippali, chitraka which are known for their carminative action and promoting proper metabolism. The drug also contains bharangi, pushkaramoola, apamarga, shati, which are having the shopha and shotha hara properties. The anti inflammatory action of these drugs helps in reducing the inflammatory changes in the alveoli and respiratory tract there by reduction of the disease symptoms like parshva shoola, swara bheda and Shwasa. Balya drugs like Shalaparni, Prisnaparni, Gokshura, Atmagupta, Shankapusphi and Bala are mentioned in the ingredients of the Agastya Haritaki Rasayana for Bala Ayu Vardhana.

There is similarity in indication of the Agastya Haritaki rasayana, mainly indicated for Kasa, Shwasa, Hikka, Aruchi, Kshaya, Grahani, Arsha, Vali, Palitya, Hridroga, & Pinasa. Sushruta has added Shiroroga while Gulma, Meha has been added by Chakradutta. Pleeha,

swarbhanga, Agnijanana, Pandu, Rajayakshma has been added by Bangasena. Here, in all classical references, it is mainly indicated for the Kasa, Shwasa, Kshaya, Hikka and Varna Bala Ayu bardhanama as action. Gadanigraha & Vangasena – mentions intake of Vasistha haritaki Avaleha, for specific duration for treatment of disease. If taken for 1 month, it cures all types of Jwara, 2months cures Netra roga, if 3 months cures complications of Kustha, if 4 months cures Bhagandara, Shlipada, Vatagulma, Arsharoga, if taken for 5 months it acts as Keshya.

Based on the properties, the major drugs mentioned in the preparation of the Agastya Haritaki rasayana are of Ushna veerya with few Sita veerya drugs. Tikta Katu, Madhura Kashaya is the dominant rasa present within it. Laghu Ruksha and Tikshna guna are the major Guna, with few Guru, Picchila, Snigdha of the individual drugs present in the formulation of the Agastya haritaki rasayana. Katu Vipaka is the more in number compared to the Madhura vipaka. Most of the drugs are of Vatakapaha samaka as well as the Tridoshasamaka in nature.

Laghu guna is Lekhana & Ropana in nature, Tikshna guna is Sodhana & Kaphavatahnut. Laghu Tikshna guna acts as antagonistic to gunas of Kapha, normalises the Kapha. Tikshna guna enhances the function of Pitta which stimulates Jatharagni which is in turn stimulates the other Agnis. Ruksha guna does Soshana & is Kaphahara. the Laghu, Ruksha Ushna guna also helps in Deepana Pachana maintaining the Agni, enhancing the Piita thus stimulating the Jataragni therefore subsides the aggravated Kapha. Katu rasa enhances Agni, subsides the Kapha, clears the obstruction in the Srotas and does Sodhana, helps in proper absorption, and maintains digestion. Kashaya rasa does alleviation of the Kapha and Pitta disorders and is also responsible for the Sthambana effect, Ropana effect along with the Sodhana. Madhura Rasa is responsible for shareeraindriya satmya, preenana, jeevana, tarpana, sapta dhatu vardhana, bala varna pradhana. Madhura rasa and Madhura Vipaka of Agatsya Haritaki Rasayana along wih Guru, Snigdh guna helps in dhatu poshana (nourishment) formation of best quality ojus (the copius form of all dhatus). Tikta rasa causes Lekhana and Kanta-sodhana, removes the Aruchi, causes Deepana and Pachana, stimulating the Agni. Katu vipaka and Ushna veerya helps in the stimualtion of Deepana Pachana, increasing the appetite and is Ruchya in nature. Ushna veerya drugs causes the liquification and mitigation of doshas, clearing the obstruction in the Srotas. Katu vipaka helps in Deepana Pachana maintaining the normalcy of the Agni.

Agastya Haritaki Rasayana can be employed in the sense of Naimittika Rasayana for Balya, Brimhana by maintaining the fundamental aspects of Dhatu, Agni and Srotas leading to overall development/improvement, and finally maintaining the ojas the essence of all the Dhatus and responsible for vital strength of the body and resistance against the disease.

