



International Research Journal of Ayurveda & Yoga

An International Peer Reviewed Journal for Ayurveda & Yoga



SJIF Impact Factor : 5.69

ISRA Impact Factor : 1.318

ISSN:2581-785X

Review Article

Volume: 3

Issue: 10

Applied Aspects Of Some *Agrya Dravya*

Padma Lochan Naik¹, Mita Kotecha², Sumit Nathani³, Shweta Yadav⁴

1. MD Scholar, Department of Dravyaguna, National Institute of Ayurveda, Rajasthan, India.
2. Professor, Department of Dravyaguna, National Institute of Ayurveda, Rajasthan, India.
3. Assistant professor, Department of Dravyaguna, National institute of Ayurveda, Rajasthan, India.
4. MD Scholar, Department of Dravyaguna, National Institute of Ayurveda, Rajasthan, India.

ABSTRACT

Ayurveda is not only a life science but also a spiritual science that deals with how to maintain a healthy life and to prevent the onset of diseases. *Brihatrayee* comprises of three textbooks i.e. *Charaka Samhita*, *Sushruta Samhita* and *Ashtanga Hridaya*. these texts books are excellent in describing different diseases and their treatment by using *Ahara Dravya* and *Aushadha Dravya*. In *Agrya Prakarana* both *Ahara Varga Dravya* and *Aushadha Varga Dravya* have been explained to get an approach towards nutritional and medicinal values.

Key words: *Agrya Dravya, Brihatrayee, Ikshu, Trivrit, Aragvadha, Gavedhuka*

Article received on-17 Oct

Article send to reviewer on-21 Sept.

Article send back to author on-25 Oct.

Article again received after correction on -31 Oct.

Corresponding Author : Dr. Padma Lochan Naik, MD Scholar, Department of *Dravyaguna*, National Institute of *Ayurveda*, Rajasthan, India.
Email,Id- naikpadma2@gmail.com

How to Cite the Article : Padma Lochan Naik, Mita Kotecha, Sumit Nathani, Shweta Yadav, Applied Aspects Of Some *Agrya Dravya*., IRJAY, October: 2020 Vol- 3, Issue-10; 254-264,

Doi: <https://doi.org/10.47223/IRJAY.2020.3107>

INTRODUCTION:

Ayurveda the ancient Indian science of life originated mainly from *Atharva Veda*. In the developmental stream after *Veda*, *Samhita* came with different branches like *Brihatrayee* and *Laghutrayee*. *Ayurveda* has included herbs as most powerful healing ingredients, recorded in *Samhitas*. Both *Brihatrayee* and *Laghutrayee* had also described the methods of maintaining healthy life and elimination and prevention of onset of diseases.

Ahara, *Vihara* and *Aushadha* have played a major role to maintain a healthy life and the *Ayurvedic* system of medicine has described these *Ahara*, *Vihara* and *Aushadha Dravya* in various *Samhitas*. But the *Agrya Dravyas* section of ancient *Samhitas* describes the *Agrya Dravyas* means the best drug among all for a particular action that are useful in

maintaining a healthy life and also helpful in prevention of diseases. *Trisutra* are the basis for proper understanding of *Ayurveda* concept i.e. *Hetu* (cause), *Linga* (sign) and *Aushadha* (drugs), in *Agrya Dravya* section some are related to *Hetu* (cause), some are related to *Linga* (sign) and some are related to *Aushadha* (drugs). So *Agrya Sangraha* is the collection of the best among substances of different qualities, action and effects.

From this it is understood that *Ayurveda's* approach towards individual diseases, drugs etc. is basic, holistic and natural.

AIMS AND OBJECTIVES:

1. The study is carried out with an aim to correlate the *Agrya Dravya* according to modern science on basic concepts of *Dravyaguna-Shastra*.

2. Evaluate some examples of *Agrya Dravya* with modern science.

REVIEW OF LITRATURE:

- In *Charaka Samhita Sutrasthana* 25/40 (*Yajjah purushiya*) including 152 *Agrya Aushadha*.
- In *Astanga Hridaya Uttartantra* 40 (*Agryasangraga*) including 55 *Agrya Aushadha*.
- In *Astanga Sangraha Sutrasthana* 13 *Agryasangrahaniya Adhya* is described.

