

Department :- Ayurved Samhita & Siddhant

Topic: Agrya Sangraha

Introduction

- Agrya aushadhi are the most potential drugs for particular Bhav, in those which are clinically proven by Acharyas.
- They are having more importance; one drug can be used in many diseases so as many drugs are used in one disease also.
- The word Agrya used to show efficacy of Dravya, some of them are mentioned to cure diseases or maintain the swasthya(health) also some Agrya Dravyas are Hetu for diseases or unwell being, for
 - ex –Ekaras abhyas – Daurbalyakar,
 - Upwas – Jwarahara, Kutaj- Arshakar,
 - Also, these Aushadhi has to play role in preventive aspect like Kalbhajan - Arogyakar, Vishad -Rogvardhak.
 - And some Agrya with applied therapeutic excellency for ex-Vidang - Krimighna, Gokshur- Mutrakrucchaghna, ShirishVishaghna, Kantakari - Kasaghna.
- Also, they are most patent drugs for disease ex- Mahish ksheer- Madhur, Guru more than cow milk, Snigdha, Sheet, Abhishyandi in Guna, these all properties prone to increase Nidra hence it is Nidrakar in all aspect, according to modern it contains Tryptophan. Tryptophan converted into sleep inducing hormones serotonin& melatonin in human body, so it proves Mahish Ksheer having efficacy in Anidra (insomnia).

- **Nirukti** – Agrya word is derived by adding Ghapratya in 'Agre Bhavam, Agra Pradhanam'. It denotes the best one on other hand it denotes the Shrestha Dravya that pacify the diseases.
- **Definition** – The drugs that having same action, and in those drugs that is best in Pathya and Apathya is considered as Agrya aushadhi. For ex – Vrutikar means things that are needed for sustaining daily life are Jala, Anna (food), Ahaara, Vihara, Swapna, Brahmacharya from all of these Anna i.e. food is best, so food is Agrya (best) as Vrutikar.
- अग्न्याणाम शतम उददिष्टं यद् दददपक्वाशदतरम् ।
अलमेत आददद द्दिकोरानाम द्दिधोतायोउपददश्यते॥5
च.सू.25/41.

- Agrya means Shrestha Aushadha i.e. which is best among all.
- Agrya Aushadhi are mentioned in Brihatryai, where
 - > Charaka includes 152 entities,
 - > Astanga Sangraha includes 155 entities and
 - > Astanga Hridayam has not mentioned the exact number of Agrya Aushadha, but 55 Agrya can be read.
- Acharyas who have mentioned Agrya Aushadhi, explains its importance.
- As per the opinion of Charaka, Agrya is Shrestha and he explains it has Jyayastwa (which is Para[superior] for Prashasta and Aprashasta Dravya), Varatwa (which is best), also does the Shamana of Vata, Pitta, Kapha with respect to Basti, Virechana, Vamana and it is best in relieving diseases.
- As per Astanga Sangraha, Agrya has Karyakaraka i.e. among many Karma performed, the one which is potent is said to be Agrya.
- Astanga Hridayam adds Shrestha Aushadha can be given in Vikalpa/Yoga based on Desha, Kala and Bala.

- Agrya Dravya is the initial step of drug selection and in any case of dilemma one can incorporate its utility without a question of failure. Hence a thorough knowledge about Agrya Prakarna acts as a key to success in the prevention and management of majority of the diseases.
- Different Acharyas have followed different methodology while explaining Agrya, so the number varies from author to author.
- Charaka emphasis more on Aushadha Dravyas than other entities.
- Apart from the Aushadha Dravyas, Astanga has included other entities such as Madya varga dravyas, Rasa Aushadhi etc.

- ◎ Agrya Aushadhi of Astanga Hridayam can be broadly classified into below mentioned headings.
 - > Astanga Hridayam has explained Agrya Aushadha in the last chapter of Uttaratantra, he has related the Agrya Dravya to Astangas of Ayurveda.
 - > The number of Agrya mentioned is less when compared to other classics, the reason was it is difficult to remember many Dravya for Manda Buddhi Purusha (person with less intellectual) and in commentary he states that these Dravya are sufficient enough to cure most of the diseases.
 - > It also help practitioners to select the appropriate drug keeping in view of disease condition, strength of person and availability of drugs.
 - > Selection of Agrya Dravya ensures desired results from the treatment.
 - > Agrya Prakarana of Astanga Hridaya includes Dravya which are based on their similar principle of prevention and management of the disease.

