

## UNVEILING AGADA YOGA: INSIGHTS FROM AYURVEDIC WISDOM

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**ABSTRACT**

Ayurveda, a time-honored medical system rooted in the Indian subcontinent, encompasses eight primary branches of specialization. Among these, *Agada Tantra* stands out for its comprehensive exploration of both living and non-living toxins, offering profound insights into their removal from the body. *Agada Yoga* refers to the potent substances used to neutralize or mitigate the effects of various toxins, including those from plant or animal venom, agricultural chemicals, and toxic metals. The wisdom of *Agada Yoga*, as detailed in classical texts, serves as a crucial therapeutic approach for addressing a spectrum of health issues, particularly those arising from poisoning incidents, toxic dermatoses, and systemic disorders. Various ancient scriptures document diverse formulations of *Agada*, each tailored to counteract specific toxic manifestations and their complications. This article aims to delve into the rich tapestry of *Agada Yogas* referenced in Ayurvedic literature, highlighting their therapeutic potential and applications in modern contexts.

**KEYWORDS:** *Agada Yoga, Agada Tantra, Vishahara, Amavisha, toxins.***INTRODUCTION**

*Agada Tantra*, a significant branch of Ayurveda among the eight disciplines of *Ashtanga Ayurveda*,<sup>[1]</sup> focuses on the management and treatment of various poisons. A toxin is defined as any substance that, when introduced into or applied to the body, can cause harm to health or even result in death. Such substances adversely impact tissues and can lead to a spectrum of illnesses or fatal outcomes.<sup>[2]</sup> The phrase "*Vishad Jannatwama Visham*" translates to "the substance that brings grief to the world," aptly describing *Visha's* detrimental effects on well-being.<sup>[3]</sup> *Visha* is classified into various categories, with *Sthavara* (plant-based) and *Jangama* (animal-based) being the most prevalent. In Ayurvedic tradition, *Agada* serves as the antidote for poisoning. It comprises a synergistic blend of antitoxic herbs, antioxidants, immunomodulators, and hepatoprotective agents, forming either herbomineral or polyherbal formulations. Treatment approaches for *Sthavara* and *Jangama Visha* reveal their reciprocal nature; for instance, individuals affected by *Jangama Visha* are often treated with *Sthavara Visha*, while *Sthavara Visha* cases may require

*Jangama Visha* as an antidote. These remedies can be applied both internally and externally.

**MATERIAL AND METHOD**

This article aims to compile references to various *Agada* mentioned in classical Ayurvedic texts, including the *Charak Samhita*, *Sushruta Samhita*, *Ashtanga Samhita*, and *Ashtanga Sangraha*, among others. Descriptions of *Agada* have been gathered from a diverse array of ancient Ayurvedic scriptures.

**LITERARY REVIEW**

The term "*Agad Tantra*" is derived from two Sanskrit words: "*Agada*" and "*Tantra*." The root "*Gada*" signifies both *Roga* (disease) and *Visha* (poison). Thus, *Agada* can be understood as a remedy that combats both disease and toxic agents. In this context, "drug" serves as another term for *Agada*, identifying it as a therapeutic agent that counteracts poison. Ayurvedic *Samhitas* outline various single herbs, polyherbal formulations, and herbo-mineral concoctions known for their antitoxic properties. The classification of drugs as *Vishaghna* pertains to their

capacity to neutralize harmful substances (antitoxic).<sup>[4]</sup> Some *Vishaghna* drugs operate based on their intrinsic nature (*Dravya Prabhava*), while others function through their specific properties (*Guna Prabhava*), or a combination of both (*Dravya Guna Prabhava*). These antitoxic preparations, referred to as *Vishaghna Dravya*, *Vishaghna Yogas*, and *Agadas*, are employed to address a range of illnesses and poisoning scenarios. The

formulations are meticulously crafted to counteract specific dosha imbalances arising from various types of poisoning.<sup>[5]</sup> Most of these antitoxic remedies exhibit *Raktashodhaka* (blood-purifying), *Tridoshaghna* (restoring balance among the three doshas), *Hridya* (cardio-protective), and *Ojavardhaka* (rejuvenating) effects, making them integral to Ayurvedic therapeutic practices.

