

International Journal of Research in Indian Medicine**Review on – Agrya Ayushadi Dravyas acting on different body systems w. s. r. to Charaka Samhita.****Indurkar Priya*¹, Landge Surekha²**PG Scholar, 3 year¹, Assist. Professor & HOD²,

Dravyaguna Department, Shri Ayurved Mahavidhyalaya, Nagpur, M. S., India

*Corresponding author: priyaindurkar99@gmail.com**ABSTRACT –**

Ayurveda is an ancient medical science which main aim is to maintain the health of healthy person and cure diseases from its root. Ayurved based on Saptapadartha, where dravya is one of them. Ancient acharyas classified the Ayurveda into eight branches, collectively known as “Ashtang Ayurveda”. Dravyaguna shastra is an important branch of chikitsa shastra. This deals with the guna (properties), karma (Action) and Prayoganum (therapeutic uses of dravya). In Ayurveda “Ekal dravya” chikitsa having more importance. In some cotext a single drug (Ekal Dravya) is used for one disease or more than one diseases. Agrya Aushadhi Dravya are most potent drugs for that particular diseases. Agrya Aushadhi Dravya are cost effective economical, easy to use and safe. In this article highlighting the Agrya Aushadhi dravya mentioned in a charaka samhita which acting on different body systems.

Keywords – Agrya Aushadhi, Ekal dravya, Saptapadartha, Charak Samhita.

INTRODUCTION –

Agrya means sarvottam i.e which is best among all. Ayurveda gives

importance to Ekal dravya chikitsa. Which main motto is to maintain health of healthy person and cure diseases from its root.^[1]

Ayurveda is very vast science, so ancient acharyas classified the Ayurveda into eight branches, collectively known as Ashtang Ayurveda.^[2] It contain kaya chikitsa, Shalya Tantra, Shalakya Tantra, Kaumarabhritya, Bhuta vidya, Agad Tantra, Rasayana, Vajikaran.

In Bruhatrayee there is mentioning of Agrya Dravyas, where charaka Samhita sutrasthan chapter 25 includes 152 Agrya Dravyas,^[3] in Ashtang Sangraha Sutrathana Chapter 13 includes 155 Agrya Dravyas,^[4] and in Ashtan Hridayam Uttartantra chapter 40 includes 55 Agrya Dravyas.^[5]

All the Agrya Aushadhi Dravyas are acts on the basis on its own potential properties like Rasa, Guna, Virya, vipak, karma and its chemical constituents. These all Agrya Aushadhi Dravyas are the most potent drug of that particular diseases.

In charaka Samhita Agrya Dravya explain about Sarvottam Ahar dravya, Srvottam Vihar Dravya, Sarvottam Aushadhi Dravya, Sarvottam Bhav and

Ahitkar bhav under a broad heading. As per the opinion of *Charaka Agrya is Shrestha* and he explain it as “*Jyayastwa*” (which is superior).

As per *Astang Sangraha*, he mentions it as “*Karyakaraka*”. *Astang Hridayam* adds *Shrestha aushadhi* can be given in *vikalpa/yoga* based on *kala, bala and desha*.

In treatment use of an *agrya dravya* instead of using multiple drugs is more economically affordable and effective. Here an attempt is made to classify *Agrya ayushadhi dravya* (*Sarvottam Aushadhi*) of *Charaka Samhita* into different groups such as Action on *Dosha*, Action on *Dhatu*, Action on *Prabhava*, Action on G.I.T., Action on Respiratory system, Action on Cardiovascular system, Action on Reproductive system, Action on urinary system, Action on skin diseases, Action on Haemorrhoids, used in *panchakarma*.^[6]

AIM AND OBJECTIVES –

The study is carried out with an aim to classify *Agrya Ayushadhi dravya* according to different body systems and

review importance of *Agrya dravya* in *chikitsa* for its economically affordable and effective value.

