

CLINICAL IMPORTANCE OF AGADA TANTRA AND THERAPEUTIC ROLE OF VARIOUS AGADA YOGAS IN SPECIFIC CONDITIONS

Vaishali R. Hajare^{1*}, Nitin P. Shende² and Shailendra Krushnarao Pund³

¹Assistant Professor, Department of Agadtantra Evum Vidhivaidyaka, Gramin Ayurved Mahavidyalaya, Patur, Dist. Akola, Maharashtra, India.

²Associate Professor, Department of Agadtantra, Dr. VJD Gramin Ayurved Mahavidyalaya, Patur, Dist. Akola, Maharashtra, India.

³HOD & Professor, Rasa Shastra & BK Department, Dr VJD Gramin Ayurved College Patur, Dist. Akola, Maharashtra, India.



***Corresponding Author: Dr. Vaishali R. Hajare**

Assistant Professor, Department of Agadtantra Evum Vidhivaidyaka, Gramin Ayurved Mahavidyalaya, Patur, Dist. Akola, Maharashtra, India.

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ABSTRACT

Ayurveda is an ancient Indian system of medicine prescribed eight primary branches; one of them is *Agada Tantra*. This specific branch deals with toxins, their therapeutic potential and management of toxic symptoms. *Agada Tantra* works around living or non-living toxins which affecting human body pathologically as well as therapeutically. *Agada Tantra* encompasses information about the treatment of various types of poisons including snakes or insect's bites, effect of poisonous plants, toxicity due to heavy metals accumulation and agricultural pesticides. The therapeutic formulations used are called *Agada Yogas*, which acts as antidote and neutralizes toxic effects of poisons. *Agada Yogas* helps in treating variety of conditions ranging from acute poisoning to fatal manifestations, etc. *Agada Yoga* is formulated using mineral, herbal and other natural substances. This article explores clinical importance of *Agada Tantra* and therapeutic role of various *Agada Yogas* in specific conditions.

KEYWORD:- Ayurveda, Poison, Toxic, Agada Yogas, Visha.

INTRODUCTION

Agada Tantra deals with the clinical presentation and management of various poisons. Poison described as *Visha* in Ayurveda which can enter into the body by various means and can induces toxic effects. *Visha* threaten the life by damaging tissues and this effect may observe as acute or chronic toxicity. *Sthavara Visha* originates from plant sources while *Jangama Visha* originates from animal sources. The treatment of poisons mainly required uses of antidote which also termed as anti-toxic substances and in Ayurveda various *Agada* formulations acts as antidotes. These *Agada Yogas* not only offers antitoxic effect but also imparts antioxidant, hepatoprotective and immunomodulatory properties to balance the bodily constitution.^[1-4]

Vishaghna Dravya is considered useful in case of edema, toxic inflammation, skin irritation, abdominal tumors and unconsciousness, etc. These formulations possess acts as antidote since they perform blood purification, offer *Tridoshaghna* effect and rejuvenate body. *Dushivishari Agada Panchashirishadi Agada* and *Dashanga Agada* are examples of common *Vishaghna Dravya* which target specific toxicities. *Agadas* can be administered by

various means including oral administration, inhalation and topical application, etc. *Agada* formulations act as *Vishaghna* drugs due to their inherent properties as depicted in **Figure 1**.^[4-6]

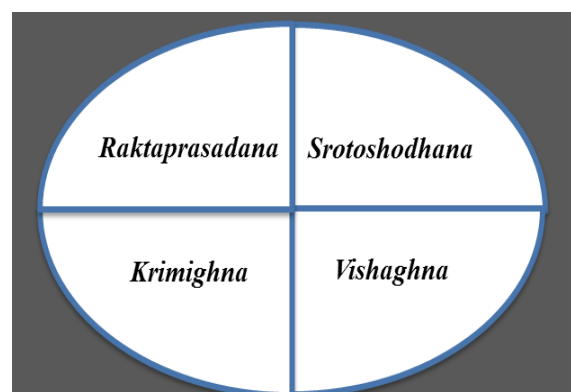


Figure 1: Therapeutic properties of various anti-toxic drugs.