**Table 1: Agada Yoga mentioned in Sushurata Samhita.**

AGADA YOGA	INDICATIONS
<sup>[6]</sup> <i>Dushivishari Agada</i>	In case of <i>dushivisha</i> poisoning and in other type of poisoning also
<sup>[7]</sup> <i>Maha Agada</i>	Destroy the <i>visha vega</i>
<sup>[8]</sup> <i>Ajit Agada</i>	In case of <i>sthavar</i> and <i>jangam visha</i> poisoning
<sup>[9]</sup> <i>Taksharya Agada</i>	In <i>takshak snake</i> poisoning
<sup>[10]</sup> <i>Rishabha Agada</i>	In snake and insect poisoning
<sup>[11]</sup> <i>Sanjeevan Agada</i>	A poisoned person who is unconscious
<sup>[12]</sup> <i>Vanshtwakadi Agada</i>	In <i>Lutaadi vish</i>
<sup>[13]</sup> <i>Kshara Agada</i>	In all types of poisoning, <i>Sharkara, Ashmari, Arsha, Vatagulma, Kash, Shool, darroga, Ajirna, Grahani Roga, Aruchi, Shoph, Sarwasar, Shoph, Shwas roga</i>
<sup>[14]</sup> <i>Mahasugandhi Agada</i>	All types of poisoning
<sup>[15]</sup> <i>Kushdaadi Agada</i>	In <i>trikantaka visha</i> (insect poisoning)
<sup>[16]</sup> <i>Rajnayaadi Agada</i>	<i>Galgolika visha</i> (insect poisoning)
<sup>[17]</sup> <i>Kukumadi Agada</i>	<i>Shatpadi visha</i> (insect poisoning)
<sup>[18]</sup> <i>Meshshringi Agada</i>	<i>Mandook visha</i> (insect poisoning)
<sup>[19]</sup> <i>Dhavaadi Agada</i>	<i>Vishambhra visha</i> (insect poisoning)
<sup>[20]</sup> <i>Shirishadi Agada</i>	<i>Ahinduka visha</i> (insect poisoning)

**Table 2: Agada yoga mentioned in Charak Samhita.**

AGADA YOGA	INDICATIONS
<sup>[21]</sup> <i>Mritasanjeevan Agada</i>	In all types of poisoning
<sup>[22]</sup> <i>Gandhahastinamak Agada</i>	demolish the poison spread in head region, <i>jwar, bhootgrah, visuchika, ajirna, murcha, unmad, apsmar, kanch, patal, nilika, shiro roga, shushkakshipaak, pilla, arbuda, arsh, kandu, pandu roga.</i>
<sup>[23]</sup> <i>Mahagandhahastinam Agada</i>	In <i>luta, mice, snake poisoning, effect of moola visha and kand visha, netra rog (pilla, kandu, timir, kanch), arbuda, visham jwar, ajirna, visuchika, pama.</i>
<sup>[24]</sup> <i>Rishabhakadi Agada</i>	Complications due to poisoning
<sup>[25]</sup> <i>Kshara Agada</i>	All types of <i>visha vikar, visha janya shotha, gulma, charma roga, arsh, bhagandar, pleeha roga, shotha, apsmar, krimi, swarbhed, pandu roga, mand agni, kasa, unmad.</i>
<sup>[26]</sup> <i>Panchshirish Agada</i>	In all poisoning

