

**A REVIEW ON ARAGWADADHI KASHAYA WITH REFFERNCE TO
ANCIENT LITERATURE****Acha Vidhyadharini^{1*} and Chaitra H.²**¹2st Year PG Scholar, ²Associate ProfessorDept. of Agada Tantra, Sri Dharmasthala Manjunatheswara Collage of Ayurveda and
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Dharmasthala
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Hassan.**ABSTRACT**

Use of Herbo-mineral drugs is increasing day by day. Ayurveda has a hostalic approach towards health with absolute principles. Aragwadadhi kashaya is one of the Ayurvedic formulation which is prepared out of herbal ingredients which consists of water soluble active principles. This Ayurvedic formulation was explained in Ashatanga Hrdaya Sodhanadhigana Samgrahaniya Adhyaya. It is mainly indicated in kapha predominant diseases. This yoga have properties of kapha-Vata Hara, Ushna Virya and Katu Vipaka. It is indicated in skin diseases, Visha, Prameha, etc., disorders as this drug consists of anti-microbial, anti-inflammatory, anti-hyperlipidemic etc, Properties in it. **Aim and objectives:** To highlight the Agarwadadhi Kashaya formulation according to different ancient literature and its mode of action.

KEYWORD: Aragwadadhi kashaya, Visha, Prameha, kapha hara, Anti-microbial.**INTRODUCTION**

Aragwadadhi kashayam is also known as Aragwadha kwatha which was mentioned in Sodhanadhi Ghana of Astanga Hrdaya Sutrasthana(15/17-18).^[1] Acharya Charaka mentioned separate chapter in Sutra Sthana by the name Argwadhiya Adhyaya^[2] which explains about drugs for purification. Charaka has mentioned Aragwadha as mild purgative and emphasized its utility in kushtha. In Vedic literature the dried branches of Aragwadha are used for ritual performance. Aragwadhadhi kashayam possess extracts of various useful herbs that pacify kapha and beneficial in diseases caused by excessive kapha.

AIMS AND OBJECTIVES

To highlight the Agarwadadhi kashaya formulation according to ancient literature and its mode of action.

MATERIAL AND METHOD

The whole study is based on literary review collected from classical Ayurvedic texts and Modern texts.

Vagbatha while explaining about Sodhanadhi Ghana Dravyas he had mentioned about separately Aragwadadhi Ghana, the drugs in this Ghana are formulated in Kashaya form for internal and external usage.

1. ARAGWADHADI KASHAYAM INGREDIENTS^[1]

(Acc. To A.H.su.15/17-18)

Aragwadha – *Cassia fistula*; Indrayava – *Holarrhena antidysenterica*; Patali – *Stereospermum suaveolen*; Kakatikta – *Leea hirta* Roxb; Nimba – *Azadirachta indic*; Amruta – *Tinospora cordifolia*; Madhuras – *Moringa oleifera* / *Marsdenia tenacissima*; Sruvavriksha – *Butea monosperma*; Pata – *Cyclea peltat*; Bhunimba – *Andrographis paniculata*; Saireyaka – *Strobilanthes ciliates*; Patola – *Trichosanthes cucumerina*; Karanja – *Pongamia glabra*; Pootikaranja – *Holopteila integrifolia*; Saptachada – *Alstonia scholar*; Agni – *Plumbago zeylanica*; karavella – Bitter gourd – *Momordica charantia*; Bana – *Tephrosia purpurea*; Madanaphala – *Randia dumetorum*.

METHOD OF PREPARATION

Method of preparation of Aragwadhadi Kashayam: Herbal ingredients (coarse powder) 1 part boiled in 16 parts of water and reduced to 4 part.

Method of Storage: Store in an airtight container, in a dry place.

RASA PANCHAKA

Table 1:

