

A REVIEW ON THE AGADA YOGA DESCRIBED IN VARIOUS AYURVEDIC
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ABSTRACT

Ayurveda is a conventional medical system with origins in the Indian subcontinent. There are eight main medical specialties in it. One of the specialist branches of *Ayurveda*, known as *Agada Tantra*, provides incredibly detailed knowledge regarding both living and non-living toxins, as well as how to remove them from the body. There are numerous ancient books in which we can find references of *Agada Yoga*. *Agada Yoga* are substances that are used to neutralise or deactivate the effects of toxins. Poisoning can occur through plant or animal bites such as snake bites, agricultural poisons, poisonous metals and minerals, and so on. The *Agada Yoga* which is mentioned in the *Agada Tantra*, is utilised to heal a wide range of illnesses, including poisoning cases, poisonous skin manifestations, and many systemic illnesses. These *Agadas* are used to treat poisoning cases and its complication. Various *Agadas* are mentioned in various ancient books for the treatment of toxicity. This article makes an effort to review different *Agad Yogas* mentioned in ayurvedic literature.

KEYWORDS: Agad Yoga, Agad Tantra, poison, toxins.**INTRODUCTION**

Agada Tantra is a branch of *Ayurveda* that deals with the treatment of various poisons, according to the eight branches of *Ashtang Ayurveda*.^[1] If we search at what a toxin is, we can see that it is a substance that, when introduced into or applied to the body, is capable of damaging health or destroying life. It adversely affects tissues and cause illness or death in the organism.^[2] "*Vishad Jannatwama Visham*" means "the substance that causes *Vishad* (sadness) to the World." It was given the name *Visha* because it made people grief.^[3] *Visha* is classified into different types, with *Sthavar* (Plant) and *Jangam* (Animal) being the most common.

In *Ayurveda*, *Agada* is referred to as an antidote for poisoning. A mixture of antitoxic medications and certain antioxidant, immunomodulator, or hepatoprotective substances make up the herbomineral or polyherbal formulation known as *Agada*.

If we look at the treatment of *Sthavara* and *Jangam visha*, we can see that they destroy each other, so patients bitten by *Jangama Visha* should be given *Sthavara Visha*, and for *Sthavara Visha* (plant poison), *Janagam Visha* (animal poison) should be given. The two internal and external applications are both possible uses for them.

MATERIAL AND METHOD

This article will compile references of various *Agada* mentioned in ayurvedic literature viz. *Charak Samhita*, *Sushurata Samhita*, *Ashtanga Samhita*, *Ashtanga Samgraha* etc. Descriptions of *Agada* were compiled from a number of ancient Ayurvedic texts.

Literary review

Agada and *Tantra* are the two words that make up the phrase "*Agad Tantra*." *Gada* is the ancestor of the word *Agada*. *Gada* means two different things: *Roga* (disease) and *Visha* (poison).

Drug is another word for *Agada*. *Agada* is therefore a medication that defeats sickness or poison. Various single herbs, poly herbal formulations, or herb-mineral formulations are stated as being anti poisonous in Ayurvedic Samhitas (Compendium). Drugs known as *Vishaghna* are those that counteract hazardous chemicals (Antitoxic).^[4] Other *Vishaghna* drugs function by virtue of their own nature (*Dravya prabhava*), some drugs function by virtue of their properties (*Guna prabhava*), and some drugs function by *Dravya Guna prabhava* (virtue of both their nature and their properties). These antitoxic herbs and preparations, or *Vishaghna Dravya*

and *Vishaghna Yogas* and *Agadas*, are used to treat a variety of diseases and poisonings.

Anti-toxic preparations in these Ayurvedic forms have special combinations for special *dosha* vitiation in a

variety of poisoning scenarios.^[5] The majority of these antitoxic remedies have *Raktashodhaka* (Blood purifying), *Tridoshaghna* (causes body humour equilibrium), *Hridya* (Cardio protecting), and *Ojavardhaka* effects (Rejuvenate).

Table 1: Agada yoga mentioned in Sushurata samhita.

AGADA YOGA	INDICATIONS
^[6] <i>Dushivishari Agada</i>	In case of <i>dushivisha</i> poisoning and in other type of poisoning also
^[7] <i>Maha Agada</i>	Destroy the <i>visha vega</i>
^[8] <i>Ajit Agada</i>	In case of <i>sthavar</i> and <i>jangam visha</i> poisoning
^[9] <i>Taksharya Agada</i>	In <i>takshak snake</i> poisoning
^[10] <i>Rishabha Agada</i>	In snake and insect poisoning
^[11] <i>Sanjeevan Agada</i>	A poisoned person who is unconscious
^[12] <i>Vanshtwakadi Agada</i>	In <i>Lutaadi vish</i>
^[13] <i>Kshara Agada</i>	In all types of poisoning, <i>Sharkara, Ashmari, Arsha, Vatagulma, Kash, Shool, Udarroga, Ajirna, Grahani Roga, Aruchi, Shoph, Sarwasar, Shoph, Shwas roga</i>
^[14] <i>Mahasugandhi Agada</i>	All types of poisoning
^[15] <i>Kushdaadi Agada</i>	In <i>trikantaka visha</i> (insect poisoning)
^[16] <i>Rajnayaadi Agada</i>	<i>Galgolika visha</i> (insect poisoning)
^[17] <i>Kukumadi Agada</i>	<i>Shatpadi visha</i> (insect poisoning)
^[18] <i>Meshshringi Agada</i>	<i>Mandook visha</i> (insect poisoning)
^[19] <i>Dhavaadi Agada</i>	<i>Vishambhra visha</i> (insect poisoning)
^[20] <i>Shirishadi Agada</i>	<i>Ahinduka visha</i> (insect poisoning)

Table 2: Agada yoga mentioned in Charak samhita.

