CRITICAL REVIEW ON AGASTHYAHAREETAKI AVALEHA WITH SPECIAL REFERENCE TO SWASAHA KARMA

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ABSTRACT

Respiratory disorders are one of the leading causes of morbidity worldwide. In Ayurvedic classics many poly herbal preparations are mentioned for curing respiratory disorders. Agasthyahareetaki avaleha is one such formulation mentioned in classical text books specially indicated for curing Swasa, Kasa, Vishamajvara etc. A detailed literature survey has been conducted to explore the probable mode of action of Agasthyahareetaki Avaleha in Swasa Roga. Most of the ingredients are having anti asthmatic, anti-inflammatory, immune modulator and antimicrobial activities may works on respiratory pathology. Apart from this Katu, Tikta Rasa, Ruksa, Lagu Guna and Kaphavata hara, Swasa- Kasa- Sopha Hara property of ingredients will hamper the pathology of Swasaroga.

KEYWORDS: Agasthyahareetaki Avaleha, Swasahara Karma.

INTRODUCTION

Respiratory diseases are leading causes of death and disability in the world. Although respiratory impairment causes disability and death in all regions of the world and in all social classes, poverty, crowding, environmental exposures and generally poor living conditions increase vulnerability to this large group of disorders[1]. Once disease occurs, the goal is to lessen its effects and cure it if possible. Reducing its effects is best accomplished by early detection, prompt diagnosis and early effective treatment.

According to Ayurveda Swasa is a disorder primarily affecting Pranavaha srotas while other Srotases are also vitiated. In this condition Vaayu gets vitiated from its normalcy due to obstruction made by Kapha. This vitiation leads to severe episodes of breathlessness. There are many formulations explained in the context of Swasa roga treatment.

Agasthyahareetaki rasayana is an Avaleha preparation, propounded by Sage Agastya, mentioned in almost all classical literatures. It is indicated mainly in the Pranavaha sroto vikaras like Kasa, Swasa, Hikka, Kshaya, etc. It promotes complexion, longevity, as well as strength, cures wrinkles of the skin and graying of the hairs[2]. As the name implies Hareetaki is the main ingredient of this formulation.

The study was done to view the probable mode of action of Agasthyahareetaki in Swasaroga.

Method of Preparation

Two Palas of each of the drug starting from Dasamula to Pushkaramula should be added with five Adhaka of water. One Adhaka of Yava and hundred Hareetaki are bundled in a piece of cloth and immersed in decoction. Boil the decoction till Yava get softened. Add one Tula jaggery and after Paka, Taila, Grta and Pippalicurna are also added. Honey is added when it become cold.

As per AFI, method of preparation is different; 96g of each of the drug starting from Dasamula to Pushkaramula should be added with 15.360 L water and reduced to 3.840L. Instead of hundred Hareetaki, 1.2kg Hareetaki and 3.072kg Yava is taking. Add 4.8kg jaggery, and after Paka 192g Grta, Taila and Pippalicurna are also added. 192g honey is added when it become cold[3].

METHODOLOGY

The study was done by in depth literature survey through various Ayurveda classical text books like Carakasamhita, Susruta samhita, Ashtanga hridaya and various journals, articles. Review mainly focused on the pharmacological properties of each ingredient in modern as well as Ayurvedic perspective.
RESULTS AND DISCUSSION