SL.NO	DRUG	RASA	GUNA	VIRYA	VIPAKA	KARMA	INDICATION
1.	ARAGVADHA <i>Cassia fistula</i> ^[3]	Madhura	Mrudu, guru, snigdha	Sita	Madhura	Kapha-pittahara, sramsana	Kustha, prameha, hrdroga, amavata, gandamala, kamala, udara, udavarta, vatarakta, sula, jwara.
2.	INDRAYAVA-KUTAJA ^[4] <i>Holarrhena antidysenterica</i> Indrayava is kutajabeeja according bhavamisra	Tikta, kashya	Laghu, ruksa	Sita	Katu	Kapha-pittahara	Rakarsas, atisara, grahani, kustha, krimi, anavata, chardi, visarpa, vatrakta, jwara.
3.	PATALI ^[5] – <i>Stereospermum suaveolens</i>	Tikta, kasaya	Laghu, ruksha	Anusna	Katu	Tidoshahara	Aruci, svasa, sotha, raktha vikara, chardi, hikka, trsna, rakta pitta.
4.	KAKATIKTA (KAKAJANGA) <i>Leea hirta Roxb.</i> ^[6]	Tikta, kashaya	Laghu, ruksa	Sita	Katu	Kapha-pittahara	Jwara, kandu, visha, krimi etc
5.	NIMBA ^[7] – <i>Azadirachta indica</i>	Tikta, kashya	Laghu, ruksa	Sita	Katu	Kapha-pittahara, dipana, grahi, krimghna, netrya.	Jwara, kustha, krmi, prameha, vrana, kasa, chardi, Visa roga, arsa, gulma, netra roga, kandu.
6.	AMRUTA ^[8] (GUDUCHI) – <i>Tinospora cordifolia</i>	Tikta, kashaya	Guru, snigdha	Usna	Madhura	Tridosha shamaka, medhya, rasyana, deepaniya, grahi, medhohara, kandhughna, jwarahara, dahaprashamana	Jwara, trsna, kandu, krimi, chardi, kustha, prameha, pandu, kamala, daha, raktasrsas, visarpa, bhrama, etc
7.	MADHURASA – (MURVA, SHIGRU) / <i>Marsdenia tenacissima</i>	MURVA ^[9] -tikta, kashya	Guru, ruksa	Usna	Katu	Kapha-vata hara, jwara hara	Visama jwara, hrdroga, prameha, kustha, chardi

	<i>Moringa oleifera</i>	SHIGRU ^[10] - Katu, tikta	Laghu, ruksa, tikshna	Usna	Katu	Kapha-vatahara, sukrala, grahi, krimighna, dipana, hrdya, caksusya	Krimi, pleeha roga, galagandha, kandu, sotha, apaci, vrana, medho roga, vidradhi, gulma
8.	SRUVAVRIKSHA (PALASA) ^[11] – <i>Butea</i> <i>monosperma</i>	Katu, tikta, kashaya	laghu., snigdha	Usna	Katu	Vata-kapha hara, grahi, krimighna, dipana	Krimi, pliha roga, gulma, grahani, arsas
9.	PATA ^[12] – <i>Cyclea peltata</i>	Tikta	Laghu, tikshna	Usna	Katu	Vata-kaphahara, visaghna, grahi, balya	Atisara, chardi, sula, jwara, kustha, kandhu, krimi, hrdroga, gulma, yoniroga
10.	BHUNIMBA – (KALAMEGHA) ^[13] <i>Andrographis paniculata</i>	Tikta	Laghu, ruksha	Sita	Katu	Kapha-pitta hara, deepana	Kamala, pandu, sotha, jwara, krmi, kustha, vrana
11.	SAIREYAKA ^[14] – <i>Barleria prionitis</i>	Tikta, madhura	Usna	Laghu	Katu	Kapha-vatahara, kesaranjaka	Vatarakta, kandu, visa roga, kustha, palitya-khalitya.
12.	PATOLA ^[15] – <i>Trichosanthes cucumerina</i>	Tikta, katu	Laghu, ruksa	Usna	Katu	Kapha-pittahara, vrsya, varnya, dipana	Jwara, kushta, kandu, amla pitta, daha
13.	KARANJA ^[16] – <i>Pongamia</i> <i>glabra</i>	Tikta, katu, kashaya	Laghu, tikshna	Usna	Katu	Kapha-vatahara, shothahara, bhedhana	Yoniroga, kustha, udhavarta, gulma, arsas, krimi, sotha, unmada etc
14.	POOTIKARANJA (CHIRABILVA) ^[17] – <i>Holopteila integrifolia</i>	Tikta, kashaya	Laghu, ruksa	Usna	Katu	Kapha-pittahara, krmighna	Arsas, krimi, prameha, kustha, chardi
15.	SAPTACHADA (SAPTAPARNA) ^[18] – <i>Alstonia scholaris</i>	Tikta, kashaya	Laghu, snigdha	Usna	Katu	Tridoshahara, dipana, hrdya	Krimi, kustha, vrana, amavata, swasa, gulma, sula
16.	AGNI (CHITRAKAMULA) ^[19] – <i>Plumbago zeylanica</i>	Katu,	Laghu, ruksa, tikshna	Usna	Katu	Vata-kapha hara, dipana, pachana, grahi, rasayana	Arsas, grahani, udhara, krimi, sula, pandu, kasa.
17.	KARAVELLA ^[20] – Bitter gourd – <i>Momordica</i> <i>charantia</i>	Tikta, katu	Sita (usna by kaiyadhevara)	Laghu, ruksha	Katu	Kapha-pittahara, deepana, bhedhana	Pandu, krimi, jwara, prameha

