

AGAD YOGAS IN AYURVEDA: A COMPREHENSIVE REVIEW OF CLASSICAL
FORMULATIONS AND THEIR THERAPEUTIC UTILITY

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ABSTRACT

Ayurveda is a conventional medical system with origins in the Indian subcontinent. There are eight main medical specialties in it. One of the specialist branches of *Ayurveda*, known as *Agada Tantra*, provides incredibly detailed knowledge regarding both living and non-living toxins, as well as how to remove them from the body. There are different types of *Agada yogas* that are mentioned in the *Vishachikitsa granthas* which possess antitoxic properties, antioxidant activities can be very useful in such disease condition. In today's era we need complete *Nirvishikarana* (Detoxification) because many of the diseases are caused due to cumulative, concocted, and incompatible dietary habits. These *Agadas* are used to treat poisoning cases and its complication. Various *Agadas* are mentioned in various ancient books for the treatment of toxicity. This article makes an effort to review different *Agad Yogas* mentioned in *Ayurvedic* literature.

KEYWORDS: *Agad Yogas, Vishachikitsa, Ayurveda.*

Literary review

Agada and *Tantra* are the two words that make up the phrase "*Agad Tantra*." *Gada* is the ancestor of the word *Agada*. *Gada* means two different things: *Roga* (disease) and *Visha* (poison).

Drug is another word for *Agada*. *Agada* is therefore a medication that defeats sickness or poison. Various single herbs, poly herbal formulations, or herb-mineral formulations are stated as being anti poisonous in *Ayurvedic Samhitas* (Compendium). Drugs known as *Vishaghna* are those that counteract hazardous chemicals (Antitoxic).^[4] Other *Vishaghna* drugs function by virtue of their own nature (*Dravya prabhava*), some drugs

function by virtue of their properties (*Guna prabhava*), and some drugs function by *Dravya Guna prabhava* (virtue of both their nature and their properties). These antitoxic herbs and preparations, or *Vishaghna Dravya* and *Vishaghna Yogas* and *Agadas*, are used to treat a variety of diseases and poisonings.

Anti-toxic preparations in these *Ayurvedic* forms have special combinations for special *dosha* vitiation in a variety of poisoning scenarios.^[5] The majority of these antitoxic remedies have *Raktashodhaka* (Blood purifying), *Tridoshaghna* (causes body humour equilibrium), *Hridya* (Cardio protecting), and *Ojavardhaka effects* (Rejuvenate).

Table 1: Agada yoga mentioned in *Sushurata samhita*.

AGAD YOGA	INDICATIONS
^[6] <i>Dushivishari Agada</i>	In case of <i>dushivisha</i> poisoning and in other type of poisoning also
^[7] <i>Maha Agada</i>	Use in <i>visha vega</i>
^[8] <i>Ajit Agada</i>	In case of <i>sthavar</i> and <i>jangam visha</i> poisoning
^[9] <i>Taksharya Agada</i>	In <i>takshak sarpa visha</i>
^[10] <i>Rishabha Agada</i>	In <i>sarpa</i> and <i>Keeta Visha</i>

^[11] Sanjeevan Agada	A poisoned person who is unconscious
^[12] Vanshtwakadi Agada	In Lutaadi vish
^[13] Kshara Agada	In all types of poisoning, Sharkara, Ashmari, Arsha, Vatagulma, Kash, Shool, Udarroga, Ajirna, Grahani Roga, Aruchi, Shoph, Sarwasar, Shoph, Shwas roga
^[14] Mahasugandhi Agada	All types of Visha
^[15] Kushdaadi Agada	In trikantaka visha (insect poisoning)
^[16] Rajnayaadi Agada	Galgolika visha (insect poisoning)
^[17] Kukumadi Agada	Shatpadi visha (insect poisoning)
^[18] Meshshringi Agada	Mandook visha (insect poisoning)
^[19] Dhavaadi Agada	Vishambhra visha (insect poisoning)
^[20] Shirishadi Agada	Ahinduka visha (insect poisoning)

Table 2: Agad Yogas Mentioned in Charak Samhita.

