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Importance of Agrya aushadhi

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Abstract:

Ayurveda is the science of life. Ayurveda is perfect blend of philosophy and science. It balances all the components like physical, mental and spiritual factor. Now days Ayurveda is becoming more and more acceptable globally because of its eco friendly, cost effective, less side effects and holistic approach.

Ayurveda's main aim is to prevent the disease and maintain the health. Bruhatryee includes Agrya aushadhi to prevent the disease and maintain the health. CH.SU 25/40 includes 152 Agrya aushadhi, A.H.U.40 /55 Agrya aushadhi and In A.S.Su.13 Agryasangraha adhaya are described.

All Agrya aushadhi are based on its own potential or qualities like Rasa, Guna, Viryadi and the chemical properties. In some context for one disease a single drug is mentioned or a single drug mentioned for more than one disease. Agrya aushadhi are cost effective, economical, easy to use and safe. Agrya aushadhi are most potent drugs of that particular disease. In Shatkriyakaal Agrya aushadhis are effective in Sthana Samshraya Avastha.

Key words: Agrya aushadhi, CH.SU 25, A.H.U 40, A.S.Su.13.

Introduction:-

In Ayurveda 'Ekal dravya chikitsa' is having more importance. The main motto of Ayurveda is to maintain the health of healthy person and destroy the disease from its root. When 'Yukti and Aap praman' is used tactfully in Dravya yojana only then motto of Ayurveda will be fulfilled.

Ayurveda promotes preventive methods. Bruhatrayee includes some Agrya aushadhi which are having effect on health factors. Charak samhita su.25 includes the 152 Agrya aushadhi, Ashtang Hridayam U.40 includes 55 Agrya aushadhi. The Agrya aushadhi in preventive aspect like "Kaalbhajan- Aarogyakar", "Vishad-Rogvardhak."

Hetu pratyani, Vyadhi pratyani and Ubhaya pratyani chikitsa are the main therapeutic measures, commonly existing in practice. In Agrya aushadhi all these chikitsa are mentioned for each and every diseases. The Agrya aushadhi is the discussion between Athreya Punarvasu and his students (Shishya).

All the Agrya aushadhi based on its own potential or qualities. In some context for a single disease a single drug is mentioned or a single drug mentioned for more than one disease.

e.g. -Vidang –Krimighna, Musta-Dipan, Pachan, Sangrahaak

The word *Agrya* used to show the efficacy of *dravya*. Some *Agrya dravya* described to cure diseases or maintain the *swasthya*(health). On the other hand some *Agrya dravya* are causative factors (*Hetu*) for diseases or unwell begin.

In the *Agrya aushadhi* few are *Aahar*(food) related facts and few about *Vihar* (lifestyle) related facts mentioned.

e.g.-*Upwas (fasting) – Jwarahar(Dec,fever)*

kutaj - Raktarsha

Laja - Chardighra

These all *Agrya aushadhi* are the most potent drugs of that particular disease. In *Shatkriyakaal* *Agrya aushadhi* are beneficial in *Sthanasamshraya*.

The *Agrya aushadhi* are cost effective, economical and safe.

The *Agrya aushadhi* indicated in *Ayurved* classical are economical easily available, easy to use.