MATERIALS AND METHODS:

For complete understanding the concept of *Agrya Aushadha*, data were collected and compiled from classical *Ayurveda* texts, modern and *Ayurvedic* literature.

CONCEPT OF AGRYA AUSHADHA:

The word *Agrya* itself denotes its importance among other and *Aushadha* one which possess *Guna* (properties) and *Karma* (action) in a state of coherence. *Agrya Aushadha* means the drug that acts best among other drug for a particular action that may be to prevent a disease or to maintain a healthy life.

Excellency of *Agrya* drugs is due to its fast action, broad spectrum action, use at various

stages, less adverse effects, availability, specific site of action and high potency.

Every drug has its own potential/qualities like *Rasa*, *Guna*, *Virya*, *Vipaka* and chemical. Some drug acts by *Rasa*, some by *Guna*, by *Virya*, by *Vipaka* and some by *Prabhava*. Likewise for one disease a single drug is mentioned or a single drug is mentioned for many diseases.

Many examples are available in *Agrya Aushadha* e.g. *Rasna* (*Pluchea lanceolata* oliver & hiern.) – *Vatahara* and *Eranda mool* (root of *Ricinus communis* Linn.) - *Vrushya vatahara* (aphrodisiac). We can assume that the aim of *Ayurveda* can be fulfilled by *Dravyas* described in *Agrya Aushadha Prakarana* because in *Agrya Prakarana* not only drugs but some *Ahara* and *Vihara* has also been described.

e.g. *Ahara Dravya*

- *Mamsa* (meat)- *Bruhaniya* (nourishing)
- *Ksheera* (milk)-*Jivaniya* (vitalizes)
- *Mamsarasa* (soup)-*Tarpaniya* (refreshing)

Vihara Dravya

- *Sarvarasa abhyasa* (regular intake of food having all taste) – *Balakara* (promotes strength)

- *Vyayama* (exercise) – *Sthairya kara* (stabilizer)
- *Snana* (bath) -*Shrama hara* (dispelling fatigue)

Aushadha Dravya

- *Khadir* (*Acacia catechu* Wild.) - *Kushthaghna* (curing skin diseases)
- *Vidang* (*Embelia ribes* Burm.f.) – *Krumighna* (anthelmintics)
- *Shirish* (*Albizia lebeck* Benth.) - *Vishghna* (anti-poisonous/Antidote)

Also some drugs has also been described as preventive aspect like if we use these drugs continuously they may create some diseases.

e.g.

- *Kshara* (alkali) – *Punsatvaupaghati* (loss of virility)
- *Kulattha* (*Dolichos biflorus*) - *Amlapitta janana* (causes acid-peptic disease)
- *Jambu* (*Syzygium cumini* Linn.) - *Vata jananam*
- *Mandak dadhi* (immature or incompletely formed curd) – *Abhisyandakara* (obstructs channels of circulation)

Except *Ahara*, *Vihara* and *Aushadha*, description about *Desha* can be found in *Agrya Varga*

1. *Himvana* (the Himalayas) – *Aushadhi Bhumi* (habitat of medicinal plants)

2. *Maru Bhumi* (desert or arid region) – *Aarogya Desha* (among sanatoria or healthy places)

3. *Aanupa* (marshy or wet) – *Ahita Desha* (among unhealthy places)

From above discussion we can assume that *Agrya Varga* are so much helpful for human being.

Here are some Examples of *Agrya Aushadha* with applied aspect according to *Ayurveda* and modern correlation.

***1-Ikshu* (*Saccharum officinarum* Linn.) – *Mutrajanan* (produces diuresis)**

Properties

Rasa-Madhura

Guna- Guru, Snigdha

Virya-Sita

Vipaka-Madhura

Doshghanta - Vata Pitta Shamaka

Karma – Mutrala

Parts used – stem/root

Dose-50-100ml. (root decoction)

20-40ml. juice¹

*Agrabhaga - Kshra, Lavan, Madhyabhaga – Madhura, Moola - Atyantha Madhura*²

According to their *Rasa Panchaka* *Ikshu* is having the following *Panchabhautika* constitution

Table-1 Panchabhautika constitution of *Ikshu*

<i>Rasa Panchaka</i>	<i>Panchabhautika</i> constitution
<i>Rasa</i> <i>Madhura</i>	<i>Prithvi+ Jala</i>
<i>Guna</i> <i>Guru</i> <i>Snigdha</i>	<i>Prithvi</i> <i>Jala</i>
<i>Virya</i> <i>Sita</i>	<i>Jala+Vayu</i>
<i>Vipaka</i> <i>Madhura</i>	<i>Prithvi+Jala</i>

According to *Rasa Panchaka*, *Ikshu* is having *Prithvi* and *Jala Mahabhuta* dominant followed by *Vayu, Akasha and Agni*.

