



Use of Agada Preparation in the Current Scenario- A Review Article

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ABSTRACT:

Background: In current scenario, maximum diseases are caused due to idiosyncratic etiology. *Agada Tantra* is one of the eight branches of Ayurveda which focusses on *Viruddhaahara* (Incompatible food), *Gara Visha* (Concocted poison) and *Dushivisha* (Denatured/Latent Poison), conditions and their treatments. There are different types of *Agada yogas* that are mentioned in the *Vishchikitsa 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. So, *Agada yogas* need to be evaluated and given in these conditions.

Aim: To evaluate the effect of *Agada Yogas* for their capabilities to be adopted in the diversified field of toxicology and in current scenario.

Materials & Methods: Reviewed from various text books, databases, websites, and relevant journals.

Results & Conclusion: Different types of *Agada Yogas* mentioned in *Vishchikitsa Granthas*, some of them are *Bilwadi Agada*, *Mahagada*, *Dushivishari Agada*, *Dashanga Agada* and *Sanjivana Agada*. From various types of studies, books, and relevant journals we got to know that these *Agada Yogas* possess antitoxic properties and was very effective in elimination of poisons from the body. In current scenario, there are many diseases that are happen due to different types of preservatives, artificial poisons we are using in our current day to day lives. These *Agada Yogas* are the mixture of antitoxic medications act as an immunomodulator, antioxidants and some of them possess hepatoprotective action also. The *Ushna*(hot potency), *Teekshna*(sharp) and *vyavayi* (rapid spreading) qualities of *Agada Yogas* aid in the eradication of various poisons from the body. These *Yogas* are more effective due to its *Vishaghna* ingredients and *Prabhav*.

Keywords: *Agada Yoga*, *Visha*, Antitoxic, Poisons, *Ayurveda*, *Agada Tantra*, *Gara Visha*, *Dushi Visha*, *Viruddhahara*

INTRODUCTION

Ayurveda is an ancient system of Indian Medicine. It has two prime goals that are to maintain good health and to cure or treat the diseases and pathological conditions. The

strength of *Ayurveda* is its holistic approach towards health and diseases. The philosophy, logic and practice of 'Ayurveda System' involves variety of concepts like



Mahabhoota, Dosha, Dhatu, Mala, Dravya, Agni, Ama, Rasa and Ojas and hundreds of intra and interactions amongst these variables.¹ Ayurveda's concept of *Viruddhahara* (Incompatible food/diet), *Gara Visha* (Concocted Poison) and *Dushi Visha* (Denatured/Latent Poison) can be co related with oxidative stress of modern science which are caused by use of toxicants/chemicals. In today's era most of the diseases are oxidative stress disorders caused due to day to day exposure of human beings to various chemicals/toxicants.² *Agada Yogas* that are mentioned in *Vishchikitsa Granthas* are very much helpful in counteract all types of poisons (*Sthawara, Jangama, Gara Visha, Dooshivisha*). This article highlights the role of *Agada Yogas* (Antitoxic formulations) mentioned in *Agada Tantra* to conquer diseases due to unconventional etiology in current scenario.³

MATERIALS & METHODS

Review of Literature

Agada Tantra

Agada Tantra is one of the eight clinical branches of Ayurveda that deals with different types of poisons, its mechanism of action, clinical manifestations and their treatments. *Agada Tantra* also explores concepts of *Viruddhahara* (Incompatible food/diet), *Gara Visha* (Concocted Poison) and *Dooshi Visha* (Denatured/Latent Poison). In current scenario, as compared to plants, minerals and venom poisoning, cases of Poisoning due to *Viruddhahara, GaraVisha* and *Dooshivisha* are increased. These three concepts and their management is a gift of *Agada Tantra* to human beings to improve their health status and longevity.⁴

Viruddhahara (Incompatible food/diet)

In *Ayurvedic* classics, *Ahara* is one of the three *upstambhas* (Sub pillars) which supports the three main *stambhas* (pillars) of the body. *Viruddhahara* is a unique concept described in *Ayurveda*. *Ayurveda* clearly defines that certain diet and its combinations, which interrupts the metabolism of tissue, which inhibits the process of formation of tissue and which have the opposite property to the tissue called *Viruddhahara*.⁵ The diet which provokes bio-energetic humors without eliminating them is considered as *Viruddhahara*.⁶ Incompatible foods exist everywhere in restaurants, hotels and even homes. We unknowingly are eating them and then suffering from various health issues.