AGAD YOGA	INDICATIONS
^[21] Mritasanjeevan Agada	Sarva Visha
^[22] Gandhahastinamak Agada	Demolish the poison spread in head region, jwar, bhootgrah, visuchika, ajirna, murcha, unmad, apsmar, kanch, patal, nilika, shiro roga, shushkakshipaak, pillar, arbuda, arsh, kandu, pandu roga.
^[23] Mahagandhahastinamak Agada	In luta, mice, snake poisoning, effect of moola visha and kand visha, netra rog (pillar, kandu, timir, kanch), arbuda, visham jwar, ajirna, visuchika, pama.
^[24] Rishabhakadi Agada	Complications due to poisoning
^[25] Kshara Agada	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
^[26] Panchshirish Agada	In Sarva Visha

Table 3: Agad Yogas mentioned in Ashtang Hridaya.

^[27] Meghanath Agada	In Rajiman sarpa Visha
^[28] Nakulyaadi Agada	In Mandala Sarpa Visha
^[29] Himvan Agada	In mandala snake poisoning, visarpa, shwathu, visphot, jwar, daha
^[30] Gonassarpvishnashak Agada	In gonas snake poisoning
^[31] Vajra Agada	In snake poisoning
^[32] Bilwadya Agada	Snake, luta, scorpion poisoning, visuchika, ajirna, jwar
^[33] Padmak Agada	In Loota Visha
^[34] Champak Agada	In Loota Visha

1. Dooshivishari Agada

पिप्पल्योऽध्यामकं मांसीरोधमेलासुवर्चिका।

कुटन्नटनंतकुण्ठयष्टीचन्दनगैरिकम्॥

दूषीविषारिर्नाम्नाऽयं चान्यत्रापि वार्यते। (A.H.U.35/39)

The person suffering from effects of *Dushi Visha* (weak poison) should be *Swedana* (sudation) greatly, purified both the way *Vamana* (emesis) and *Virechana* (purgation) then be made to consume *Agada* to remove the poison.

Ingredients

Pippali (*Piper longum*), *Dhyamaka* (*Cymbopogon martinii*), *Jatamamsi* (*Nardostachys jatamansi*), *Lodhra* (*Symplococus racemosa*), *Ela* (*Elettaria cardamomum*), *Suvarchika* (*Tribulus terrestris*), *Kutannatum* (*Oroxylum indicum*), *Natam* (*Valerianawallichii*), *Kushta* (*Saussurea lappa*), *Yastimadhu* (*Glycyrrhiza glabra*), *Chandana* (*Santalum album*) and *Gairika* (*Ferrous oxide*).

Pharmacological action of Dooshivishari Agada^[35]

- Apoptosis activity-cells are incubated with different concentrations of methanolic extract of *Dushivishari*

Agada and cell morphologic change and apoptosis were determined by these studies.

- Cell cycle arrest - The laboratory study demonstrated that *DVA* (*Dushivishari Agada*) is having cytotoxic effect with cell cycle arrest.
- Antimicrobial, antifungal, antioxidant activity *DVA* is proved with its antimicrobial action, antioxidant action, antifungal actions.
- Anti-allergic action of *DVA* is proved with anti-inflammatory and immune modulator activity.
- It is effective against cumulative toxicity and cosmetic induced toxicity.

2. Bilwadi Agada

“बिल्वस्य मूलंसुरसस्य पुष्पफलंकरञ्जस्य नतंसुराहवम्।

फलत्रिकं व्योषनिशाद्वयं च बस्तस्य मूत्रेण सुसूक्ष्मपिष्टम्॥

भुजङ्गलूतोन्दुरवृश्चिकाद्यैर्विसूचिकाजीर्णगरज्वरैश्च आर्ता

न्नरान्भूतविधर्षितांश्च स्वस्थीकरोत्यञ्जनपाननस्यैः॥” (A.H.U.36/84-85)^[6]

Ingredients

Bilwa (*Aegle marmelose*), *Surasa* (*Ocimum sanctum*), *Karanja* (*Pongamia pinnata*), *Nata* (*Valeriana wallichii*), *Surahva/Devadaru* (*Cedrus deodara*), *Haritaki* (*Terminalia chebula*), *Vibheetaki* (*Terminalia bellerica*), *Amalaki* (*Embllica officinalis*), *Shunthi* (*Zingiber officinale*), *Maricha* (*Pipernigrum*), *Pippali* (*Piper longum*), *Haridra* (*Curcuma longa*), *Daruharidra* (*Berberis aristata*).