**Table 3: Agada yoga mentioned in Ashtanga Hridya.**

AGADA YOGA	INDICATIONS
<sup>[27]</sup> <i>Meghanath Agada</i>	In <i>rajiman</i> snake poisoning
<sup>[28]</sup> <i>Nakulyaadi Agada</i>	In <i>mandala</i> snake poisoning
<sup>[29]</sup> <i>Himvan Agada</i>	In <i>mandala</i> snake poisoning, <i>visarpa, shwathu, visphot, jwar, daha</i>
<sup>[30]</sup> <i>Gonas sarpvishnashak Agada</i>	In <i>gonas</i> snake poisoning
<sup>[31]</sup> <i>Vajra Agada</i>	In snake poisoning
<sup>[32]</sup> <i>Bilwadya Agada</i>	Snake, <i>luta, mice, scorpion poisoning, visuchika, ajirna, jwar</i>
<sup>[33]</sup> <i>Padmak Agada</i>	In <i>luta</i> poisoning
<sup>[34]</sup> <i>Champak Agada</i>	In <i>luta</i> poisoning
<sup>[35]</sup> <i>Mandar Agada</i>	In <i>luta</i> poisoning
<sup>[36]</sup> <i>Gandhamadan Agada</i>	In <i>luta</i> poisoning

**Table 4: Agada yoga mentioned in Ashtang samgraha.**

AGADA YOGA	INDICATIONS
<sup>[37]</sup> <i>Suryodya Agada</i>	All types of poisoning
<sup>[38]</sup> <i>Mritasanjeevan Agada</i>	In unconsciousness
<sup>[39]</sup> <i>Prajapatya Agada</i>	In all types of poisoning
<sup>[40]</sup> <i>Dashang Agada</i>	<i>Vishanashak</i>
<sup>[41]</sup> <i>Ajit Agada</i>	In <i>sthavar</i> and <i>jangam vish</i>
<sup>[42]</sup> <i>Dushi vishari Agada</i>	In <i>dushivisha</i> and other poisoning also
<sup>[43]</sup> <i>Ashtang Agada</i>	In <i>gonas sarp visha</i>
<sup>[44]</sup> <i>Himvaan Agada</i>	In <i>mandala sarp vish, visarpa, visphota, jwar</i>
<sup>[45]</sup> <i>Taksharya Agada</i>	In <i>takshak vish</i>
<sup>[46]</sup> <i>rishabh Agada</i>	In snake and insect poisoning
<sup>[47]</sup> <i>Dashang Agada</i>	In <i>keeta vish</i>
<sup>[48]</sup> <i>Kshara Agada</i>	In <i>sthavar vish, jangam vish, shool, gulma, ajeerna, swas, kasa, ashmari, sharkra, shopha, arsh, grahni rog, aruchi</i>
<sup>[49]</sup> <i>Sungandhakhya Agada</i>	In <i>sthavar and jangam visha</i>

**Table 5: Agada Yoga Mentioned in Chakradata.**

AGADA YOGA	INDICATIONS
<sup>[50]</sup> <i>Dashang agada</i>	In <i>Keeta</i> poisoning
<sup>[51]</sup> <i>Mritasanjeevan Agada</i>	All types of <i>jantu</i> poisoning, <i>jwar, stri vikar</i>

**Table 6: Agada yoga mentioned in Bhaishjya Ratnavali.**

AGADA YOGA	INDICATIONS
<sup>[52]</sup> <i>Ajit Agada</i>	<i>Sthavar</i> and <i>jangam vish</i>
<sup>[53]</sup> <i>Aprajita Agada</i>	In <i>saptadhatugata vish</i>

**Table 7: Agada yoga mentioned in Yogratnakar.**

AGADA YOGA	INDICATIONS
<sup>[54]</sup> <i>Ghritadi saptak Agada</i>	In <i>Takshak sarpa</i> poisoning
<sup>[55]</sup> <i>Dashang Agada</i>	In <i>keeta</i> poisoning
<sup>[56]</sup> <i>Shleshmatakadh Agada</i>	In all types of poisoning ( <i>sthavar</i> and <i>jangam vish</i> )