- The *Agrya aushadhi* is also used as the first aid at home.
e.g.- *Jal- Aashwasanprad, Upwas-Jwarahar, Sura- Shramharanaam*
Lavan-Aanna ruchikar, Amla-Hridaya, Kshir-Sivaniya,
Mahish kshir-Nidrakar, Ras-Prinanaam, Mansa-Bruhaniya
- A single drug mentioned for single disease.
e.g.-*Vidang- Krimighna, Laja-Chardighra*
Shirish-Vishaghna, Vrusha(vasa)- Raktapitta prashmam
Khadir-Kusthaghna, Kantakarika- Kaasaghna,
Aamalak-Vayahsthapan, Laksha- Sadya Kshataghna.
- In some context a single drug mentioned for more than one disease.
e.g.-
 - *Erandmool –Vrushya, Vathar*
 - *Bilwa –Malsangrahak, Agnidipak, VKshamak*
 - *Pipalimool-Dipaniya, Pachniya, Aanahprashaman*
 - *Chitrakmool-Dipaniya, Pachniya, Gudshool, Shoth, Arshohar*
 - *Pushkarmool-Hikka, Shawas, Kas, Parshwashoolhar*
 - *Musta-Sangrahak, Dipaniya, Pachniya*
 - *Udichya-Nirvapniya, Dipaniya, Pachniya, Chardi, Aatisaarhar*
 - *Katvang-Sangrehik, Pachniya, Dipaniya*
- These all *Agrya-aushadhi* are the most potent drugs of that particular disease.
e.g.-*Mahish-kshir:-Madhur, Guru* more than cow milk, *Snigdha, Sheet, Abhishyandi.*
 - All *Gundharma* prone to increase *Nidra*.
 - Hence, *Mahish kshir* is *Nidrakar* in all aspect.
 - Acc. to modern *Mahish kshir* is having Tryptophan.
 - Tryptophan converted into sleep inducing hormones serotonin and melatonin in human body. So, it proves *Mahish-Kshir* is having efficacy in *Anidra*.

- The *Agrya-aushadhi* in preventive aspect like-
 - *Kalbhojan-Aarogyakar,*
 - *Anirdeshkaritva- Arishtkar*
 - *Vishad-Rogvardhak,*
 - *Laulya(selfish)-Kleshkarak*
 - *Sarva rasa abhyas-Baalkar,*
 - *Jangaldesh-Anarogyaikarak*
 - *Ekras abhyas- Daurbalyakar,*
 - *Atisahas-Prananashak.*
- In *Agrya-aushadhi Agrya dravyas* of *Panchkarma* also mentioned.
e.g.-
 - *Madanphaal- Vaman,Aasthapan,Anuvasanopayogi*
 - *Trivritta-Sukhvirechan*
 - *Aaragvadha-Mruduvirechan*
 - *Snuhikshir-Tikshanavirechan*
 - *Apamarga-Shirovirechan*
- In some context *Dravyas* are mentioned for *Doshas*
e.g.-
 - *Madhu-Kapha,Pitta Prashaman,*
 - *Masha and Avikshir- pittashleshmakarak*
 - *Ghrita-Vaat,Pitta Prashaman*
 - *Taila-Vaat,Kapha Prashaman*
 - *Rasna-Vaathar,*
 - *Jambu-Vaatkarak*
 - *Kulatha-Aamlapittakarak*
- So as in some context the *Panchkarma* procedures are described as *Agrya* for *Dosha*-
e.g.-
 - *Vaman-Kaphahaar*
 - *Virechan-Pittahaar*
 - *Basti-Vaathaar*
- The *Ashtang sangraha* gives us some other precious *Agraya dravya*
e.g.-
 - *Ayurved – Amrutsaman*
 - *Sadvachan – Anushtheya*
 - *Tadvidya Sambhasha –Budhivardhak*
 - *Druhtakarmata – Nishanshaykarak*
 - *Himalaya-Aushadhi bhumi(land of medicine)*
 - *Bramhacharya-Aayshyakarak*

DISCUSSION:-

- *Agrya-aushadhis* are most potential drugs of that particular disease.
- These *dravya* are clinically proved by *Acharyas*.
- In *Ayurveda* “*Aaptodesh*” is used. So, these *Agrya-dravyas* are use in treatment.
- The *Ekal-Dravya chikitsa* is having more importance. One drug can be use in many disease so as many drugs are used in one disease.
- The *Agrya dravya* is based on their own *Guna*.
- They are having their own potential.
- In *Aashtang hridayam Agrya dravya* described to cure the diseases so as in *Charak samhita Agrya dravya* described as preventive method also.

Conclusion:-

- The *Agrya aushadhi* are having practical uses.
- They are having potential for particular diseases.

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