Tikta Katu rasa, Katu vipaka and ushna veerya causes srotoshuddhi (clearing the blocked channels of body) in turn doing the dhatu poshana. Ushna veerya; Teekshna, Laghu, Rooksha guna; Katu vipaka does the kapha shamana while Madhura rasa, Ushna Guna and Madhura vipaka does the vata shamana, hence helpful in palita roga. Agastya Haritaki Rasayana being Kapha Vata shamana Aushadha yoga helps in controlling Palitya (greying of hair) and Vali (wrinkling of skin), as Palitya is kaph vat janya vyadhi and Vali is vat janya vyadhi. Ushna veerya and katu vipaka of Aushadha in Agastya Haritaki Rasayana act deepana and pachana which enhances agni (pachaka pitta) which in turn enhances the bhrajaka pitta hence varna prasada could be achieved. Laghu guna is Lekhana and ropana, rooksha is shoshana and kaphahara, teekshna is shodhana and kaphavatahara; and lagu teekshna act antagonist to kapha. Hence their cumulative effect could be observed as Kapha-Vatahara hence it could be utilised in kapha dominant vata associated or kapha-vata type of kasa. katu rasa that is kaphahara and sroto-shodhaka; tikta rasa that is lekha and kantha (throat) shodhaka; Kashaya rasa that is kapha-pitta shamana and ushna veerya that is kapha vilayaka (mucolytic action) and shamaka (pacifier) thus helpful in hikka and shwasa rogas. Tikta katu rasa, Ushna veerya and Katu vipaka it act as ama pachana and deepana, thus shows its effect in visham jwara (chronic stage) Teeksha guna, Ushana veerya and katu vipaka have their cumulative effect on Srotas causing the srotoshodhana hence reducing the pile mass. Its being kapha and vata pacifier yoga, it could be utilised only in shushka or Asravi arshas. A srotoshodhaka, vata anulomaka, vata shamaka along with agni deepana and pachana Aushadha yoga is needed in hridroga hence Agastya Haritaki Rasayana could be a drug of choice for Hridroga. katu rasa causes deepana, pachana, sroto shodhana and is ruchya (pleasing, giving a appetite); and Tikta rasa removes aruchi, cause deepana pachana and increases liking towards other rasas (tastes), hence help in overcoming symptoms of aruchi. Katu rasa in Agastya Haritaki Rasayana is kaphahara and srotosodhana, tikta rasa is lekha, kantha shodhana and sroto shodhana and ushna veerya is kapha vilayanakara and vata kapha shamaka, thus pacifying peenas roga which is kaph vat dominating vyadhi. Most of the drugs enlisted in Agastya Haritaki Rasayan are of Ushna veerya, Katu vipaka, Laghu Rooksha guna Katu tikta Kashaya rasa which is responsible for Kapha samana, Agni deepana & pachana

effect, hence pacify prameha roga which is Kapha pradhana tridoshaja vyadhi mainly due to Kapha dusti along with the medo vrudhhi.

CONCLUSION

In Agastya Haritaki Rasayana madhura rasa is balya and dhatu poshaka. Katu rasa is agni deepana, pachana and srotoshodhana while tikta rasa is srotoshodhaka and ama pachaka. Teekshna guna is srotoshodhaka. Laghu and ruksha guna is lekhana and ropana. Guru and Snigdha guna are brimhana and vatashamaka. Sheeta veerya is stambhana and pitta shamaka while ushna veerya is deepana, pachana, vata-kapha shamaka and agni vriddhikara. Madhura vipaka is dhatu poshana and sustains optimal kapha and katu vipaka is srotoshodhaka and Vata-Pitta samyakara. Hence, the cumulative action of the Agastya Haritaki Rasayana could be said to be having multiple immuno-modulatory properties hence described as the shreshtha Rasayana among the Rasayana yogas.

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