Table 1 Shows Ayurveda literature (Acharya Charaka)

has described eighteen types of Viruddhahara .

In present era, food mentioned further can be concluded in *viruddhahara* E.g Bakery products like cake, pastries, bread, biscuits having combinations of maida, milk, egg, cheese etc. Burger and Pizza with cold drinks or milk shakes again become incompatible. Consuming cold water just before or after taking hot tea or coffee, milk & egg, milk & banana, milk & fish, deep fried potatoes, heated honey, heated curd are some examples of unwholesome diet. Avoiding such type of incompatible food helps to improve good health of a person.⁸

Gara Visha (Concocted Poison)

Poison is in everything, only the dose decides its effects. One of the hidden poison is the concocted poison known as *Gara Visha*. Ayurveda explains this *visha* as the combination of poisonous or non-poisonous substance which produces chronic toxicity by interfering in the process of digestion.⁹ According to *Acharya Charaka*, it is defined as *Kalantar avipaki* means it takes a long time to digest so it doesnot show acute toxicity but produces many diseases.¹⁰ *Gara Visha* is a toxic combination of substances which shows effects after interval of sometime and does not kill person instantly. It is known as concocted poison as it is formed by the combination of two or more substances.¹¹

Gara visha in today's era :

The items we consume daily accidently or intentionally will harm us like *Gara Visha*. Some common examples are:

Food

The burning issue is the addition of adulterants into the food for improving profit. Some forms of adulterations are injurious to health even resulting in death. Food additives can be Direct/Intentional additives and Indirect Incidental additives. Sodium Nitrate, BHA & BHT, Trans fats, Propyl gallate, Monosodium glutamate are some of the dangerous additives in our common foods which may cause various cancers, behavioural problems, heart failure, kidney failure etc.

Drinks:

Now a day's drinks or beverages are changing its form to soft drinks, milk, milk shakes, carbonated water etc. Most of the carbonated and soft drinks require additives and preservatives which consist of chemical substances that are harmful to our body. Artificial sugars like Aspartame are added to these soft drinks which show carcinogenic effect.

Drugs:

Various modern drugs and chemicals are also proved as toxic like Aspirin, Oral Contraceptives, Paracetamol etc. Long term use of Aspirin inhibits fat metabolism. This may

increase risk of Reys syndrome. Paracetamol produces hepatotoxicity on long term use.¹²

Dooshi Visha (Denatured/Latent Poison)

Acharya Sushruta stated that a part of *Sthawara* (Inanimate), *Jangama* (Animate) or *Kritrima* (Artificial) poison, which accumulated and cannot be excreted from body completely due to its chronic and cumulative nature or become less potent after digestion or counter action of antidotes and accumulate in the body for a prolong period and vitiating the body slowly called *Dooshi visha*. The *veerya* of *Dooshi Visha* being less, it does not show any immediate fatality. On the other hand, it becomes *avritta* by *kapha* (lipophilic Binding) and accumulate in that state for years. In modern we can co-relate it with Bio-accumulation. Bio-accumulation refers to the accumulation of substances, such as pesticides, other organic or inorganic chemicals in an organism. It occurs when an organism absorbs a toxic substance at a rate greater than that at which the substance is lost.¹³ Xenobiotic is a term that is used for a foreign or synthetic substance like drug, food additives, pesticides, pollutants etc found in the body. The concept of *Apaki Guna* (not being assimilated in the body) in poison explains mechanism of xenobiotics. Xenobiotics are responsible for the oxidative stress in the body.¹⁴