Importance of Agrya

- **Easiness-** For disease it's easy to use the best drug rather than using a lot of drugs for making formulation, Agrya can be used instantly. ex. khadir (Acacia catechu) is single drug mentioned for kushtha.
- **Unavailability of Drug-** In formulations many drugs are used for particular disease but most of them are unavailable, so it's difficult to make formulation as described. for ex- Shirish (Albizzia lebbak) is Ekal drug used for Vishaghna where as Mahagandhhastiadi Agad ,89 different drugs are mentioned and some of them are unavailable.
- **Cost Effective:** Single drug is not as much as costly as compound formulation as it has lots of drugs.
- **Identification:** Agrya Dravya which are mentioned are mostly single drug or two, three drugs in combination are easy to identify whereas when formulation reach to doctor, it's difficult to know that drugs in the formulation are pure and authenticate or not

● Pharmacological Action:

- > Single drugs were proven for their potential on their modern parameter and their pharmacological action are well known today.
- > It is easy in Ayurveda to validate the karma (action) of single drug.
- > on the other hand, in compound formulation we can understand action, but which drug is performing what action is impossible to know.
- > ex- Vidang (*Embelia ribes*) is the best Agrya for krimi (worms) i.e. Krumighna. It has Laghu, Rooksha, Teekshna guna, katu, kashay in rasa, ushna in virya and katu in vipak. It is Krimighna by Prabhava. It is also proven to have best effect on Worm infestations (anti-helminthic) by modern parameter. It has light properties, pungent taste and hot potency. It contains major chemical constituent like Embelin, homoembelin, christembine (alkaloid), quercitol, vilangine, volatile oil, fixed oil, phenolic acids like caffeic acid, vanillic acid, cinnamic acid etc. Usually when the medicine is given for deworming the intestines, it is associated with another laxative ingredient so as to ease the dead worms out of intestines but while giving Vidang for deworming, an extra laxative is not required because Vidang itself is a mild laxative. The word Krimighna does not suggest only intestinal worms it also encompasses microbial infection as well so it detoxifies blood, hence useful in wide range of skin diseases, anti-microbial activity, improves skin complexion and its decoction used to relieve dental caries and bad breath

Agrya Dravya mentioned in Charak Samhita –

- Anna (food)- Vrittikaranam
- Sura- Shramaharanam
- Ksheer- Jeevan yam
- Mansam -Brihaniyam
- Rasa tar- Paniyanam
- Lavan Dravya- Aruchikaranam
- Amlam- Hridyanam
- Kukkuto- Balyanam
- Madhu-
Shleshmapittaprashamana
- Sarpi- Vatapittaprashamana
- Til Taila-
Vatashleshmaprashamana
- Vamana- Shleshmahanam
- Virechan- Pittahara
- Basti- Vataharanam
- Sweda- Mardavkaranam
- Vayayama- Steryakaranam
- Kshara- Punsatvaghatkar
- Aam kaapittha- Akanthyanama
- Avi Sarpi- AHrudya
- Gavhedhukam- Karshyaniyam
- Yava- Purishjananma
- Kullathha- Amlapittajananam
- Masha- Shleshmapittajananam
- Madan phal-
Vamanasthapananuvasanupyogi
nam
- Trivrutta- Sukhavirechana
- Ikshu- Mutrajananam

Agrya Dravya Mentioned in Ashtang Hridayam

- Mustaka (*Cyperus rotundas*)- Fever (Jvara)
- Hot soil cooled in water- Trushna (Excessive thirst)
- Laja- Vamana (Relieving vomiting)
- Shilajeet- Basti (Urinary) disorder
- Amla (*Emblica officinale*), Hirda (*Curcuma longa*)- Prameha (Diabetes)
- Loha- Pandu (Anaemia)
- Haritaki (*Terminalia chebula*)- Vat, Kapha shamaka
- Pipali (*Piper longum*)- Pleeha Roga (Spleen disorder)
- Laksha- Uro-Kshat (Chest injury)
- Shirish (*Albizia lebbak*)- Vishaghna (Anti-Poison)
- Guggul (*Commiphora mukul*)- Med (Fat) and Vayu Shamaka
- Vasa (*Adhatoda vasica*)- Rakta-Pitta
- Kutaj (*Holarrhena anti dysentrica*)- Atisaara (Dysentery)
- Bhallatak (*Semi carpus anacardium*)- Arsha (Piles)
- Swarna (Gold)- Gara
- Rasanjana- Sthulya (Obesity)
- Vaayvidanga (*Embelia robusta*)- Krimighna (Anti-helminthic)
- Sura (Alcohol), Goat's milk and meat- Shosha
- Triphala (Haritaki, Bibhitaka, Amla- Netra Roga (Eye disorder)

Thank You