Chemical constituents-

Sugarcane juice contains sucrose, glucose and fructose. Carbohydrates are the Non-sugar constituents present in the cane juice. Amino acids like asparagine, glutamine,

alanine, gamma-amino butyric acid, aspartic and glutamic acids, glycine, leucine, lysine, serine, tyrosine and Vitamins like thiamine, riboflavin, niacin, pantothenic acid, biotin and vitamin-D are also present. Enzymes include diastase, invertase, lactase, peroxidase and tyrosinase. The leaves contain alpha-amylase and glutathione-S-transferase.³ It

also contains sugar, water, mucilage, resin, fat, albumin and guanin.⁴

Charaka identified *Ikshu* as the best drug among *Mutrajananam*. According to *Ayurveda* due to its *Sita Virya*, increases *Kapha* and *Dravata* in the *Shareera* and increases the production of urine. Research has found that Albumin, a protein an active constituent of *Ikshu*, which helps to suck fluid out from the tissue and keep it in the blood vessel where it can be filtrated in the kidney and removed in the urine.⁵ Also as it contains sugar and due to their osmotic activity these substances oppose the reabsorption of water from the glomerular filtrate. These substances produce more elimination of water than sodium and hence produce diuresis.⁶

2-Trivrit (*Operculina turpethum silva manso*) – *Sukhvirechaka* (causes easy purgation)

Properties

Rasa - Tikta, Katu

Guna - Laghu, Ruksha, Tikshna

Virya - Ushna

Vipaka - Katu

Doshagnata – Kapha Pitta hara

Karma - Rechana

Parts used – root bark

Dose – powder 1-3 grams⁷

According to their *Rasa Panchaka* *Trivrit* is having the following *Panchabhautika* constitution.

Table-2 *Panchabhautika* constitution of *Trivrit*

<i>Rasa Panchaka</i>	<i>Panchabhautika</i> constitution
<i>Rasa</i> <i>Tikta</i> <i>Katu</i>	<i>Vayu+ Akasha</i> <i>Vayu+ Agni</i>
<i>Guna</i> <i>Laghu</i> <i>Ruksha</i> <i>Tikshna</i>	<i>Vayu + Agni+ Akasha</i> <i>Vayu+ Prithvi</i> <i>Agni</i>
<i>Virya</i> <i>Ushna</i>	<i>Agni</i>
<i>Vipaka</i> <i>Katu</i>	<i>Vayu+ Agni</i>

According to *Rasa Panchaka*, *Trivrit* is having *Vayu* and *Agni Mahabhuta* dominant followed by *Akasha* and *Prithvi*.

Chemical constituents-

α and β Turpethins, scopoletin, turpethinic acids A, turpethin, coumarin etc. The root contains active constituents by name A-turpethin and B-turpethin. considerable amount of lignin and ferrous oxide is also present in the herb.⁸

Charaka identified *Trivrit* as best among *Sukha virechana*. According to *Ayurveda* *Trivrit* is having *Tikshna Guna* and *Ushna Virya* which disintegrate the *Abadha* (unformed) and *Badha* (formed) or *Pindita* (dried faecal mass) forms of malas by facilitating penetration into it and evacuating through the lower gut. As it does not contain any *Sneha*, can be used as *Ruksha Virechana*. it has been recommended on the *Snigdha* patients. As *Trivrit* contains a chemical called Turpethin which have laxative effect. it acts as a stimulant laxative which stimulate the digestive tract wall, speeding up bowel movements and helps to pass the stool easily. Also *Operculina turpethum* is having anthraquinone glycosides also known as emodin. Unabsorbed in the small intestine,

they are passed to the colon where bacteria liberate the active antiroll form, which either act locally or absorbed into circulation-excreted in bile to act on small intestine. The active principle is believed to be work on myenteric plexus to increase peristalsis and decrease segmentation.⁹