Agada Yogas:

The word *Agada* is derived from *Gada*. *Gada* has two meanings one is *Roga* (Disease) and the other is *Visha* (poison). *Agada* is also a synonym to drug. So *Agada* is a drug that conquers disease or poison. In *Ayurvedic Samhitas* various single herb, polyherbal formulation or herb-mineral formulation are mentioned as Anti-toxic. Drugs which act against toxic substances are called as *Vishaghna* (Antitoxic).¹⁵ There are different *Agada Yogas* that are mentioned in our *Samhitas* are as follows:

Table 2 Shows Agada in Sushruta Samhita:

Table 3 Shows Agada in Charaka Samhita:

Table 4 Shows Agada in Ashtanga Hridaya:

These are some of the *Agada Yogas* that are mentioned in *Ayurvedic Samhitas* helps in removing the poison from the body. At present times study of these antitoxic formulations like *Bilwadi Agada*, *Padmaka Agada* etc. is carried out in various toxicities.

DISCUSSION

In current times, health of the people is worsening day by day due to global warming, deforestation, indiscriminate use of pesticides, food additives, preservatives, artificial sweeteners and use of various synthetic drugs. Now a days

everyone is using chemical products in the form of cosmetics like face creams, shampoos, different makeup products that does not cause harm instantly but due to bio-accumulation will cause various diseases later on like Cancer, Cardiovascular diseases, Neurological disorders, Liver disorders, Skin diseases and Premature ageing etc. Poison first vitiates *Rakta dhatu* (blood) and then vitiates the humors *Kapha*, *Pitta*, *Vata* in sequence, proceed to heart and then become fatal. Diseases caused by *Viruddhahara*, *Gara Visha* and *Dooshivisha* have same principle of management that is *Shodhana chikitsa* by induction of emesis or purgation before using Antitoxic formulations. As antitoxic formulations act as blood purifier, causes equilibrium in body humors *Vata*, *Pitta*, *Kapha*, Cardioprotective, Hepatoprotective and Rejuvenate. So, these *Agada Yogas* help to improve health status and longevity of the human being.

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), *Hridaya* (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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Table 1 Shows Ayurveda literature (Acharya Charaka) has described eighteen types of Viruddhahara which can be summarized as follows:

Viruddha	Examples
<i>Desha Viruddha</i> (Place incompatibility)	Hot and sharp food in arid place. Cold and unctuous food in marshy place
<i>Kala Viruddha</i> (Time incompatibility)	Cold and dry food in cold season. Spicy and hot food in summer.
<i>Agni Viruddha</i> (Digestion incompatibility)	Intake of heavy food when digestion is mild. Intake of light food when power of digestion is high.
<i>Matra Viruddha</i> (Dose incompatibility)	Honey and ghee in equal quantities
<i>Satmya Viruddha</i> (Habit incompatibility)	Spicy food to a person who is not habituated to it.
<i>Dosha Viruddha</i> (Bio energetic Humor incompatibility)	Food which aggravates any of the humors <i>Vata, Pitta or Kapha Doshas</i> . E.g. Dry and light diet aggravates <i>Vata Dosha</i> . Hot and spicy food aggravates <i>Pitta Dosha</i> while unctuous and cold food aggravates <i>Kapha Doshas</i> .
<i>Sanskara Viruddha</i> (Process incompatibility) incompatible due to improper cooking process	Pigeon fried in mustard oil
<i>Veerya Viruddha</i> (Potency incompatibility)	Combination of fish and milk with hot and cold potency respectively
<i>Koshtha Viruddha</i> (Gut incompatibility)	Strong purgatives in <i>Mridukoshtha</i> (soft bowel) and mild laxative in <i>Krurakoshtha</i> (hard bowel)
<i>Avastha Viruddha</i> (Condition incompatibility)	Dry food to a person who exercises more. Unctuous food to excessive sleepy person.
<i>Krama Viruddha</i> (Sequence incompatibility)	Taking food with natural urges like defecation and urination or taking food without appetite.
<i>Parihara Viruddha</i> (Exemption incompatibility)	Intake of hot potency substances after eating pork.
<i>Upachara Viruddha</i> (Regimen incompatibility)	Exposure to cold after consuming ghee
<i>Paka Viruddha</i> (Cooking incompatibility)	Use of bad fuel material to cook, overcooked or uncooked rice.
<i>Samyoga Viruddha</i> (Combination incompatibility)	Milk with acidic fruit
<i>Hrita Viruddha</i> (Mind incompatibility)	Meat for strict vegetarian
<i>Sampata Viruddha</i> (Maturity incompatibility)	Immature Banana, over mature mango
<i>Vidhi Viruddha</i> (Regulation incompatibility)	Against the rule of consuming food E.g. eating without privacy ⁷