18.	BANA (SARAPUNKHA)^[21] – <i>Tephrosia purpurea</i>	Tikta, Kashaya	Laghu, ruksha, tiksna	Usna	Katu	Kapha-vatahara, vishghna, vrana hara, jwara hara, krmighna, rasayana	Pliha roga, yakrt roga, gulma, kasa, swasa, jwara
19.	MADANAPHALA^[22] – <i>Randia dumetorum</i>	Madhura, tikta	Laghu, ruksha	Usna	Katu	Kapha-vatahara, chardana, lekhana	Visa roga, pratisaya, kushta, sotha, vrana, vidradhi, gulma, jwara

INDICATIONS OF ARAGWADHA KASHAYA^[23]

According to Astanga Hrdaya:- Chardi (Vomiting), Kustha (Skin disorders), Visha (Poison), Jwara (Fever), Kapha hara, Kandu (Pruritus), Prameha (Diabetes), Dustha vrana (Non healing wounds).

Table 2^[24]

Prabhava (action)	Antipruritic
Dosha karma	Pacifies Kapha Dosha
Dhatu karma	Rasa , Rakta , Medas
Organ effect	Abdominal organs, skin.

ARAGWADHADI KWATHAM MEDICINAL PROPERTIES^[25]

Antipruritic; Anti-microbial; Aam Pachak (Detoxifier); Anti-helminthic; Anti-pyretic; Depurative (purifies blood); Anti-bacterial; Digestive Stimulant; Anti- hyperlipidemic; Febrifuge; Anti-inflammatory; Immuno-modulatory; Anti-oxidant; Mild laxative; Anti-urticaria; Mucolytic; Anti-diabetic; Anti-hyperglycaemic.

POSOLOGY:- Kashayam 5 – 15ml diluted with 15 – 45ml of water twice daily before food or as directed by physician. Kashayam Tablet 1 to 2 tablets twice daily.

AVAILABLE FORMS^[26]

Aragwadhadi Kashayam is available in three preparations:

1. Aragwadhadi Kashayam Churna, 2. Aragwadhadi Kashayam Liquid and 3. Aragwadhadi Kashayam Tablets.

The general dosage of Decoction (Kwath) prepared with Aragwadhadi Kashayam Churna is as follows.

Table 3:

Children	15 to 30 ml *
Adults	30 to 60 ml *
Maximum Possible Dosage	120 ml Per Day (in divided doses)
* Twice a day	
Best Time to Take: Before Food	

The general dosage of Aragwadhadi Kashayam readymade Liquid is as follows.

Table 4:

Children	2.5 to 10 ml *
Adults	5 to 15 ml *
Maximum Possible Dosage	30 ml Per Day (in divided doses)

* Twice a day with 4 times boiled and cooled water	
Best Time to Take: Before Food	

The general dosage of Aragwadhadi Kashayam Tablets is as follows.

Table 5:

Children	1 tablet *
Adults	2 tablets *
Maximum Possible Dosage	4 tablets Per Day (in divided doses)
* Twice a day with warm water	
Best Time to Take: 30 minutes Before Food	
Note: The dosage is according to 1000 mg Aragwadhadi Kashayam tablet.	

ARAGWADHA KASHAYA AS ANUPANA^[27]

Based on selection of Yogas:- Aragwadhadi Kashaya has to be selected as Anupana while selecting Yogaraja Gugglu in Kapha Vikarana Gogaghna.

PHARMACOLOGICAL ACTIONS

CHARDI (Vomiting)- In Chardi as there is more salivation and increase of Kapha and Pitta by giving this Kashya which is having Kapha Pitta Hara property it reduces excessive salivation. Chardi is the main indication of all most all ingredients in this Kashaya.

KUSTHA (Skin disorders)- Ingredients in Aragwadhadi Kashayam reduce Kapha Dosha and most of them act on the skin. It has anti-bacterial, anti-microbial, anti-parasitic and anti-inflammatory properties, so it is also helpful for clearing the skin infections. Aragwadadhi kashaya indicated in skin diseases like:- Kushta, Visarpa, Kandu etc.

KAPHA HARA - Drugs which are mentioned in Aragwadadi kashaya have kapahara property. These drugs have Anti-hyperlipidemic property so, it is useful in control of excess cholesterol and maintenance of proper function of body.

VISHA (Poison)- In Visha Shodhana is main procedure to be done for the removal of toxins from the body ingredients in Argwadadhi kashaya have purgative, anti-bacterial, anti – microbial, detoxifier medical properties in it. Drugs like Nimbha, Saireyaka are having Visha hara property. This Kashaya contains Dravyas like Aragwadha, Pata, Madhurasa which is indicated in Hrd Roga, as protection of heart is the main aim of Visha Chikitsa this Kashaya can be indicated in Visha condition.

JWARA (Fever)- All most all the drugs in this preparation are having jwara hara property. These drugs have anti-pyretic, anti-microbial, etc. properties. Mainly it is indicated in Vishama Jwara condition.