3-*Aragvadha* (*Casia fistula* Linn.) – *Mridu virechaka* (causes mild purgation)

Properties

Rasa - Madhura

Guna - *Mridu, Guru, Snigdha*

Virya - *Sita*

Vipaka - *Madhura*

Doshghanta - *Kapha Pittahara*

Karma – *Sramsana*

Parts used – root bark, leaves, flowers, fruit pulp

Dose – decoction of root bark - 50-100ml

Flower paste - 5-10gm

Fruit pulp - 5-10gm¹⁰

According to their *Rasa Panchaka* *Aragvadha* is having the following *Panchabhautika* constitution.

Table-3 Panchabhautika constitution of Aragvadha

<i>Rasa Panchaka</i>	<i>Panchabhautika constitution</i>
<i>Rasa</i> <i>Madhura</i>	<i>Jala + Prithvi</i>
<i>Guna</i> <i>Mridu</i> <i>Guru</i> <i>Snigdha</i>	<i>Jala + Akasha</i> <i>Prithvi</i> <i>Jala</i>
<i>Virya</i> <i>Sita</i>	<i>Prithvi+ Jala</i>
<i>Vipaka</i> <i>Madhura</i>	<i>Jala + Prithvi</i>

According to *Rasa Panchaka*, *Aragvadha* is having *Prithvi* and *Jala Mahabhuta* dominant followed by *Akasha*.

Chemical constituents-

Leaves-tannins, rhein, glucoside and sennosides, Stem bark-fistucacidin, penta hydroxyflavan, tannins, rhein, barbaloin, Pulp-carbohydrate, protein, leucine, arginine, phenylalanine, tryptophan, anthraquinone, glutamic acid etc. Seed-vermolic, sterculic, galactomannan.¹¹

Charaka quoted *Aragvadha* as the best among the *Mridu Virechana*. As it is having

Guru, *Madhura* and *Sita* properties and while assessing these we find that it is *Prithvi*, *Jalobhoota* predominant and has *Gurutva* which makes downward movement of mala, hence act as *Virechana Dravya*. Research has proven that Anthraquinone an active ingredient in *Aragvadha* are famous for their laxative property. the laxative effect of anthraquinone is caused by two independent mechanisms. The first is the changing in the colonic motility which leads to an accelerated large intestinal transit. motility changes are caused indirectly by epithelial

cell demand. The second one is alteration in colonic absorption and secretion, resulting in fluid accumulation which causes diarrhoea.¹²

4-Gavedhuka (Coix lachrymal jobi Linn.)
- Karshaniya (emaciating)

Properties

Rasa - katu

Guna - Laghu, Ruksha

Virya - Ushna

Vipaka - Katu

Doshghanta – Kapha Pitta hara

Karma – karshya karaka

Parts used – grain, root and leaf

Dose – decoction-50 to 60ml.

Root powder -5 to 6gm.¹³

According to their *Rasa Panchaka Gavedhuka* is having the following *Panchabhautika* constitution.

Table- 4 Panchabhautika constitution of Gavedhuka

<i>Rasa Panchaka</i>	<i>Panchabhautika constitution</i>
<i>Rasa</i> <i>Katu</i>	<i>Vayu+ Agni</i>
<i>Guna</i> <i>Laghu</i> <i>Ruksha</i>	<i>Vayu+ Agni+ Akasha</i> <i>Vayu</i>
<i>Virya</i> <i>Ushna</i>	<i>Agni</i>
<i>Vipaka</i> <i>Katu</i>	<i>Vayu+ Agni</i>

According to *Rasa Panchaka*, *Gavedhuka* is having *Vayu* and *Agni Mahabhuta* dominant followed by *Akasha*.