Table 2 Shows Agada in Sushruta Samhita:

Agada Yoga	Indications
<i>Dushivishari Agada</i> ¹⁶	In case of <i>Dushivisha</i> poisoning and in other type of poisoning also
<i>Mahaagada</i> ¹⁷	Destroys the <i>Visha Vega</i>
<i>Ajeet agada</i> ¹⁸	In case of <i>Sthavara</i> (inanimate), and <i>Jangama</i> (animate)
<i>Taksharya agada</i> ¹⁹	In <i>takshaka</i> snake poisoning
<i>Rishabha agada</i> ²⁰	In snake and insect poisoning
<i>Kshara agada</i> ²¹	In all type of poisoning, <i>Sharkara, Ashmari, Arsha, Vatagulma, kasa, Shool, Udarroga, Ajirna, Grahani Roga, Aruchi, Shopha, Shwas Roga</i>
<i>Mahasugandhi agada</i> ²²	In all types of poisoning

Table 3 Shows Agada in Charaka Samhita:

<i>Mritasanjeevana agada</i> ²³	In all types of poisoning
<i>Gandhahastinamaka agada</i> ²⁴	<i>Jwara, Bhootgraha, Visuchika, Ajirna, Murcha, Unmada, Apasmara, Kanch, Patala, Nilika, Shiro Roga, Shushkakshipaka, Arsha, Arbuda, Pandu Roga</i>
<i>Mahagandhahastinamaka agada</i> ²⁵	In <i>luta</i> , mice, snake poisoning, effect of <i>moola visha</i> and <i>kand visha</i> , <i>netra rog (pilla, kandu, timir, kanch)</i> , <i>arbuda, visham jwar, ajirna, visuchika, pama.</i>
<i>Kshara agada</i> ²⁶	All types of <i>visha vikar, visha janya shotha, gulma, charma roga, arsh, bhagandar, pleeha roga, shotha, apsmar, krimi, swarbhed, pandu roga, mand agni, kasa, unmad</i>
<i>Panchshirisha agada</i> ²⁷	In all types of poisoning

Table 4 Shows Agada in Ashtanga Hridya:

<i>Meghnath agada</i> ²⁸	In <i>Rajimana</i> snake poisoning
<i>Nakulyadi agada</i> ²⁹	In <i>Mandala</i> snake poisoning
<i>Himvana agada</i> ³⁰	In <i>Mandala</i> snake poisoning, <i>Visarpa, Shotha, Visphota, Jwara, Daha</i>
<i>Bilwadi agada</i> ³¹	Snake, Spider, mice, scorpion poisoning, <i>Gara visha, Visuchika, Ajeerna, Jwara</i>
<i>Padmaka Agada</i> ³²	In spider poisoning
<i>Champaka agada</i> ³³	In spider poisoning