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A REVIEW OF AGADA YOGAS DESCRIBED IN VARIOUS AYURVEDIC LITERATURE

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ABSTRACT
Ayurveda is one of the world's oldest holistic medical sciences and comprises eight major branches of clinical practice. Among these, Agada Tantra deals specifically with toxicology and provides comprehensive knowledge regarding natural and artificial poisons, their effects on the human body, and methods for their management. Classical Ayurvedic literature describes numerous formulations known as Agada Yoga, which are used for neutralizing, detoxifying, and counteracting poisonous substances. These formulations are indicated in poisoning caused by plant toxins, animal bites and stings, snake envenomation, toxic metals and minerals, agricultural chemicals, and other harmful substances. In addition to poisoning management, Agada Yogas are also employed in the treatment of toxic skin disorders and several systemic diseases. Different classical Ayurvedic texts mention a wide variety of Agada formulations with specific therapeutic indications. The present review aims to compile and analyze various Agada Yogas described in Ayurvedic literature and highlight their therapeutic importance in toxicological practice.

KEYWORDS: Agad Yoga, Agad Tantra, poison, toxins.

INTRODUCTION
Agada Tantra is one of the eight classical branches of Ayurveda and primarily deals with the study and management of poisons and toxic substances. It encompasses detailed knowledge regarding the identification, manifestations, complications, and treatment of various types of poisoning. According to Ayurveda, a poison is any substance that adversely affects the body, disturbs normal physiological functions, and may ultimately lead to severe illness or death. The classical statement "Vishad Jananat Visham" signifies that the substance causing sorrow, distress, or destruction to living beings is termed as Visha (poison).

Ayurvedic texts broadly classify Visha into two major categories: Sthavara Visha (plant and mineral origin poisons) and Jangama Visha (animal origin poisons). These poisons may enter the body through ingestion, inhalation, bites, stings, or external exposure and can produce both local and systemic toxic effects.

In Ayurvedic toxicology, the term Agada refers to an antidotal formulation used to neutralize or counteract the harmful effects of poison. Agada Yogas are commonly prepared using herbal, mineral, or herbomineral ingredients possessing antitoxic, antioxidant, immunomodulatory, and protective properties. These formulations are administered internally as well as externally depending upon the nature and severity of poisoning.

Classical Ayurvedic literature describes numerous Agada Yogas for the management of different toxic conditions, including snakebite, insect poisoning, plant toxicity, artificial poisons, and toxic manifestations affecting various body systems. The therapeutic principles of Agada Tantra emphasize rapid detoxification, neutralization of poison, restoration of doshic balance, and protection of vital organs. Therefore, Agada Yogas hold significant importance in the field of Ayurvedic toxicology and continue to be relevant in contemporary research and clinical practice.

MATERIALS AND METHODS

The present review article is based on a detailed literary survey of classical Ayurveda texts with special reference to Agada Tantra. Relevant references regarding various Agada Yogas were collected and compiled from major Ayurvedic classics, including Charaka Samhita, Sushruta Samhita, Ashtanga Hridaya, and Ashtanga Sangraha, along with other available traditional and contemporary literature related to Ayurvedic toxicology.

Literary Review

The term "Agada Tantra" is derived from two words: Agada and Tantra. The word Agada originates from "Gada," which denotes disease or poison. Therefore, Agada refers to a substance or medicinal preparation that counteracts disease and neutralizes poison. In Ayurvedic literature, Agada is considered an antidotal therapy used for the prevention and management of various toxic conditions.

Classical Ayurvedic texts describe numerous Vishaghna (antitoxic) drugs and formulations in the form of single herbs, polyherbal compounds, and herbomineral preparations. These medicines possess the ability to neutralize or reduce the harmful effects of toxins. The action of Vishaghna Dravyas is attributed to their intrinsic nature (Dravya Prabhava), pharmacological properties (Guna Prabhava), or a combination of both.

Various Agada Yogas mentioned in Ayurvedic compendia are indicated in different poisoning conditions and systemic disorders. These formulations are designed according to the predominance of Dosha involvement and the nature of the poison. Most Agada preparations exhibit properties such as Raktashodhana (blood purification), Tridoshaghna (balancing of the three Doshas), Hridya (cardioprotective), Ojavardhaka (immunomodulatory and rejuvenating), and Vishahara (detoxifying) actions. Owing to these therapeutic effects, Agada Yogas play an important role in the management of poisoning and related complications in Ayurvedic practice.