As mentioned in Figure 1, the antitoxic properties of certain substances play a vital role in detoxifying the body. *Srotoshodhana* effect lead cleansing and purification of the *Srotas*, thus allowing removal of

toxins from every parts of body. *Vishaghna* property of antidote neutralizes toxic effect of *Visha*. *Krimighna* property of these drugs eliminates effects of harmful microorganisms. *Raktaprasadana* property involves the

purification of the *Rakta*, which detoxifies blood. The other property of *Agada* formulations is mentioned in **Table 1**.^[5-7]

Table 1: Properties of Agada Yoga.

| Property | Description |
|------------------------|-------------------------------------------------------------------------------|
| <i>Raksha Karya</i> | Preventing systemic spread of toxins. |
| <i>Dosha Shamana</i> | Corrects <i>Dosha</i> imbalances caused by toxins and restore homeostasis. |
| <i>Jwara Hara</i> | Alleviates fever caused by poisoning reactions. |
| Anti-Inflammatory | Reduces swelling and inflammation caused by toxic exposure. |
| Analgesic | Relieves pain resulting from poisoning condition. |
| <i>Krimighna</i> | Demonstrates anti-microbial properties to combat toxins from external agents. |
| <i>Rasayana</i> effect | Facilitates tissue repair and rejuvenation. |
| Immunomodulatory | Boosts the immune system. |

Clinical indications of agada yoga

Agadas have shown diverse therapeutic properties in the treatment of poisoning. *Bilwadi Agada* is effective in relieving burning pain and inflammation caused by scorpion bites. *Bilwadi Agada* also offers antimicrobial action in certain conditions.

Dashanga Agada provides anti-inflammatory activity, antimicrobial activity and free radical scavenging activity; hence considered useful in the treatment of scorpion bites. The *Dushivishari Agada* gives antioxidant profile and cyto-protective actions. *Padmaka Agada* alleviates symptoms of honeybee stings.

Paravatadi Agada used in scorpion bites and *Sindhuvaradi Agada* prevents cardio-toxicity caused by poisons. *Siddhartakadi Agada* shows benefit in malarial fever and *Sitadi Agada* also considered useful in many conditions.

Maha Agada used for neutralizing the effects of poison, *Ajit Agada* is suggested for plant and animal-based poison and *Sanjeevan Agada* revive unconscious caused by poisons. *Kshara Agada* treats gastrointestinal disorders and respiratory diseases. *Rajnayaadi*, *Kukumadi* and *Meshshringi Agada* treat different types of insect poisonings.

Agada offers antitoxic effect along with antioxidant, immune-modulatory and hepatoprotective properties.

Treatment of poisoning mainly involves uses of *Sthavara Visha* for *Jangama* poisoning and uses of *Jangama* for *Sthavara Visha*. These remedies can be applied externally and internally depending upon their need.^[7-9]

Probable mode of action of agada

Some of them work through their *Dravya Prabhava* and *Guna Prabhava*. These drugs possess properties such as *Raktashodhaka*, *Tridoshaghna*, *Hridya* and *Ojavardhaka* thus counteracts poisoning conditions and suppress their symptomatic manifestations. *Agada Yogas* are employed in various conditions, including *Visha Vikar*, *Visha Janya Shotha*, *Gulma*, *Charma Roga*, *Arsha*, *Bhagandar*, *Shotha*, *Krimi* and *Unmad*.

According to modern science these *Agada Yogas* having phytochemical constituents such as saponins, alkaloids, tannins, flavonoids, sesquiterpene lactones and terpenoids, etc. These constituents of *Agada Yoga* provide therapeutic benefits in case of poisoning emergency.

Agada Yoga balances *Dhatus* and maintains their equilibrium, also balances haemostatic of *Doshas* and *Agni*. *Sushruta Samhita*, *Ashtanga Hridaya* and *Charaka Samhita* described many *Vishaghna Dravya* and *Vishaghna Yogas* which act through their inherent properties. **Table 2** depicted examples of some anti-toxic drugs based on their mode of action.^[9-11]

Table 2: Anti-toxic drugs based on their mode of action.

| Description of mode of action | Examples |
|------------------------------------------------------------------------------------|------------------------------------------------|
| Neutralize toxins by direct counteraction. | <i>Vishahari Agada</i> and <i>Amrita Agada</i> |
| Correct vitiation of <i>Vata</i> , <i>Pitta</i> and <i>Kapha</i> caused by poison. | <i>Hingu-Sunthi Agada</i> |
| Detoxify and remove effects of toxins from blood. | <i>Chaturjata Agada</i> |
| Prevents the absorption of the poison. | <i>Raktaprasadana Agada</i> |

Example of various agada formulations

- ✓ *Lepa Agada: Laksha Agada*
- ✓ *Churna Agada: Bilwadi Agada*
- ✓ *Kalka Agada: Guduchyadi Agada*
- ✓ *Kwatha Agada: Chandanadi Agada*
- ✓ *Ghrita Agada: Vishaghna Ghrita*

CONCLUSION

Agada Tantra is a branch of Ayurveda that deals with the comprehensive management of toxic effects on the human body. It emphasizes the use of *Agada Yogas*, which act as potent antidotes while offering additional benefits such as antioxidant, immunomodulatory, and

hepatoprotective properties. These formulations include natural substances to counteract toxins, restore balance of the body and rejuvenate tissues. *Agada* formulation manages complications arising from poisonous bites, insects, and snake venom, etc.

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