Pharmacological Properties of Each Ingredients of Agasthayahareetaki Avaleha

| S NO. | Ingredients | Botanical name & Family | Pharmacological Properties Reported |
|-------|-------------|-------------------------|-------------------------------------|
| 1     | Bilwa       | Aegle marmelos Linn. Rutaceae | Immunomodulatory, antibacterial[4] anti-inflammatory[5] |
| 2     | Agnimantha  | Premna integripolia L. Verbenaceae | Anti microbial, Immunomodulatory, anti-inflammatory[6] |
| 3     | Syonaka     | Oroxylum indicum (L)Benth ex Kurz. Bignonaceae | Anti microbial, Immunomodulatory, anti-inflammatory[7], antitussive, expectorant[8] |
| 4     | Kasmarya    | Gmelina arborea Roxb Lamiaeceae | Anti microbial, Immunomodulatory[9] |
| 5     | Patala      | Stereospermum suaveolens (Roxb) DC. Bignonaceae | Anti bacterial, Immunomodulatory[10] |
| 6     | Brhati      | Solanum indicum linn Solanaceae | Antimicrobial, anti-inflammatory[11] |
| 7     | Kantakari   | Solanum xanthocarpum Schrad & Wendl Solanaceae | Clinically proven antiasthmatic activity[12] |
| 8     | Salaparni   | Pseudarthria viscida WIGHT & ARN. Fabaceae | Anti-inflammatory[13] |
| 9     | Prsniparni  | Desmodium gangeticum DC Fabaceae | Immunomodulatory, antiasthmatic, smooth muscle relaxant[14] Antibacterial, anti-inflammatory[15] |
| 10    | Gokshura    | Tribulus terresris Linn. Zygophyllaceae | Immunomodulatory, Antibacterial, anti-inflammatory[16] |
| 11    | Kapikacchu  | Mucuna pruriens(L.)DC. Fabaceae | Antibacterial, anti-inflammatory[17] |
| 12    | Shankapusphi| Convolvulus pluricaulis Chois Convolvulaceae | Immunomodulatory, Antibacterial[18] |
| 13    | Shati       | Kaempferia galanga L. Zingiberaceae | Antibacterial, anti-inflammatory, anti tuberculosis[19] |
| 14    | Bala        | Sida cordifolia Linn Malvaceae | Ephedrine, vascine are potent bronchodilator[20] |
| 15    | Gajapippali | Piper chaba Trel & Yunck Piperaceae | Anti microbial, Immunomodulatory, anti-inflammatory[21] |
| 16    | Apamarga    | Achyranthes aspera Linn Amaranthaceae | Antiasthmatic, expectorant, anti allergic, anti-inflammatory, anti bacterial[22] |
| 17    | Pippalimula | Piper longum Linn Piperaceae | Anti microbial, Immunomodulatory, anti-inflammatory[23] |
| 18    | Chitraka    | Plumbago zeylanica Linn Plumbaginaceae | Anti microbial, anti-inflammatory [24] |
| 19    | Bharangi    | Clerodendron serratum (L.) MOON Verbenaceae | Antiasthmatic, anti allergic, anti-inflammatory[25] |
| 20    | Puskarmoola | Inula racemosa Hook. F. | Antiasthmatic, anti allergic, anti- |
Most of the drugs in *Agasthyahareetaki* possess immune modulator, anti-inflammatory, and antimicrobial properties. Some of them are clinically proven as anti-asthmatic also.

### Pharmacological properties in Ayurvedic perspective

As per Ayurveda principles, pharmacological actions of a drug can be inferred through *Rasadi pancaka* and classical categorization of drugs.

