Importance of Agrya aushadhi

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Abstract:
Ayurveda is the science of life. Ayurveda is perfect blend of philosophy and science. It balances all the components like physical, mental and spiritual factor. Now days Ayurveda is becoming more and more acceptable globally because of its eco friendly, cost effective, less side effects and holistic approach.

Ayurveda’s main aim is to prevent the disease and maintain the health. Bruhatryee includes Agrya aushadhi to prevent the disease and maintain the health. CH.SU 25/40 includes 152 Agrya aushadhi, A.H.U.40 /55 Agrya aushadhi and In A.S.Su.13 Agryasangraha adhaya are described.

All Agrya aushadhi are based on its own potential or qualities like Rasa, Guna, Viryadi and the chemical properties. In some context for one disease a single drug is mentioned or a single drug mentioned for more than one disease. Agrya aushadhi are cost effective, economical, easy to use and safe. Agrya aushadhi are most potent drugs of that particular disease. In Shatkriyakaal Agrya aushadhis are effective in Sthana Samshraya Avastha.

Key words: Agrya aushadhi, CH.SU 25, A.H.U 40, A.S.Su.13.

Introduction:-
In Ayurveda ‘Ekal dravya chikitsa’ is having more importance. The main motto of Ayurveda is to maintain the health of healthy person and destroy the disease from its root. When ‘Yukti and Aap praman’ is used tactfully in Dravya yojana only then motto of Ayurveda will be fulfilled.

Ayurveda promotes preventive methods. Bruhatryee includes some Agrya aushadhi which are having effect on health factors. Charak samhita su.25 includes the 155 Agrya aushadhi, Ashtang Hridayam U.40 includes 55 Agrya aushadhi. The Agrya aushadhi in preventive aspect like “Kaalbhojan- Aarogyakar”, “Vishad-Rogvardhak.”

Hetu pratyanik, Vyadhi pratyanik and Udbhaya pratyanik chikitsa are the main therapeutic measures, commonly existing in practice. In Agrya aushadhi all these chikitsa are mentioned for each and every diseases. The Agrya aushadhi is the discussion between Athreya Punarvasu and his students (Shishya).

All the Agrya aushadhi based on its own potential or qualities. In some context for a single disease a single drug is mentioned or a single drug mentioned for more than one disease.
e.g. -Vidang –Krimighna, Musta-Dipan, Pachan, Sangrahak
The word Agrya used to show the efficacy of dravya. Some Agrya dravya described to cure diseases or maintain the swasthya (health). On the other hand some Agrya dravya are causative factors (Hetu) for diseases or unwell begin.

In the Agrya aushadhi few are Aahar (food) related facts and few about Vihar (lifestyle) related facts mentioned.

e.g. - Upwas (fasting) – Jwarahar (Dec, fever)
kutaj - Raktarsha
Laja - Chardighra

These all Agrya aushadhi are the most potent drugs of that particular disease. In Shatkriyakaal Agrya aushadhi are beneficial in Sthanasamshraya. The Agrya aushadhi are cost effective, economical and safe.

The Agrya aushadhi indicated in Ayurved classical are economical easily available, easy to use.

- The Agrya aushadhi is also used as the first aid at home.
  e.g. – Jal- Aashwasanprad, Upwas - Jwarahar, Sura- Shramharanaam
  Lavan-Aanna ruchikar, Amla-Hridya, Kshir - Sivaniya,
  Mahish kshir- Nidrakar, Ras- Prinanaam, Mansa-Bruhuniya

- A single drug mentioned for single disease.
  e.g. – Vidang- Krimighna, Laja- Chardighra
  Shirish- Vishaghna, Vrusha (vasa)- Rakapitta prashmam
  Khadir-Kustthagha, Kantakarika- Kaasaghna,
  Aamalak- Vayahsthanp, Laksha- Sadya Kshataghna.

- In some context a single drug mentioned for more than one disease.
  e.g.
  - Erandmool –Vrushya, Vathar
  - Bilwa –Malsangrahak, Agnidipak, VKshamak
  - Pipalimool-Dipaniya, Pachniya, Aanahprashaman
  - Chitrakmool-Dipaniya, Pachniya, Gudshool, Shoth, Arshohar
  - Pushkarmool- Hikka, Shawas, Kas, Parshwashoolhar
  - Musta- Sangrahak, Dipaniya, Pachniya
  - Udichya- Nirvapiya, Dipaniya, Pachniya, Chardi, Aatisaarhar
  - Katvanga- Sangrehik, Pachniya, Dipaniya

- These all Agrya-aushadhi are the most potent drugs of that particular disease.
  e.g.- Mahish-kshir- Madhir, Guru more than cow milk, Snigdha, Sheet, Abhishyandi.
  - All Gundharma prone to increase Nidra.
  - Hence, Mahish kshir is Nidrakar in all aspect.
  - Acc. to modern Mahish kshir is having Tryptophan.
  - Tryptophan converted into sleep inducing hormones serotonin and melatonin in human body. So, it proves Mahish-Kshir is having efficacy in Anidra.
• The Agrya-aushadhi in preventive aspect like-
  • Kalbhojan-Aarogyakar,
  • Anirdeshkaritva- Arishtkar
  • Vishad-Rogvardhak,
  • Laulya(selfish)-Kleshkarak
  • Sarva rasa abhyas-Baalkar,
  • Jangaldesh-Anarogyakar
  • Ekras abhyas- Daurbalyakar,
  • Atisahas-Prananaoshak.

• In Agrya-aushadhi Agrya dravyas of Panchkarma also mentioned.
  e.g. -
  • Madanphaal- Vaman,Aasthapan,Anuvasanopayogi
  • Trivritta-Sukhvirechan
  • Aaragvadha-Mruduvirechan
  • Snuhikshir-Tikshanavirechan
  • Apamarga-Shirovirechan

• In some context Dravyas are mentioned for Doshas.
  e.g. -
  • Madhu-Kapha,Pitta Prashaman,
  • Masha and Avikshir- pittashleshmakarak
  • Ghrita-Vaat,Pitta Prashaman
  • Taila-Vaat,Kapha Prashaman
  • Rasna-Vaathar,
  • Jambu-Vaatakarak
  • Kulatha-Aamlapittakarak

• So as in some context the Panchkarma procedures are described as Agrya for Dosha-
  e.g. -
  • Vaman-Kaphahaar
  • Virechan-Pittahaar
  • Basti-Vaathoaar

• The Ashtang sangraha gives us some other precious Agraya dravya.
  e.g.-
  • Ayurved- Amrutsaman
  • Sadvachan- Anushtheya
  • Tadvidya Sambhasha –Budhivardhak
  • Druhtakarmata – Nishanshayakarak
  • Himalaya-Aushadhi bhumi(land of medicine)
  • Bramhacharya-Aayshyakarak
DISCUSSION:-

- Agrya-aushadhis are most potential drugs of that particular disease.
- These dravya are clinically proved by Acharyas.
- In Ayurveda “Aaptodesh” is used. So, these Agrya-dravyas are use in treatment.
- The Ekal-Dravya chikitsa is having more importance. One drug can be use in many disease so as many drugs are used in one disease.
- The Agrya dravya is based on their own Guna.
- They are having their own potential.
- In Aashtang hridayam Agrya dravya described to cure the diseases so as in Charak samhita Agrya dravya described as preventive method also.

Conclusion:-

- The Agrya aushadhi are having practical uses.
- They are having potential for particular diseases.

References:-