**Table 8: Agada yoga mentioned in Vangsen Samhita.**

AGADA YOGA	INDICATIONS
<sup>[57]</sup> <i>Chandroudy Agada</i>	In all types of poisoning
<sup>[58]</sup> <i>Suryodya Agada</i>	In all types of poisoning
<sup>[59]</sup> <i>Taksharya Agada</i>	In <i>takshak</i> snake poisoning
<sup>[60]</sup> <i>Maha Agada</i>	In high potent snake poisoning and also in all poisons

**Table 9: Agada yoga mentioned in Gadanigraha.**

AGADA YOGA	INDICATIONS
<sup>[61]</sup> <i>Maha Agada</i>	<i>Vishvega nashak</i>
<sup>[62]</sup> <i>Ajit Agada</i>	In <i>sthavar</i> and <i>jangam vish</i>
<sup>[63]</sup> <i>Churna Agada</i>	In all types of poisoning
<sup>[64]</sup> <i>Panchshirish agada</i>	In all types of poisoning
<sup>[65]</sup> <i>Sarvakamika agada</i>	In <i>Chatushpad damsh vish</i>

**Table 10: Agada yoga mentioned in Basavarajiyam.**

AGADA YOGA	INDICATIONS
<sup>[66]</sup> <i>Bhimrudra rasa</i>	In <i>kritama visha</i>
<sup>[67]</sup> <i>Shatyaadi yoga</i>	In <i>kritama vish</i>
<sup>[68]</sup> <i>Sarpakshi yoga</i>	In <i>gara vish</i>
<sup>[69]</sup> <i>Prabhavati gutika</i>	In snake and scorpion poisoning
<sup>[70]</sup> <i>Putrajivi yoga</i>	In snake poisoning

**Table 11: Agada yoga mentioned in *Vrinda Madhav Athava Sidhha Yog.***

AGADA YOGA	INDICATIONS
<sup>[71]</sup> Mahagada	Vish vega nashak
<sup>[72]</sup> Dashang Agada	In keeta vish

## DISCUSSION

Poison is defined as a substance that, when ingested or introduced into the body, poses a significant threat to health and life. In this context, *Agada* functions as a therapeutic agent designed to mitigate the harmful effects of exogenous toxins, including pharmaceuticals, heavy metals, and various venoms. The selection and application of *Agada* depend on specific indications and the availability of the appropriate formulations. Numerous *Agada Yogas*, when meticulously prepared, can serve dual roles as *Rasayana* (rejuvenative therapies) and *Prativisha* (antidotes). The inherent *Ushna* (heating), *Teekshna* (sharp), and *Vyavayi* (rapidly spreading) properties of these *Agada Yogas* facilitate the expulsion of toxins and the restoration of health. Their effectiveness is enhanced by their *Vishaghana* (antitoxic) components and unique *Prabhava* (potency).<sup>[73]</sup>

Current research is actively exploring these antitoxic formulations across various toxicity scenarios. For instance, the effects of *Dooshivishari Agada* have been studied concerning reproductive toxicity induced by monosodium glutamate (MSG), particularly its impact on ovarian function and follicle counts.<sup>[74]</sup> Additionally, *Bilvadi Agada* has demonstrated significant renal protective effects against gentamicin-induced nephrotoxicity in male Wistar rats,<sup>[75]</sup> showcasing its potential in safeguarding kidney health.

## CONCLUSION

The *Kalpas* and *Agadas* referenced in classical Ayurvedic texts are invaluable for both *Visha Chikitsa* (poison management) and *Kaya Chikitsa* (general health treatments). These formulations are essential not only for addressing cases of poisoning but also for treating a variety of systemic diseases and complications arising from venomous bites, be they from snakes or insects. In today's fast-paced world, where time is of the essence, the relevance of these *Agada* cannot be overstated. However, despite the wealth of knowledge available, there has been limited exploration into these critical areas. Further research and clinical studies on *Agada Yogas* are necessary to uncover their full therapeutic potential. As such, expanding our understanding of these traditional formulations could significantly enhance their application in modern medicine and contribute to the development of innovative therapeutic strategies against toxicity and related health issues.

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