#### Table 2: Pharmacological properties in Ayurvedic perspective

| Name       | Grouping                        | Rasa  | Guna   | Virya | Vipaka       | Karma                      |
|------------|---------------------------------|-------|--------|-------|--------------|----------------------------|
| Bilwa      | Brhatpancamula, Sothahara       | Madhura | Laghu  | Sita   | Madhura      | Tridoshagna, Sophagna, Jvarahara |
| Agnimantha | Brhatpancamula, Sothahara       | Tikta, Katu, Kashaya, Madhura | Lagu, Ruksha | Ushna  | Katu         | Kaphavatahara, Sophagna           |
| Syonaka    | Brhatpancamula, Sothahara       | Madhura, Tikta, Kashaya | Lagu, Ruksha | Sita   | Katu         | Kaphavatahara, Kasahara          |
| Kasmarya   | Brhatpancamula, Sothahara       | Tikta, Kashaya, Madhura | Guru     | Ushna  | Katu         | Tridoshagna, Swasahikkahara, Sophagna |
| Patala     | Brhatpancamula, Sothahara       | Tikta, Kashaya | Lagu, Ruksha | Anushna | Katu         | Tridoshagna, Swasahara, Kasahara, Sophagna |
| Brhati     | Sothahara, Lagupanca Mula       | Katu, Tikta | Lagu, Ruksha, Tikshna | Ushna  | Katu         | Kaphavatahara, Swasahara, Kasahara, Sophagna |
| Kantakari  | Kasahara, Sothahara, Lagupanca Mula | Katu, Tikta | Lagu, Ruksha, Tikshna | Ushna  | Katu         | Kaphavatahara, Swasahara, Kasahara, Jvarahara |
| Salaparni  | Sothahara, Vayasthapana varga, Lagupanca Mula | Madhura Tikta | Guru, Snigdha | Sita   | Madhura      | Tridoshagna, Swasahara, Kasahara, Sophagna |
| Prsniparni | Sothahara, Lagupanca Mula       | Madhura Tikta | Lagu, Snigdha | Usna   | Madhura      | Tridoshagna, Swasahara, Jvarahara, Sophagna |
| Gokshura   | Sothahara, Lagupanca Mula       | Madhura Tikta | Guru, Snigdha | Sita   | Madhura      | Vatapittahara, Swasahara, Kasahara |
| Kapikacchu | Balya varga                     | Madhura Tikta | Guru, Snigdha | Usna   | Madhura      | Tridoshagna, Balya             |
Shanka pusphi | - | Kashaya, Katu | Snigdha, Picchila | Sita | Madhura | Tridoshagna Balya, Rasayani
--- | --- | --- | --- | --- | --- | ---
Shati | Swasahara Hikkaniigraniya | Katu, Tikta, Kashaya | Laghu, Tikshna | Ushna | Katu | Kaphavahara Swasahara, Kasahara, Sophagna
Bala | Balya varga | Madhura | Guru, Snigdha | Sita | Madhura | Vataapittahara Balya, Rasayani
Gajapppali | - | Katu | Ruksha | Usna | Katu | Vatahara Swasahara, Kantamayahara
Apamarga | Krimigna varga | Katu, Tikta | Sara, Tikshna | Sita | Madhura | Kaphavataharah Sophagna
Pippalimula | Kasahara Hikkaniigraniya varga | Katu | Tikshna, Laghu, Snigdha | Anusna | Madhura | Kaphavataharah Swasahara
Chitraka | Dipaniya varga | Katu | Tikshna | Usna | Katu | Kaphavataharah Kasahara, Sothahara
Bharangi | - | Katu, Tikta | Laghu, Ruksha | Sita | Madhura | Kaphavataharah Swasa, Kasa, Jvara, Sophahara
Puskarmool | Swasahara Hikkaniigraniya varga | Katu, Tikta | Tikshna, Laghu | Usna | Katu | Kaphavataharah Swasahara, Jvarahara, Sothahara
Hareetaki | Kasahara Jvarahara Hikkaniigraniya Vayasthapana | Kashaya Pradhana Lavana Varjita Pancharas | Laghu, Ruksha | Usna | Madhura | Tridoshagna Swasahara, Kasahara, Sothagni, Jvarahara, Ayushyam, Rasayani
Yava | - | Kashaya, Madhura | Ruksha, Guru, Picchila | Usna | Katu | Kaphahara Swasahara, Kasahara, Pinasahara, Kantamayahara

Most of the drugs are classically placed under the Sophanga varga, Dasamoola, Swasahara varga. Also the drugs in Agasthyahareetaki have Tridoshara, Kaphavatahara, Swasahara sothagna and Jvarahara properties. Drugs like Hareetaki, Salaparni, Bala are also having Rasayana property.[29]

**DISCUSSION**

Respiratory diseases impose an immense worldwide health burden. Five of these diseases like chronic obstructive pulmonary disease (COPD), asthma, acute lower respiratory tract infections, tuberculosis and lung cancer are among most common causes of severe illness and death worldwide[30]. In general a drug with anti-inflammatory, antibacterial, bronchodilator and immune modulator activity will works here. While analyzing the properties of ingredients of Agasthya hareetaki avaleha all the drugs have got anti-inflammatory, antimicrobial and immune modulator actions. Most of them are proven to be anti asthmatic also.

According to Ayurveda Swasa roga is primarily affecting the Pranavahasrotas as Kapha and Vata are mainly vitiated. In the management of Swasa, Acharya mentioned that the main aim is to remove the obstruction made by Kapha and normalize the function of Vayu. Most of the drugs in Agasthyahareetaki avaleha are having the dominance of Katu, Tikta and Kashaya Rasa, Laghu, Ruksha and Tikshna Guna, Ushna Virya, Katu Vipaka and...
Tridosahara predominantly Vatakaphahara properties. Katu Rasa, Laghu, Ruksa Guna, Ushna Virya and Katu Vipaka properties of these drugs will remove the obstruction in Pranavahrasotas made by vitiated Kapha, leading to Samprapti vighatana. And the ingredients are capable of bringing back the normalcy of vitiated Dosa in Swasaroga.

Owing to the Swasahara, Kashara, Sothahara actions most of the drugs will effectively works on Swasa samprapti vighatana. While analyzing the classical categorization of each ingredient, most of them are placed under Sothahara varga, hence these drugs can hamper the inflammatory pathology.

Drugs like Hareetaki, Bala, Salaparni are having potent Rasayana properties and will helps in increasing Vyadhikshamatva of body.

CONCLUSION

After analyzing the properties of each ingredient in Agasthyahareetaki Avaleha, it can be concluded that the formulation has potent effect in curing Swasaroga.

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