REVIEW OF LITERATURE –

- In *charaka Samhita sutrasthana* 25/40 includes 152 *Agrya Dravya*.
- In *Astang Hridaya Uttarsthana* 40 includes 55 *Agrya Dravya*.
- In *Astang Sangraha* su.13, includes 155 *Agrya Dravya*.

MATERIAL AND METHODS –

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

Here only *charaka samhitas Agrya Aushadhi Dravyas* mentioned into different groups such as Action on *Dosha*, Action on *Dhatu*, Action on *Prabhava*, Action on G.I.T., Action on Respiratory system, Action on Cardiovascular system, Action on Reproductive system, Action on urinary system, Action on skin diseases, Action on Haemorrhoids, *Agrya Aushadhi dravya* used in *panchakarma*.

Table No. 1-6: Agrya Aushadhi Dravya having action on Dosha –

Sr. No.	Vatahara Aushadhi Dravya ^[7]
1.	<i>Rasna</i> (<i>Pluchea lanceolata</i> C. B. Clarke)
2.	<i>Eranda Moola</i> (Root of <i>Ricinus communis</i> Linn.)
3.	<i>Guduchi</i> (<i>Tinospora Cardifolia</i> (willd.) Miers ex Hook. F. & Thoms.)
4.	<i>Prushniparni</i> (<i>Uraria picta</i> Desv.)
5.	<i>Bala</i> (<i>sida cardifolia</i> Linn.)
6.	<i>Gokshura</i> (<i>Tribulus terrestris</i> Linn.)
7.	<i>Kushtha</i> (<i>Saussurea lappa</i> C. B. Clarke)
8.	<i>Erandataila</i> (oil of <i>Ricinus communis</i> Linn.)

Sr. No.	Kaphahara Aushadhi Dravya
1.	<i>Guduchi</i> (<i>Tinospora Cardifolia</i> (willd.) Miers ex Hook. F. & Thoms.)

Sr. No.	<i>Vata-Pitta Shamak</i>
1.	<i>Ghruta</i>
2.	<i>Bilva (Aegle marmelos corr.)</i>

Sr. No.	<i>Vata- Kapha Shamak</i>
1.	<i>Hingu nirryasa (Ferula narthex Boiss.)</i>
2.	<i>Amlavetasa (Garcinia pedunculata Roxb.)</i>

Sr. No.	<i>Pitta- Kapha Shamak</i>
1.	<i>Madhu (Honey)</i>
2.	<i>Duralabha (Fagonia cretica Linn.)</i>
3.	<i>KutajTwak (Bark of Holarrhena antidysenterica (Linn.) wall.)</i>

Sr. No.	<i>Sarva Dosh hara</i>
1.	<i>Ativisha (Aconitum heterophyllum wall.)</i>
2.	<i>Vidarigandha (Desmodium gangeticum DC.)</i>

Table No. 7: Agrya Aushadhi Dravya having action on Dhatus -

Sr. No.	<i>Agrya Aushadhi Dravya</i>	<i>Karma (action)</i>
1.	<i>Bala (Sida cordifolia Linn.)</i>	<i>Balya (Strength promoter)</i>

Table No. 8: Agrya Aushadhi Dravya having action as per prabhav -

Sr. No.	<i>Agrya Aushadhi Dravya</i>	<i>Prabhav (special property)</i>
1.	<i>Vidang (Embelia ribes Burm.f.)</i>	<i>Krumighna (Antihelminthic)</i>
2.	<i>Shirish (Albizia lebeck Benth.)</i>	<i>Vishaghna (Anti poisonous)</i>
3.	<i>Khadir (Acacia catechu Willd.)</i>	<i>Kushthagha (Curing skin diseases)</i>
4.	<i>Aamalki (Embalica officinalis Gaertn.)</i>	<i>Vayasthapana (Anti-ageing)</i>

5.	<i>Haritaki (Terminalia Chebula Retz.)</i>	<i>Pathya</i> (wholesome)
----	--	---------------------------

