



A review on Agrya Dravya in clinical practice in Ayurveda Priyanka Dilip Chavan,

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ABSTRACT:

Ayurveda is the science of life. Ayurveda's main aim is to prevent the disease and maintain the health. Now days Ayurveda is becoming more acceptable globally because of its effects and holistic approach. Agrya aushadhi are cost effective, economical and safe. Agrya dravya proven for their potentials.

Keywords: Agrya dravya, Dosha, Vihar, Vyadhi.

INTRODUCTION-

Ayurveda is mainly based on Trisutra i.e. Hetu, Linga and Aushadha. Among these three modules of Ayurveda, aushadha plays a vital role in the management of diseases. Ahar and vihar is also maintaining good health as well as cure diseases. The word Agrya literally means the best. In Ayurveda 'Ekal Dravya' is having more importance. Indu has commented in Astang Sangrah that the drug which is superior among the drugs having similar action is known as Agrya. Description of Agrya dravya is found in Charak Samhita. Later Astang Hridaya

documented the various Agrya Dravya. Charak samhita su. 25 includes the 155 Agrya aushadhi, Astang Hridayam u.40 includes 55 Agrya aushadhi.

MATERIALS AND METHOD-

Ancient literatures like Astang Hrudaya, Astang Sangrah, Charak Samhita are screened out for Agrya dravyas.

Agrya dravya mentioned in all the classical texts can be divided into following groups-

Agrya dravya related to Dosha-

Sr. no	Agrya	Dosha
1.	Rasna, Basti	Vataharanam
2.	Virechana	Pittaharanam
3.	Vaman	Sheshmaharanam
4.	Madhu	Pitta prashamnanam
5.	Duralabha	Shleshma prashamnam
6.	Avi ksheer, Shashkuli, Masha	Sheshma pitta jananam
7.	Sarpi	Vatapittaharananam
8.	Tail	Vatashleshprashamnanam

**Agrya dravya related to Vyadhi-
In Charak Samhita-**

Sr. no.	Agrya	Vyadhi
1.	Vidanga	Krimighananam
2.	Shirish	Vishaghnanam
3.	Khadir	Kusthaghnanam
4.	Aamalki	Vaya sthapananam

In Astang Sangrah-

Sr. no.	Agrya	Vyadhi
1.	Vasa	Raktapitta prashamnanam
2.	Kantakari	Kasaghanam
3.	Laksha	Sadya kshataghananam
4.	Kutaj	Raktaarsha prashamnanam
5.	Laja	Chardighanam
6.	Haridra	Prameh haranam
7.	Ayoraj	Pandu roghanam

In Astang Hridya-

Sr. no.	Agrya	Vyadhi
1.	Parpatak, Musta	Jwar
2.	Shilajatu	Basti rog
3.	Hema	Garvish
4.	Taksharya	Sthaulya
5.	Puran ghrit	Unmad
6.	Madya	Shoka
7.	Bramhi	Vyap smriti
8.	Rasala	Pratishyaya

**Agrya dravya related to Group of
lakhana/symptoms-**

Sr. no.	Agrya	Lakshana/symptoms
1.	Erandamool	Vrishya Vataharanam
2.	Pippalimoola	Dipaniya Pachaniya Aanah Prashamnanam
3.	Chitarakmool	Dipniya Pachaniya Gudshotha arsh Shoolaharanam
4.	Musta	Sangraahik Dipaniya Panchaniyanam
5.	Udichya	Nirvapniya Dipaniya Pachaniya Chardi Atisaraharanam
6.	Katvang	Sangarhik Pachaniya Dipniyanam
7.	Puskarmool	Hikka Shwas Kaas Parshwashoolharanam
8.	Kustha	Vatahara Abhyang Upnaho Upyoginam

Agrya dravya related to Panchakarma-

Sr. no	Agrya	Panchakarma
1.	Madanphal	Vaman Asthapan Anuvasanopayoginam
2.	Trivritta	Sukhavirechananam
3.	Chaturangula	Mriduvirechananam
4.	Snuhi ksheer	Tikshnavirechananam
5.	Pratyakapushpa	Shirovirechananam

Agrya dravya related to Aahar-

Sr. no.	Agrya	Aahar
1.	Anna	Vrittikaranam
2.	Udaka	Aashwaskaranam
3.	Ksheer	Jeevaniyanam
4.	Mansa	Brihaniyanam
5.	Lavan	Anna Dravya

