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
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.

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

REVIEW OF LITERATURE:

- In Charaka Samhita Sutrasthana 25/40 (Yajjah purushtiya) 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 (anthelmentics)
• Shirish (Albizzia lebbeck 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. juice

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

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

Table-1 Panchabhautika constitution of Ikshu

<table>
<thead>
<tr>
<th>Rasa Panchaka</th>
<th>Panchabhautika constitution</th>
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<tbody>
<tr>
<td>Rasa</td>
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<tr>
<td>Madhura</td>
<td>Prithvi+ Jala</td>
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<td>Guna</td>
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<td>Guru</td>
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<td>Snigdha</td>
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<td>Virya</td>
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<td>Sita</td>
<td>Jala+Vayu</td>
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<td>Vipaka</td>
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<tr>
<td>Madhura</td>
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</tbody>
</table>

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. 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

*Dosha* - *Kapha*, *Pitta* hara

*Karma* - Rechana

Parts used – root bark

Dose – powder 1-3 grams\(^7\)

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

**Table-2 Panchabhautika constitution of Trivrit**

<table>
<thead>
<tr>
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<tbody>
<tr>
<td><strong>Rasa</strong></td>
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<tr>
<td>Tikta</td>
<td>Vayu+ Akasha</td>
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<tr>
<td>Katu</td>
<td>Vayu+ Agni</td>
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<td><strong>Guna</strong></td>
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<tr>
<td>Laghu</td>
<td>Vayu + Agni+ Akasha</td>
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<tr>
<td>Ruksha</td>
<td>Vayu+ Prithvi</td>
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<tr>
<td>Tikshna</td>
<td>Agni</td>
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<td><strong>Vipaka</strong></td>
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<tr>
<td>Katu</td>
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</tbody>
</table>
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
- **Dosha** - 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 - 5-10gm

According to their Rasa Panchaka Aragvadha is having the following Panchabhautika constitution.
Table-3 Panchabhautika constitution of Aragvadha

<table>
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</table>

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

Dosghanta – 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

<table>
<thead>
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<td>Vipaka Katu</td>
<td>Vayu+ Agni</td>
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</table>

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

Benzoxazolinones, amino acids (leucine, tyrosine, histadine, 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.\(^\text{14}\)

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 Dosha 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.\(^\text{15}\)

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 Drayas 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.

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Conflict of interest :- Nil
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