KANDU-Pruritus (Itching)- Pruritus (Itching) may have several causes, But Kapha aggravation is the most common cause of itching that occurs without burning sensation. However, itching occurs with burning sensation or heat sensation and then Pitta Dosha is also involved. Aragwadhadi Kashayam is beneficial when Kapha Dosha is dominant and the patient has a body smell with the excess oiliness of the skin. Allergies are also the cause of itching as this Kashaya have anti-microbial, anti-inflammatory anti-pyretic properties so this may be best choice of Kashaya.

PRAMEHA (Diabetes)- Aragwadhadi Kashayam contains several herbs, which are anti-diabetic and ant hyperglycaemic in action. Therefore, its regular intake alone can help to manage the diabetes mellitus and prevent the hyperglycaemia.

DUSTA VRANA (Non-healing wounds)- Drugs mentioned in this Kashaya have main indication of Vrana eg. Madhana phala, Saptaparna, Kalamegha etc. As this have anti-microbial, anti-bacterial, anti-pyretic property it can be indicated in Dusta vrana.

2. ARAGVADHADHI KWATHA:- (B.R.5/199)^[28]

INGREDIENTS:- Aragvadha(pulp) (*Cassia fistula*), Pippali(root) (*Piper longum*), Mustaka (root) (*Cyperus rotundus*), Katuka (root) (*Pichrorhiza kurroa*), Haritaki (fruit coat) (*Terminalia chebula*).

PREPARATION:- Same as decoction preparation all ingredients measuring 50gm each
DOSE:- 50ml.

THERAPEUTIC BENEFITS:- Ama Dosa (Metabolic disorders), Sula (Pain), Jwara (Fever) due to Vata-Kapha.

3. ARGWADHAMRUTADI KASHAYA:- (Acc. To sahasrayogam)^[29]

INGREDIENTS:- Aragwadha (*Cassia fistula*), Amrutha (Guduchi) (*Tinospora cordifolia*), Pathya (haritaki) (*Terminalia chebula*), Khadira (*Acacia catechu*).

INDICATION:- Twak Vikara (Skin disorders), Amlapitta (Acidity).

4. ACCORDING TO VRNDAMADHAVA (OR) SIDDHA YOGA (1/212)^[30]

INGREDIENTS:- Decoction of Aragwadha (*Cassia fistula*), Granthika (Pippali mula) (Piper longum), Musta (*Cyperus rotundus*), Tikta and Haritaki (*Terminalia chebula*)

INDICATION:- Kapha-Vata Jwara (Fever), Deepana, Pachana.

MANUFACTURERS:- The Arya Vaidya Nilayam, Ashoka pharmaceuticals, Arya Vaidya Sala Kottakkal, Arya Vaidya Pharmacy, Everest Ayurvedic Medicines, SNA Oushadhasala Pvt Ltd, Sitaram Ayurveda Pharmacy, Nagarjuna Ayurvedic Group etc.

USE OF ARAGWADADHI KASHAYA IN AGADA TANTRA

Visha hara is the main indication mentioned in Aragwadhadhi Kashaya. Most of the drugs are easily available it can be choice of drug for Visha Chikitsa. One of the cause of skin disease is presence of toxins as this drug have krmighna, kushtaghna, Visha hara property it will be best choice of drug.

DISCUSSION

Aragwadhadhi kashayam is a concentrated decoction prepared out of herbal ingredients, which consist of water soluble active principles. Aragwadadhi kashayam is mentioned in Astanga Hrdaya Sutra 15th chapter Shodhanadi Ghan Sangraha, Verse 17-18. It is also available in Baishajya Ratnavalli 5/199. Drugs mentioned in these are easily available. This drugs have Visha hara, kushta, Kapha hara, Jwara etc properties. It has mild laxative effects and it aids to eliminate accumulated toxins through stools. It cleans the intestinal cavities and increase absorption of essential nutrients. It has the property of appetizer and correct liver function therefore it is beneficial in patients suffering from loss of appetite and indigestion. In skin diseases it works as the principle of detoxification. It reduces itching and burning sensation of skin. It is anti-bacterial and anti-microbial Ayurvedic medicine. It is used to wash and cleanse wound as it have anti-septic property. It have anti-emetic property used in the treatment of Chardi.

CONCLUSION

To conclude as this formulation is easily available in pharmacy according to the patient condition and Yukti of doctor this drug has to be selected. Till now there no much contraindication and side effects of drug are noted so it is safe to use in all indications mentioned in Argawadadhi Kashaya.

SCOPE FOR FURTHER STUDY

No much research work was done on this formulation in Agada point of view. Research works on Aragwadadhi Kashaya in Visha Chikitsa can be conducted in future researches.

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