Table No. 9: Agrya Aushadhi Dravya having action on Cardio-vascular system –

Sr. No.	Agrya Aushadhi Dravya	Karma (action)
1.	<i>Ananta (Hemidesmus indicus R. Br.)</i>	<i>Rakttapitta prashamana</i> (Cures intrinsic haemorrhage)
2.	<i>Utpala (Nymphaea stellata Willd.)</i>	<i>Rakttapitta prashamana</i> (Cures intrinsic haemorrhage)
3.	<i>Gandhpriyangu (Callicarpa macrophylla Vahl.)</i>	<i>Shonitpittaatiyoga Prashamana</i> (Cures alleviated excessive intrinsic haemorrhage)
4.	<i>Kashmaryaphala (Gmellia arborea Linn.)</i>	<i>Raktasangrahika</i> (Haemostatic) <i>Rakttapittaprashaman</i> (Cures intrinsic haemorrhage)

Table No. 10: Agrya Aushadhi Dravya having action on Gastro-intestinal tract –

Sr. No.	Agrya Aushadhi Dravya	Karma (action)
1.	<i>Trivrutta (Operculina turpethum (Linn.) Silva Manso.)</i>	<i>Sukhvirechaka</i> (Causes easy purgation)
2.	<i>Aaragvadha (Cassia fistula Linn.)</i>	<i>Mruduvirechaka</i> (Causes mild purgation)
3.	<i>Snuhi ksheer (Eubhorbianeriifolia Linn.)</i>	<i>Tikshnavirechaka</i> (Causes strong purgation)
4.	<i>Pippalimoola (Root of Piper longum Linn.)</i>	<i>Dipaniya</i> (Appetizer), <i>Pachaniya</i> (Digestant), <i>Aanahprashamana</i> (relieves abdominal distention).
5.	<i>Chitrakamoola (Root of Plumbago zeylanica Linn.)</i>	<i>Dipaniya</i> (Appetizer), <i>Pachaniya</i> (Digestant)
6.	<i>Mustaka (Cyperus rotundus Linn.)</i>	<i>Sangrahika</i> (absorbent), <i>Dipaniya</i> (Appetizer), <i>Pachaniya</i> (Digestant)
7.	<i>Ananta (Hemidesmus indicus R.Br.)</i>	<i>Sangrahika</i> (absorbant)
8.	<i>Guduchi (Tinopora cordifolia (willd.) Miers ex Hook. F. & Thoms.)</i>	<i>Sangrahika</i> (Absorbant), <i>Dipaniya</i> (Appetizer), <i>Vibandhaprashamana</i> (relieves constipation)
9.	<i>Bilva (Aegle marmelos Corr.)</i>	<i>Sangrahika</i> (Absorbant), <i>Dipaniya</i> (Appetizer)

10.	<i>Ativisha</i> (<i>Aconitum hetrophyllum</i> wall.)	<i>Dipaniya</i> (Appetizer), <i>Pachaniya</i> (Digestant), <i>Sangrahika</i> (Absorbent)
11.	<i>Kutajatwaka</i> (Bark of <i>Holarrhena antidysentrica</i> wall.)	<i>Sangrahika</i> (Absorbent), <i>Upashoshana</i> (desiccant)
12.	<i>Prushniparni</i> (<i>Uraria picta</i> Desv.)	<i>Sangrahika</i> (Absorbent), <i>Dipaniya</i> (Appetizer).
13.	<i>Bala</i> (<i>Sida cordifolia</i> Linn.)	<i>Sangrahika</i> (Absorbent)
14.	<i>Hinguniryasa</i> (<i>Ferula narthex</i> Boiss.)	<i>Dipaniya</i> (Appetizer), <i>Anulomaniya</i> (Carminatives).
15.	<i>Amlavetasa</i> (<i>Garcinia pedunculata</i> Roxb.)	<i>Bhedaniya</i> (drastic purgative), <i>Dipaniya</i> (appetizer), <i>Anolomaniya</i> (Carminatives).
16.	<i>Mrudbhrushtanirvapitaudakam</i>	<i>Trushna</i> (decreases excessive thirst) <i>Chhardiharan</i> (antiemetic)
17.	<i>Jala</i>	<i>Stambhan</i> (stop flows)