1. Agada yoga mentioned in Sushurata Samhita

S.N.	AGADA YOGA	INDICATIONS
1.	Dushivishari Agada[1]	In case of dushivisha poisoning and in other type of poisoning also
2.	Maha Agada[2]	Destroy the visha vega
3.	Ajit Agada[3]	In case of sthavar and jangam visha poisioning
4.	Taksharya Agada[4]	In takshak snake poisoning
5.	Rishabha Agada[5]	In snake and insect poisoning
6.	Sanjeevan Agada[6]	A poisoned person who is unconscious
7.	Vanshtwakadi Agada[7]	In Lutaadi vish
8.	Kshara Agada[8]	In all types of poisoning, Sharkara, Ashmari, Arsha, Vatagulma, Kash, Shool, Udarroga, Ajirna, Grahani Roga, Aruchi, Shoph, Sarwasar, Shoph, Shwas roga
9.	Mahasugandhi Agada[9]	All types of poisoning
10.	Kushdaadi Agada[10]	In trikantaka visha (insect poisoning)
11.	Rajnayaadi Agada[11]	Galgolika visha (insect poisoning)
12.	Kukumadi Agada[12]	Shatpadi visha (insect poisoning)
13.	Meshshringi Agada[13]	Mandook visha (insect poisoning)
14.	Dhavaadi Agada[14]	Vishambhra visha (insect poisoning)
15.	Shirishadi Agada[15]	Ahinduka visha (insect poisoning)

2. Agada yoga mentioned in Charak Samhita

S.N.	AGADA YOGA	INDICATIONS
1.	Mritasanjeevan Agada[16]	In all types of poisoning
2.	Gandhahastinamak Agada[17]	demolish the poison spread in head region, jwar, bhootgrah, visuchika, ajirna, murcha, unmad, apsmar, kanch, patal, nilika, shiro roga, shushkakshipaak, pilla, arbuda, arsh, kandu, pandu roga.
3.	Mahagandhahastinam Agada[18]	In luta, mice, snake poisoning, effect of moola visha and kand visha, netra rog (pilla, kandu, timir, kanch), arbuda, visham jwar, ajirna, visuchika, pama.
4.	Rishabhakadi Agada[19]	Complications due to poisoning
5.	Kshara Agada[20]	All types of visha vikar, visha janya shotha, gulma, charma roga, arsh, bhagandar, pleeha roga, shotha, apsmar, krimi, swarbhed, pandu roga, mand agni, kasa, unmad
6.	Panchshirish Agada[21]	In all poisoning

3. Agada yoga mentioned in Ashtanga Hridya.

S.N.	AGADA YOGA	INDICATIONS
1.	Meghanath Agada[22]	In rajiman snake poisoning
2.	Nakulyaadi Agada[23]	In mandala snake poisoning
3.	Himvan Agada[24]	In mandala snake poisoning, visarpa, shwathu, visphot, jwar, daha
4.	Gonas sarpvishnashak Agada[25]	In gonas snake poisoning
5.	Vajra Agada[26]	In snake poisoning
6.	Bilwadya Agada[27]	Snake, luta, mice, scorpion poisoning, visuchika, ajirna, jwar
7.	Padmak Agada[28]	In luta poisoning
8.	Champak Agada[29]	In luta poisoning
9.	Mandar Agada[30]	In luta poisoning
10.	Gandhamadan Agada[31]	In luta poisoning

4. Agada yoga mentioned in Ashtang samgraha.

S.N.	AGADA YOGA	INDICATIONS
1.	Suryodya Agada[32]	All types of poisoning
2.	Mritasanjeevan Agada[33]	In unconsciousness
3.	Prajapatya Agada[34]	In all types of poisoning
4.	Dashang Agada[35]	Vishanashak
5.	Ajit Agada[36]	In sthavar and jangam vish
6.	Dushi vishari Agada[37]	In dushivisha and other poisoning also
7.	Ashtang Agada[38]	In gonas sarp visha
8.	Himvaan Agada[39]	In mandala sarp vish, visarpa, visphota, jwar
9.	Taksharya Agada[40]	In takshak vish
10.	rishabh Agada[41]	In snake and insect poisoning
11.	Dashang Agada[42]	In keeta vish
12.	Kshara Agada[43]	In sthavar vish, jangam vish, shool, gulma, ajeerna, swas, kasa, ashmari, sharkra, shopha, arsh, grahni rog, aruchi
13.	Sungandhakhya Agada[44]	In sthavar and jangam visha

5. Agada yoga mentioned in Chakradata.

S.N.	AGADA YOGA	INDICATIONS
1.	Dashang agada[45]	In Keeta poisoning
2.	Mritasanjeevan Agada[46]	All types of jantu poisoning, jwar, stri vikar