		<i>Ruchikaranam</i>
6.	<i>Mandak dadhi</i>	<i>Abhishyandkaranam</i>
7.	<i>Gavedhuka</i>	<i>Karshniyanam</i>
8.	<i>Udadalaka</i>	<i>Virukshaniyanam</i>
9.	<i>Kullatha</i>	<i>Amalapitta jananam</i>
10.	<i>Kaal Bhojana</i>	<i>Aarogyakaranam</i>
11.	<i>Tripti</i>	<i>Aahargunanam</i>
12.	<i>Guru Bhojan</i>	<i>Durvipak karanam</i>
13.	<i>Ekashan Bhojan</i>	<i>Sukha parinamkaranam</i>
14.	<i>Pramitashana</i>	<i>Karshniyanam</i>
15.	<i>Ajirna</i>	<i>Grahni dusnanam</i>
16.	<i>Vishamashan</i>	<i>Agni vaishamyakaranam</i>
17.	<i>Virudhha Virya Ashan</i>	<i>Nindit vyadhikaranam</i>
18.	<i>Sarva Rasaabyas</i>	<i>Balakaranam</i>
19.	<i>Ek Rasaabhyas</i>	<i>Daurbalyakaranam</i>

Agrya dravya related to Clinical ethics-

<i>Sr. no</i>	<i>Agrya</i>	<i>Clinical ethics</i>
1.	<i>Garbhsalya</i>	<i>Aaharyanam</i>
2.	<i>Ajirna</i>	<i>Udharyanam</i>
3.	<i>Bala</i>	<i>Mridubheshjiyanam</i>
4.	<i>Vridh</i>	<i>Yapaniyanam</i>
5.	<i>Garbhini</i>	<i>Tikshna aushadh, Vyavay, Vyayam Varjniyanam</i>
6.	<i>Jaloka</i>	<i>Anu shashtranam</i>
7.	<i>Basti</i>	<i>Tantranam</i>
8.	<i>Himalya</i>	<i>Aushadi bhumi</i>
9.	<i>Soma</i>	<i>Aushadhiyanam</i>

Agrya dravya related to prognosis of disease-

<i>Sr.</i>	<i>Agrya</i>	<i>Prognosis of</i>
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<i>no</i>		<i>disease</i>
1.	<i>Sannipato</i>	<i>Dush chikitsiyanam</i>
2.	<i>Aam</i>	<i>Visham chikitsiyanam</i>
3.	<i>Jwar</i>	<i>Roganam</i>
4.	<i>Kustha</i>	<i>Dirgharoganam</i>
5.	<i>Rajyakshma</i>	<i>Rogsamuhanam</i>
6.	<i>Prameh</i>	<i>Anushanginam</i>

Agrya dravya related to Swasthavritta-

<i>Sr. no</i>	<i>Agrya</i>	<i>Swasthavritta</i>
1.	<i>Aayasa</i>	<i>Sarva apathyanam</i>
2.	<i>Rajaewala abhigaman</i>	<i>Alakshami mukhanam</i>
3.	<i>Brahmcharya</i>	<i>Aayushanam</i>
4.	<i>Marubhumi</i>	<i>Aarogya desha</i>
5.	<i>Aanoop</i>	<i>Ahita desha</i>
6.	<i>Sadvacha</i>	<i>Anustheyam</i>
7.	<i>Asadgraham</i>	<i>Sava ahitanam</i>
8.	<i>Sarv sanyas</i>	<i>Sukha</i>

DISCUSSION-

These *dravya* are clinically proved by *acharyas*.

Agrya aushadhis are more potential drugs of that particular disease.

The *agrya dravya* is based on their own *guna* with potential.

In *Asthang hridayam* *Agrya dravya* described to cure the diseases so as in *Charak samhita* described as preventive method also.

Thus, by analyzing the above facts it can be prove that *Agrya* described in the *Samhitas* are the base of for good treatment.

CONCLUSION-

Ayurveda emphazies on 'Swasthasya Swasthya Rakshanama Aaturasya Vikar

Prashamanam Cha' as its main principle. Astang hridaya includes dravya which are based on their similar principle of prevention and management of the disease. Agrya dravya acts as a key to success in the prevention and management of majority of the diseases.

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