

## Importance of “Agrya” Dravyas in Clinical Practice

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### Introduction

The main aim of Ayurveda is to prevent the disease and maintain the health. Bhishak, Dravya, Upasthata and Rugna are the four Chatuspaad of Chikitsa. Proper Dravya yojana is very important in the treatment of any disease. In Ayurveda Ekal Dravya yojana is explained in some conditions and is found to be very important while treating different diseases and conditions. Agrya Aushadhis are one of the important blessings of Acharyas to all the physicians. All agrya aushadhi are based on its quality/potentiality.

### Aim & Objective:

1. To Study the Agrya Dravya on basic concepts of Dravyaguna Vidnyan.
2. To evaluate some examples of Agrya Dravya and their applied aspects.

### Materials and Methods:

References of Agrya dravyas were taken from ayurvedic samhitas mainly, Charak samhita, Ashtang sangrah & Ashtang hruday.

### Result & Discussion:

Nirukti-The word ‘Agrya’ is derived from by adding ‘Gha’ pratyaya in ‘Agre bhavam’.

Definition- “Agrya shabdah: shreshthavachanah|Shreshthasya iti prashastasya lakshanam ||” As explained by Chakrapani in his commentary the word Agrya shows the efficacy of dravya Agrya Dravyas means the best drug among all for a particular action that are useful in maintaining a healthy life and also helpful in prevention of diseases. References of Agrya dravya in various samhitas-

Sr. no.	Reference	Name of the adhyaya	No. of Agrya dravyas mentioned
1	Cha. Su. 25	Yajjapurushiya	152
2	A.S.Su. 13	Agrya sangrahaniya	155
3	A.H.U. 40	Vajjaran vidhi	55

After evaluating all the references Agrya dravyas can be classified into different headings such as aahar, vihar, panchakarma related, dhatu related, swasthavrutta related etc. Agrya sangrah includes all the aspect of Ayurveda like drug actions, drug-disease relationship, causes of diseases, do’s & don’ts, ethics & morals of practice etc.

All these agrya aushadhis mentioned can be classified in different criteria’s as follows

- Agrya aushadhi related to Ahar and Vihar= ex. Mansa Brumhaniyanam, Upawas Jwaraharanam
- Agrya aushadhi as single drug for single disease=ex. Vidang Krumighnanam, Khadir Kushthaghnanam
- Agrya aushadhi for single dug for more than one condition = ex. Musta Sangrahik Deepaniya Pachaniyanaam, Erandamoolam Vrushya Vaataharanaam
- Agrya aushadhi as a hetu of some conditions/disease= ex. Atimatrashanam Daurbalyakaranaam,
- Agrya aushadhi as a preventive aspect= ex. Kaalbhojanam Aarigyakaranaam, Vishado Rogavardhananaam
- Agrya aushadhi of Panchakarma= ex. Trivruta Sukhavirechananaam, Apamarga Shirovirechananaam

- Agrya aushadhi for Doshas= ex. Ghruta Vaatpittaharanaam, Kulattha Amlapittajananaam
- Agrya aushadhi for panchakarma procedure= ex. Vaman Kaphaharanaam, Basti Vaatharanaam
- Agrya related to manas = ex. Harsha prinananam , Shoka shoshanam
- Some special Agrya which are useful in social aspects as Sadvachanam Anushtheyanaam, Tadvidhya sambhasha Buddhivardhananaam, Saumanasya Garbhajananaam etc.

All these Agrya aushadhis are the potent drugs of that disease or condition.

Ex. Vidang is explained as agrya dravya for Krumi. According to Ayurvedic samprapti Krumi are produced due to Kleda i.e. Increased Pruthvi and Aapa mahabhuta. It happens due to Agnimandya and Apachita aahar. Vidang being Katu, Kashaya rasa, Lagh , Ruksha guna, Ushna veerya removes excessive kleda, Increases the agni and Prevents the formation of Krumi.

According to modern science it has been proved that ethanolic extract of seeds of *Embelia ribes* exhibits potent anti-helminthic activity. Tannins the secondary metabolite in it interfere with energy generation in helminth parasite by uncoupling oxidative phosphorylation or binds to the glycoprotein on the cuticle of the parasite and causes death. It's a potent remedy for tapeworms. It not only reduces intestinal worms but also useful in all microbial infections.

**Practical application of Agrya dravyas=**

- **To find the Hetu of a Vyadhi:** While taking the history of patients in case taking, many a times we get to know the hetu of Vyadhi with the help of Agrya. Ex. If a person is consuming a single rasa drug for long time it leads to weakness as 'Ekrasabhyaso daurbalyakaranaam'.  
Wrong food habits of today's era leads to many diseases and is very well described through different agryas as Atimatrashanam Aampradoshahetunaam, Vishamashanam agnivaishamyakaranaam etc.

- **In treatment of a disease:** Some dravyas explained for a single vyadhi or a group of conditions are found to be very effective for that thing. Many researches are done on Vishaghna karma of Shirisha, Vaathara karma of Rasna etc. Agrya like Rasa tarpaniyannam, Ksheera jeevaniyanaam can be used according to condition of the patients independently or in the form of Anupaan of the medicine.
- **To suggest pathya and Apathyakara aahar and vihar to patient:** As **Vishado rogavardhananaam** it is the first duty of physician to remove the fear of disease from patient's mind. Patient should be properly consulted and guided. Maasha shleshmapittajananaam hence patient should be asked to stop the use of it in the diet if he is having predominance of shlemapittaja symptoms.
- **To decide the sadhyasadhytva of a vyadhi:** Agryas like Vruddho Yapyanaam, Garbhashalya Aharyanaam are suggestive of the sadhyasadhyaatva of the condition.
- **Other applications:** Agrya like Saumanasya garbhajananaam is found to be very useful while treating patients of unexplained infertility. Modern science has also explained the concept of psychological equilibrium of sex which explained by Ayurveda over the years.
- **Social ethics:** Agryas like Bramhacharya Aayushyanaam, Paradarabhigamanam anayushyanaam, Mithyayogo vyadhikaranaam are explained from the social point of view. So agrya aushadhi are not only suggestive of physical health but also explains the social health.

**Vaagbhatokta Agrya dravya contribution=**

Vaagbhat has explained some best dravyas in agrya which are not mentioned by Charak such as Meheshu DhatriNisha, Pleehamaye Pippali, Triphala guggulu Vrane, Kase Nidigdhika, Lashunam prabhanjanam etc. All these drugs are found to be most potent choice in that particular condition and are very popularly used in the practices.

**Conclusion-**

Agrya dravya is the best gift given by Acharyas. They are the potential drugs of the particular disease & many of these drugs are clinically proven. These drugs if used in Poorvarupa of Diseases can be more effective and stop the diseases to reach next stage of disease. These drugs are easily available, cost effective and potent. On observing Agrya Dravya it was found that Agrya Dravya is not about a single drug for particular disease but it can be used with two to four drugs in combination. It's a need of hour to study all Agraya Aushadhi and validate them for their best action. So it's the duty of physician to use this precious knowledge for the betterment of mankind. And last but not the least is "AYURVEDO AMRUTANAAM".

**References:**

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