Method of Preparation

All the drugs are taken in equal quantity. Proper mixing and *Bhavana* or trituration are done in *Basta Mutra* (goats' urine) in very fine consistency (*Susukshma Pishtam*). The *Bhavana* of *Bilwadi Gulika* is mentioned differently by different acharyas. In general practice, 3-4 of *bhavana/day* or 6 months or 21 days are done.

Probable mode of action^[36]

- Most of the drugs are *Kapha Vata Samana* or *Tridosha Samana* and *Vishaghna*
- Due to *Bhavana Dravya Basta Mutra (Laghu)*, it absorbs into body quickly, and disintegrates very fast and bio-availability is more.
- *Bilwadi Gutika* helps to expel toxins from the body due to its rich detoxifying factors
- *Bilwadi Gutika* is good in carminative properties that improves digestion and appetite
- The digestive stimulant of *Bilwadi Gutika* helps in indigestion
- The paste of *Bilwadi Gutika* can be applied to the affected areas to get rid of wounds
- The antibacterial and antiviral properties of *Bilwadi Gutika* helps in curing gastro-enteritis symptoms
- The febrifuge properties of *Bilwadi Gutika* helps in controlling fever.

3. Dashanga Agada

“वचाहिङ्गुविडङ्गानिसैन्धवंगजपिप्पली।पाठाप्रतिविषाव्योषं
काश्यपेनविनिर्मितम्। दशाङ्गमगदपीत्वासर्वकीट विषंजयेत्॥
“(A.H. U. 36/84-85)

Ingredients

Vacha (*Acorus calamus*), *Hingu* (*Ferula asafoetida*), *Vidanga* (*Embelia ribes*), *Saindhava* (rock salt), *Gajapippali* (*Scindapus officinalis*), *Patha* (*Cyclea peltate*), *Prativisha* (*Aconitum heterophyllum*), *Shunthi* (*Zingiber officinale*), *Maricha* (*Pipernigrum*), *Pippali* (*Piper longum*).

Method of Preparation

Generally, *Dashanga Agada* is made into *Gutika* form for easy administration. All ingredients are taken in equal quantity and made fine powder. As *Bhavana Dravya* has not been mentioned, we can use *Jala* or *Kashaya* of ingredient. Popular *Visha Vaidyas* of traditional *Keralaleeya Vishachikitsa* use *Neeli Kashaya* (*Indigofera tinctoria*, *Fabaceae*) as *Bhavana Dravya*. It is grinded until drug mass attains required consistency of rolling

balls. It is dry it under shade and kept in air tight glass containers.

Probable Mode of Action

- *Dashanga Agada* is a proved anti-inflammatory agent.
- Many clinical and animal studies of *Dashanga Agada* proved its efficacy in toxic bite case especially *Vrishchika Visha*.

4. Murvadi Agada

मूर्वामृतानतकणापटोलीचव्यचित्रकान्बचामुस्तविडङ्खानितक्र
कोष्णाम्बुमस्तुभिः।

पिबेद्रसेन वाऽम्लेन गरोपहतपावकः॥ (A.H.U.35/57)

Ingredients

Powder of *Murva* (*Marsdenia tenacissima*), *Amruta* (*Tinospora cordifolia*), *Nata* (*Valeriana wallichii*), *Kana* (*Piper longum*), *Patol* (*Trichosanthes dioica*), *Chavya* (*Piper chaba*), *Chitraka* (*Plumbago zeylanica*), *Vacha* (*Acorus calamus*), *Musta* (*Cyperotundus*) and *Vidanga* (*Embelia ribes*)

Method of preparation

Powder of above drugs mixed with either *Takra* (buttermilk), *Ushna Jala* (warm water), *Mastu*, meat soup or sour liquid.