Chemical constituents-

Benzoxazolinones, amino acids (leucine, tyrosine, histadin, arginine and coicin). The seeds contain trans-ferulyl stigmastanol, trans-ferulyl campestanol and coixnolides, a mixed ester of palmitoleic and vaccenic acids, which is an anticancer agent.¹⁴

Charaka has mentioned *Gavedhuka* as best among *Karsaniyanam*. According to *Ayurveda Gavedhuk* possesses *Katu Rasa* and *Vipaka*. It is antagonist to *Madhura Rasa*, *Madhura Vipaka* and *Kapha Dosh* which reduces the *Kapha* and *Meda* in the body. *Gavedhuka* reduces the *Kapha* and *Meda* in the body as it is having *Ushna Virya*. Suppression of *Kapha* and *Meda* represent the anti-obesity activity of *Gavedhuka*. Research has proven that coix seed causes reduction in body weight, fat mass, serum leptin levels and activities of neuropeptide Y(NYP) by regulating neuroendocrine activity in the brain. It has also inhibitory effect on synthesis of cholesterol in the liver, facilitates biliary secretion of triglycerides and accelerates phospholipids synthesis in the liver.¹⁵

DISCUSSION:

Agrya Dravyas are the clinically proved drugs by various researchers. So using of

these drugs in *Poorvarupa* of diseases can be more effective to stop the diseases and also it will prevent to reach next stage of diseases. *Agrya Dravya* have their own *Gunas* and own potential. On observing *Agrya Dravya* it was found that *Agrya Dravya* is not about a single drug for particular disease but it can be use with two to four drugs in combination. Use of these *Agrya Dravyas* and finding out the best one will validate them for their particular action.

CONCLUSION:

The above review reveals that *Agrya Dravya* have potent pharmacological significance whether to maintain a healthy life or to prevent some diseases. Basically, the desired effect is due to the phytochemical constituent present in the herbs. As herbal drugs have gained great importance globally Such evidence is needed to provide scientific credence to the use of traditional *Ayurvedic* medicine. Hence advance knowledge about *Agrya Dravya* may be helpful in prevention and management of diseases.

Acknowledgement:- Nil

Financial Assistant:- Nil

Conflict of interest :- Nil

REFERENCES:

- 1.Sharma P.V., Dravyaguna-Vijnana, vol-2, Chaukhambha Bharati Academy,Varanasi.Reprint edition;2019,pg.638
- 2.Bhavamishra. Bhavaprakasha Nighantu, with hindi commentary by Dr.K.C. Chunekar, edited by Dr. G.S.Pandey, Reprint edition. Chaukhambha Bharati Academy, Varanasi. 2019, Pg.778
- 3.<http://www.easyayurveda.com/2010/12/01/sugar-cane-juice-benefits>
- 4.Sharma P.V. Dravyaguna-Vijnana, vol-2, Chaukhambha Bharati Academy,Varanasi.Reprint edition;2019,pg.639
- 5.<http://clinicaltrials.gov/ct2/show/NCT02055872>
- 6.Mishra Brijesh R, A Critical literary review on Dravyas(herbal drugs) acting on mutravah strotas in Ayurveda, e-ISSN:1(2):2456-4435
- 7.Sastry J.L.N., Dravyaguna vijnana (study of essential plants in Ayurveda),vol-2,Chaukhambha Orientalia, Varanasi, Reprint edition,2017,pg.363
- 8.<http://www.easyayurveda.com/2014/03/03/trivrit-operculina-turpethum-usage-dose-side-effects/>
- 9.Kajaria Divya,Scientific explanation for using purgation therapy in Tamaka Shwasa(Bronchial Asthma) IJHM 2013;1(3):46-49
- 10.Sastry J.L.N. Dravyaguna vijnana (study of essential plants in Ayurveda),vol-2,Chaukhambha Orientalia, Varanasi, Reprint edition,2017,pg.200
- 11.<https://www.ayurpages.com/aragvadhha-cassia-fistula/>
- 12.Aurapa Sakulpanich, Determination of Anthraquinone Glycoside Content in Cassia fistula leaf extracts for alternative source of Laxative drug, International journal of biomedical and pharmaceutical sciences,2009
- 13.Bhavamishra. Bhavaprakasha Nighantu, with hindi commentary by Dr.K.C. Chunekar, edited by Dr. G.S.Pandey, Reprint edition. Chaukhambha Bharati Academy, Varanasi. 2019, Pg.647
- 14.<https://www.easyayurveda.com/2017/12/27/adlay-millet-coix-lacryma-jobi-jobs-tears/>
- 15.Morya Gyan Chandra, Antiobesity potential of Gavedhuk(Coix lacryma-jobi Linn.):A Review,Pramana research journal,2019