ABSTRACT –

Ayurveda is an ancient medical science which main aim is to maintain the health of healthy person and cure diseases from its root. Ayurveda 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 context 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, SrvottamVihar Dravya, Sarvottam Aushadhi Dravya, Sarvottam Bhav and...
Ahitkar bhav under a broad heading. As per the opinion of Charaka Agrya is Shresta 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 diseasess, Action in 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 HridayaUttarsthana 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 diseasess, Action in 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.      | Rasna (Plucheia lanceolate C. B. Clarke) |
| 2.      | Erand Moola (Root of Ricinus communis Linn.) |
| 3.      | Guduchi (Tinospora Cardifolia (willd.) Miers ex Hook. F. & Thoms.) |
| 4.      | Prushniparni (Uraria picta Desv.) |
| 5.      | Bala (sida cardifolia Linn.) |
| 6.      | Gokshura (Tribulus terrestris Linn.) |
| 7.      | Kushtha (Saussurea lappa C. B. Clarke) |
| 8.      | Erandataila (oil of Ricinus communis Linn.) |

| Sr. No. | Kaphahara Aushadhi Dravya |
|---------|---------------------------|
| 1.      | Guduchi (Tinospora Cardifolia (willd.) Miers ex Hook. F. & Thoms.) |
| Sr. No. | **Vata-Pitta Shamak** |
|---------|-----------------------|
| 1.      | Ghruta                |
| 2.      | Bilva (Aegle marmelos corr.) |

| Sr. No. | **Vata- Kapha Shamak** |
|---------|------------------------|
| 1.      | Hingu niryasa (Ferula narthex Boiss.) |
| 2.      | Amlavetasa (Garcinia pedunculata Roxb.) |

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

| Sr. No. | **Sarva Dosh hara** |
|---------|---------------------|
| 1.      | Ativisha (Aconitum heterophylum wall.) |
| 2.      | Vidarigandha (Desmodium gangeticum DC.) |

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

| Sr. No. | **Agrya Aushadhi Dravya** | **Karma (action)** |
|---------|---------------------------|-------------------|
| 1.      | Bala (Sida cordifolia Linn.) | Balya (Strength promoter) |

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

| Sr. No. | **Agrya Aushadhi Dravya** | **Prabhav (special property)** |
|---------|---------------------------|-------------------------------|
| 1.      | Vidang (Embelia ribes Burm.f.) | Krumighna (Antihelminthic) |
| 2.      | Shirish (Albizzia lebbeck Benth.) | Vishaghna (Anti poisonous) |
| 3.      | Khadir (Acacia catechu Willd.) | Kushthagna (Curing skin diseases) |
| 4.      | Aamalki (Embalica officinalis Gaertn.) | Vayasthapana (Anti-ageing) |
### Table No. 9: Agrya Aushadhi Dravya having action on Cardio-vascular system –

| Sr. No. | Agrya Aushadhi Dravya                  | Karma (action)                                      |
|---------|--------------------------------------|-----------------------------------------------------|
| 1.      | Ananta (Hemidesmus indicus R. Br.)   | Rakttapitta prashamana (Cures intrinsic haemorrage) |
| 2.      | Utpala (Nymphaea stellata Willd.)    | Rakttapitta prashamana (Cures intrinsic haemorrage) |
| 3.      | Gandhriyangu (Callicarpa macrophylla Vahl.) | Shonitpittaatiyoga Prashamana (Cures alleviated excessive intrinsic haemorrage) |
| 4.      | Kashmaryaphala (Gmelia arborea Linn.) | Raktasangrahika (Haemostatic) Raktapittaprasaman (Cures intrinsic haemorrage) |

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

| Sr. No. | Agrya Aushadhi Dravya                  | Karma (action)                                      |
|---------|--------------------------------------|-----------------------------------------------------|
| 1.      | Trivrutta (Operculina turpethum (Linn.) Silva Manso.) | Sukhvirechaka (Causes easy purgation) |
| 2.      | Aaragvadha (Cassia fistula Linn.)     | Mruduvirechaka (Causes mild purgation)              |
| 3.      | Snuhi ksheer (Eubhorbianeriifolia Linn.) | Tikshnavirechaka (Causes strong purgation) |
| 4.      | Pippalimoola (Root of Piper longum Linn.) | Dipaniya (Appetizer), Pachaniya (Digestant), Aanahprashamana (relieves abdominal distention). |
| 5.      | Chitrakamoolu (Root of Plumbago zeylanica Linn.) | Dipaniya (Appetizer), Pachaniya (Digestant) |
| 6.      | Mustaka (Cyperus rotundus Linn.)      | Sangrahika (absorbent), Dipaniya (Appetizer), Pachaniya (Digestant) |
| 7.      | Ananta (Hemidesmus indicus R.Br.)     | Sangrahika (absorbant)                              |
| 8.      | Guduchi (Tinopora cordifolia (willd.) Miers ex Hook. F. & Thoms.) | Sangrahika (Absorbant), Dipaniya (Appetizer), Vibhandaprasaman (relieves constipation) |
| 9.      | Bilva (Aegle marmelos Corr.)          | Sangrahika (Absorbant), Dipaniya (Appetizer)       |
| Sr. No. | Agrya Aushadhi Dravya | Karma (action) |
|---------|----------------------|----------------|
| 1.      | Chandana (Santalum album Linn.) | Durgandahara (removes foul smell), Dahanirvapana (removes burning sensation), lepa (used as local application). |
| 2.      | Rasna (Pluchea lanceolate C.B.Clarke.) | Shitapanayanpralepana (application of these dispel coldness of body) |
| 3.      | Agru (Aquilaria agallocha Roxb.) | Shitapanayan pralepana (application of these dispel coldness of body) |
| 4.      | Lammadjak (Cymbopogon jwarankusa Schutt.) | Daha (cures burning sensation), Tvagdosha (cures skin diseases), Swedaapanayana (decreases sweating), Pralapan (used as a local application). |

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

Table No. 12: Agrya Aushadhi Dravya having action on ENT Opht. Diseases –
**Table No. 13: Agrya Aushadhi Dravya having action on Respiratory system** -

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

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

| Sr. No. | Agrya Aushadhi Dravya | Karma (action) |
|---------|-----------------------|----------------|
| 1.      | Gokshura (Tribulus terrestris Linn.) | Mutrakruchahara (causes diuresis). |

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

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

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

| Sr. No. | Agrya Aushadhi Dravya | Karma (action) |
|---------|-----------------------|----------------|
1. Chitraka moola (Plumbago Zeylanica Linn.)
   Gudashotha (cures inflammation in anal region),
   Arshahara (treats haemorrhoids).
2. Yavakshaar
   Arshoghna (treats haemorrhoids).

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

| Sr. No. | Agrya Aushadhi Dravya            | Panchakarma                  |
|---------|---------------------------------|------------------------------|
| 1.      | Madanphal (Randia spinosa Poir.) | Vaman, Niruha, Anuvasan      |
| 2.      | Trivrutta (Operculina turpethum (Linn.) Silva Manso.) | Sukhvirechaka               |
| 3.      | Aaragvadha (Cassia fistula Linn.) | Mruduvirechaka               |
| 4.      | Snuhiksheer (Eubhorbia nerifolia Linn.) | Tikshnavirechaka            |
| 5.      | Apamarga (Achyranthes aspera Linn.) | Shirovirechan                |

### DISCUSSION –

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.

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