Table No. 11: Agrya Aushadhi Dravya having action on skin –

Sr. No.	Agrya Aushadhi Dravya	Karma (action)
1.	<i>Chandana</i> (<i>Santalum album</i> Linn.)	<i>Durgandhahara</i> (removes foul smell), <i>Dahanirvapana</i> (removes burning sensation), <i>lepa</i> (used as local application).
2.	<i>Rasna</i> (<i>Pluchea lanceolata</i> C.B.Clarke.)	<i>Shitapanayanpralepana</i> (application of these dispel coldness of body)
3.	<i>Agaru</i> (<i>Aquilaria agallocha</i> Roxb.)	<i>Shitapanayan pralepana</i> (application of these dispel coldness of body)
4.	<i>Lammajjak</i> (<i>Cymbopogon jwarankusa</i> Schutt.)	<i>Daha</i> (cures burning sensation), <i>Tvagdosha</i> (cures skin diseases), <i>Swedaapanayana</i> (decreases sweating), <i>Pralepana</i> (used as a local application).

Table No. 12: Agrya Aushadhi Dravya having action on ENT Opth. Diseases –

Sr. No.	Agrya Aushadhi Dravya	Karma (action)

1.	<i>Madhuka</i> (<i>Glycyrrhiza glabra</i> Linn.)	<i>Chakshushya</i> (promotes the vision), <i>Keshya</i> (hair tonic), <i>Kanthya</i> (beneficial for throat), <i>varnya</i> (promotes complexion of skin), <i>Virajaniya</i> (promotes pigmentation), <i>Ropniya</i> (promotes healing).
----	---	--

Table No. 13: Agrya Aushadhi Dravya having action on Respiratory system -

Sr. No.	Agrya Aushadhi Dravya	Karma (action)
1.	<i>Pushkarmoola</i> (<i>Inula racemosa</i> Hook. f.)	<i>Hikka</i> (anti hiccough), <i>Shwasa</i> (relieves dyspnea), <i>Kasa</i> (treats cough), <i>Parshvashoolhara</i> (cures pain in flanks).
2.	<i>HinguNiryasa</i> (<i>Ferula narthex</i> Boiss.)	<i>Chedana</i> (expectorant)
3.	<i>Vayu</i>	<i>Prana sangyapradanhetu</i> (restores consciousness or gives life).

Table No. 14: Agrya Aushadhi Dravya having action on Urinary system –

Sr. No.	Agrya Aushadhi Dravya	Karma (action)
1.	<i>Gokshura</i> (<i>Tribulus terrestris</i> Linn.)	<i>Mutrakruchahara</i> (causes diuresis).

Table No. 15: Agrya Aushadhi Dravya having action on Reproductive system –

Sr. No.	Agrya Aushadhi Dravya	Karma (action)
1.	<i>Erandmoola</i> (Root of <i>Ricinus communis</i> Linn.)	<i>Vrushya</i> (aphrodisiac)
2.	<i>Madhuka</i> (<i>Glycyrrhiza glabra</i> Linn.)	<i>Vrushya</i> (aphrodisiac)
3.	<i>Prushniparni</i> (<i>Uraria picta</i> Desv.)	<i>Vrushya</i> (aphrodisiac)
4.	<i>Vidarigandha</i> (<i>Desmodium Gangeticum</i> DC.)	<i>Vrushya</i> (aphrodisiac)

Table No. 16: Agrya Aushadhi Dravya having action On Arsha (Haemorrhoids) -

Sr. No.	Agrya Aushadhi Dravya	Karma (action)
---------	-----------------------	----------------

1.	<i>Chitraka moola</i> (<i>Plumbago Zeylanica</i> Linn.)	<i>Gudashotha</i> (cures inflammation in anal region), <i>Arshahara</i> (treats haemorrhoids).
2.	<i>Yavakshaar</i>	<i>Arshoghna</i> (treats haemorrhoids).