6. Agada yoga mentioned in Bhaishjya Ratnavali.

S.N.	AGADA YOGA	INDICATIONS
1.	Ajit Agada[47]	Sthavar and jangam vish
2.	Aprajita Agada[48]	In saptadhatugata vish

7. Agada yoga mentioned in Yog Ratnakar.

S.N.	AGADA YOGA	INDICATIONS
1.	Ghritadi saptak Agada[49]	In Takshak sarpa poisoning
2.	Dashang Agada[50]	In keeta poisoning
3.	Shleshmatakadh Agada[51]	In all types of poisoning (sthavar and jangam vish)

8. Agada yoga mentioned in Vangsen Samhita.

S.N.	AGADA YOGA	INDICATIONS
1.	Chandroudya Agada[52]	In all types of poisoning
2.	Suryodya Agada[53]	In all types of poisoning
3.	Taksharya Agada[54]	In takshak snake poisoning
4.	Maha Agada[5]	In high potent snake poisoning and also in all poisons

9. Agada yoga mentioned in Gadanigrah.

S.N.	AGADA YOGA	INDICATIONS
1.	Maha Agada[56]	Vishvega nashak
2.	Ajit Agada[57]	In sthavar and jangam vish
3.	Churna Agada[58]	In all types of poisoning
4.	Panchshirish agada[59]	In all types of poisoning
5.	Sarvakamika agada[60]	In Chatushpad damsh vish

10. Agada yoga mentioned in Basavarajiyam

S.N.	AGADA YOGA	INDICATIONS
1.	Bhimrudra rasa[61]	In kritama visha
2.	Shatyaadi yoga[62]	In kritama visha
3.	Sarpakshi yoga[63]	In gara vish
4.	Prabhavati gutika[64]	In snake and scorpion poisoning
5.	Putrajivi yoga[65]	In snake poisoning

11. Agada yoga mentioned in Vrindmadhav athva sidhyoga.

S.N.	AGADA YOGA	INDICATIONS
1.	Mahagada[66]	Vish vega nashak
2.	Dashang Agada[67]	In keeta vish

DISCUSSION

Poison is any substance which, when introduced into the body by any route, is capable of producing harmful effects or even causing death. Agada refers to antitoxic formulations described in Ayurveda that help counteract the adverse effects produced by exogenous toxic substances such as poisons, drugs, and metals. The selection and administration of Agada depend upon the nature of poisoning, indications, and availability of medicinal ingredients.

Numerous Agada yogas described in Ayurvedic classics possess both *Rasayana* (rejuvenative) and *Prativisha* (antidotal) properties when prepared and administered properly. Owing to their *Ushna*, *Tikshna*, and *Vyavayi* qualities, these formulations facilitate rapid systemic action and help eliminate *Visha* and disease-causing factors from the body. The therapeutic efficacy of these yogas is mainly attributed to their *Vishaghna* properties and specific *Prabhava* (unique pharmacological action).

In recent years, scientific studies have been conducted to evaluate the antitoxic potential of various Ayurvedic formulations in different toxic conditions. Experimental research has demonstrated the protective effect of *Dooshivishari Agada* against reproductive toxicity induced by monosodium glutamate (MSG), particularly with respect to ovarian damage and reduction in follicular count. Similarly, *Bilvadi Agada* has shown significant renoprotective activity against gentamicin-induced nephrotoxicity in male Wistar rats. These findings support the potential role of Ayurvedic antitoxic formulations in modern toxicological research and therapeutic applications.

CONCLUSION

The various *Kalpa* and *Agada* formulations described in classical Ayurvedic texts play a significant role in both *Visha Chikitsa* and *Kaya Chikitsa*. These formulations are not only useful in the management of poisoning but are also effective in treating several systemic disorders and complications arising from toxic exposure, including insect bites, snake bites, and other poisonous conditions.

In the present era, where rapid lifestyle changes and increasing environmental exposure to toxins are becoming major health concerns, the importance of Agada formulations has increased considerably. Their multidimensional therapeutic actions make them valuable in emergency toxicological management as well as supportive systemic care.

Ayurvedic literature on *Agada Tantra* contains numerous formulations aimed at neutralizing toxic effects and restoring normal physiological functions. Although classical references regarding these formulations are widely available, comparatively limited scientific research and clinical exploration have been carried out in this field. Therefore, further experimental and clinical studies are necessary to validate their pharmacological actions, therapeutic efficacy, and safety profiles. Such research may contribute to the development of newer and more effective Agada yogas for contemporary healthcare needs.

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