Mode of Administration: Internal

Anupana: *Anupana* increases the palatability of medicine or food, also helps compensate the needed properties.

Here *Anupana* for *Murvadi Churna* is specifically mentioned. It includes all *Amla Dravyas*, (*Bijapura Rasa*, *Kanchi*), specifically *Takra*, *Mastu* and *Ushna Jala* have been mentioned. *Indu* commentary says *Mamsa Rasa* can also be used.

Recent Research Updates

In day-to-day life, we are exposed to various types of *Visha* either natural or artificial, here *Kritrima Visha* or *Samyogaja Visha* is either poisonous or non-poisonous. This *Gara Visha* usually enters the body and causes *Agnimandhya*.

In this context of *Agnimandhya* due to *Gara Visha*, it consists of 10 ingredients and most of the drugs are *Katu Tikta Rasa*. *Tikta Rasa* is indicated for curing *Aruchi*, and also due to its *Deepana Pachana* action it acts as a good carminative also. This enhances *Agni* or digestive fire. The four *Anupana* used are *Laghu*, *Srotosodhana*, *Deepana* and so on.

5. Panchashirisha Agada

शिरिषफलमूलत्वक्पुष्पपत्रैःसमैधृतैः।

श्रेष्ठःपञ्चशिरिषोऽयंविषाणांप्रवरौवधे॥ (Cha.Chi.23/218)

The ingredients and method of preparation

Panchanga (five parts) *Phala* (fruit), *Mula* (root), *Twaka* (bark), *Pushpa* (flower) and *Patra* (leaf) of *Shirish* (*Albizia lebbbeck*) taken together in equal quantity is known as *Pancha Shirisha Agada*.

Indications: All *Visha* conditions, skin diseases.

Mode of administration: Internal and external.
Shirisha due to its *Prabhava* is most effective against *Visha*.

DISCUSSION

Poison is a material that, when taken into or administered to the body, has the potential to harm or destroy life. *Agada* is medication that slow the progression of bad health effects caused by exogenous substances such as pharmaceuticals, metals, and poison. The use of *agada* depends upon its indications and availability of drugs.

^[37]There are numerous *Agada yogas* that, when correctly prepared, can serve as *Rasayana* (rejuvenation) and *Prativisha* (Antidote). The *Ushna* (hot potency), *Teekshna*, and *Vyavayi* (rapid spreading) qualities of *Agada yogas* will aid in the eradication of illnesses and *visha* from the body. These *Yogas* are more effective due of its *vishaghana* ingredient and *Prabhava*.

Currently, research on these antitoxic compounds is being done in a variety of toxicities.

^[38]Impact of the *Dooshivishari Agada* is known about reproductive toxicity caused by MSG specifically referring to the ovary and follicle count.

^[39]Additionally, *Bilwadi agada* has been discovered to have renal protective properties against gentamicin-induced nephrotoxicity in male Wistar rats.

CONCLUSION

Everything is toxic but its toxicity depends upon its dose. Due to our life style, dietary habits, we unknowingly consume various combination substances which are harmful to our health. *Agada Tantra* has various *Agada Yogas* that need to be explored and by using the principles of *Agada Tantra* with antitoxic formulations not only to poisoning conditions but also in various diseases and pathological conditions to improve health status. Most of the diseases in today's era needs *Nirvishikarana* (Detoxification). *Nirvishikarana* encompasses *Shodhana Chikitsa* (elimination of toxins from the body), *Raktashoshana* (Blood purifier), *Hridya* (Cardioprotective) and *Ojovardhana* (Rejuvenation therapy). *Agada Yogas* helps in detoxification and helps in removing the toxins from the body. So, these antitoxic formulations are very much beneficial in the disorders of current scenario. Further preclinical and clinical study have scope in this regard.

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