Table No. 17: Agrya Aushadhi Dravya used in Panchakarma –

Sr. No.	Agrya Aushadhi Dravya	Panchakarma
1.	<i>Madanphal</i> (<i>Randia spinosa</i> Poir.)	<i>Vaman, Niruha, Anuvasan</i>
2.	<i>Trivrutta</i> (<i>Operculina turpethum</i> (Linn.) Silva Manso.)	<i>Sukhvirechaka</i>
3.	<i>Aaragvadha</i> (<i>Cassia fistula</i> Linn.)	<i>Mruduvirechaka</i>
4.	<i>Snuhiksbeer</i> (<i>Eubhorbia neriifolia</i> Linn.)	<i>Tikshnavirechaka</i>
5.	<i>Apamarga</i> (<i>Achyranthes aspera</i> Linn.)	<i>Shirovirechan</i>

DISSCUSION –

Different *Acharyas* have followed different methodology while explaining *Agrya dravya*. So, no. varies from *Acharya* to *Acharya*. *Charaka Acharya* gives special importance to *Aushadi dravya*. These *Dravya* are sufficient to cure most of the diseases. It also helps practitioners to select the proper drug for cure disease conditions also availability of drug. Selection of the *Agrya Dravya* gives desired results from the treatment.

CONCLUSION –

Agrya Dravyas are clinically proved by *Acharyas* and in *Ayurveda* '*Apta vachan* 'considered best one, so these *Agrya Dravyas* are best among all and used in treatment. *Agrya dravyas* having their own potential therefore in treatment use of an *Agrya Dravya* instead of using multiple drugs is more economically affordable and effective.

REFERENCES –

1. Agnivesh, Charaka, Dridhbala edited by Dr. Bramhanand Tripathi, Charaka samhita, Edition first , sutrasthan, Dashamahamuliadhya 30/26, Varanasi, Chaukhamba Swabharati prakashan, 2006; p.g. no 565.
2. Vagbhata ,edited by Dr. Bramhanad Tripathi, Ashtanga Hrudayam, Sutrasthan, Ayushkamiya Adhyay, Delhi , Chaukhamba Sanskrit Pratishthan, reprint edition 2012 verse no. 5, page no 5.
3. Agnivesha,Charaka edited by Dr. Bramhanand Tripathi, Charaka Samhita ,Sutrasthan, chapter 25, Yujiyapurushiya adhyaya Charaka Samhita of Agnivesha, Varanasi, Chaukhamba Swabharati prakashan, eidition 2016, verse no. 40, page no. 453-459.
4. Vagbhata, Kaviraj Atrideva Gupt, Ashtanga sangraha, Sutrasthan, chapter 13, Vajikarana vidhi , reprint edition 2016, Varanasi, Chaukhamba

- prakashan, verse no 48-57, page no 832-833.
5. Vagbhata, Dr. Bramhanad Tripathi, Ashtanga Hrudayam Uttarsthan, Chapter 40, Vajikarana vidhi Adhyay, reprint edition 2012, Delhi , Chaukhamba Sanskrit Pratishthan, verse no.48-58 , page no 1212-1213.
 6. Dr. Pooja Modh, Dr. Dheeraj Khajuria, Dr. Arun Ruma et al, A critical analysis on Argya Sangraha (Foremost Substances) In Ayurveda, International Journal of Scientific and Technology Research, voln8, issue 11, November 2019, 1082-1097.
 7. Priyavat Sharma, Dravyagunavigyana, II part, Varanasi Chaukhmba Bharati kadami, 2013; 761.

Conflict of Interest: Non

DOI:

<https://doi.org/10.52482/ayurline.v5i03.596>

Source of funding: Nil

Cite this article:

"Review on – Agrya Ayushadi Dravyas acting on different body systems

w. s. r. to Charaka Samhita."

Indurkar Priya, Landge Surekha

Ayurline: International Journal of Research In Indian Medicine 2021; 5(4):01-08