AGADA YOGA	INDICATIONS
^[21] <i>Mritasanjeevan Agada</i>	In all types of poisoning
^[22] <i>Gandhahastinamak Agada</i>	demolish the poison spread in head region, <i>jwar, bhootgrah, visuchika, ajirna, murcha, unmad, apsmar, kanch, patal, nilika, shiro roga, shushkakshipaak, pilla, arbuda, arsh, kandu, pandu roga.</i>
^[23] <i>Mahagandhahastinam Agada</i>	In <i>luta, mice, snake poisoning, effect of moola visha and kand visha, netra rog (pilla, kandu, timir, kanch), arbuda, visham jwar, ajirna, visuchika, pama.</i>
^[24] <i>Rishabhakadi Agada</i>	Complications due to poisoning
^[25] <i>Kshara Agada</i>	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>
^[26] <i>Panchshirish Agada</i>	In all poisoning

Table 3: Agada yoga mentioned in Ashtanga Hridya.

AGADA YOGA	INDICATIONS
^[27] <i>Meghanath Agada</i>	In <i>rajiman snake</i> poisoning
^[28] <i>Nakulyaadi Agada</i>	In <i>mandala snake</i> poisoning
^[29] <i>Himvan Agada</i>	In <i>mandala snake</i> poisoning, <i>visarpa, shwathu, visphot, jwar, daha</i>
^[30] <i>Gonas sarpvishnashak Agada</i>	In <i>gonas snake</i> poisoning
^[31] <i>Vajra Agada</i>	In snake poisoning
^[32] <i>Bilwadya Agada</i>	Snake, <i>luta, mice, scorpion poisoning, visuchika, ajirna, jwar</i>
^[33] <i>Padmak Agada</i>	In <i>luta</i> poisoning
^[34] <i>Champak Agada</i>	In <i>luta</i> poisoning
^[35] <i>Mandar Agada</i>	In <i>luta</i> poisoning
^[36] <i>Gandhamadan Agada</i>	In <i>luta</i> poisoning

Table 4: Agada yoga mentioned in Ashtang samgraha.

AGADA YOGA	INDICATIONS
^[37] Suryodya Agada	All types of poisoning
^[38] Mritasanjeevan Agada	In unconsciousness
^[39] Prajapatya Agada	In all types of poisoning
^[40] Dashang Agada	Vishanashak
^[41] Ajit Agada	In <i>sthavar</i> and <i>jangam vish</i>
^[42] Dushi vishari Agada	In <i>dushivisha</i> and other poisoning also
^[43] Ashtang Agada	In <i>gonas sarp visha</i>
^[44] Himvaan Agada	In <i>mandala sarp vish</i> , <i>visarpa</i> , <i>visphota</i> , <i>jwar</i>
^[45] Taksharya Agada	In <i>takshak vish</i>
^[46] rishabh Agada	In snake and insect poisoning
^[47] Dashang Agada	In <i>keeta vish</i>
^[48] Kshara Agada	In <i>sthavar vish</i> , <i>jangam vish</i> , <i>shool</i> , <i>gulma</i> , <i>ajeerna</i> , <i>swas</i> , <i>kasa</i> , <i>ashmari</i> , <i>shakra</i> , <i>shopha</i> , <i>arsh</i> , <i>grahmi rog</i> , <i>aruchi</i>
^[49] Sungandhakhya Agada	In <i>sthavar</i> and <i>jangam visha</i>

Table 5: Agada yoga mentioned in Chakradata.

AGADA YOGA	INDICATIONS
^[50] Dashang agada	In <i>Keeta</i> poisoning
^[51] Mritasanjeevan Agada	All types of <i>jantu</i> poisoning, <i>jwar</i> , <i>stri vikar</i>

Table 6: Agada yoga mentioned in Bhaishjya Ratnavali.

AGADA YOGA	INDICATIONS
^[52] Ajit Agada	<i>Sthavar</i> and <i>jangam vish</i>
^[53] Aprajita Agada	In <i>saptadhatugata vish</i>

Table 7: Agada yoga mentioned in Yog ratnakar.

AGADA YOGA	INDICATIONS
^[54] Ghrיתיadi saptak Agada	In <i>Takshak sarpa</i> poisoning
^[55] Dashang Agada	In <i>keeta</i> poisoning
^[56] Shleshmatakadh Agada	In all types of poisoning (<i>sthavar</i> and <i>jangam vish</i>)

Table 8: Agada yoga mentioned in Vangsen samhita.

AGADA YOGA	INDICATIONS
^[57] Chandroudy Agada	In all types of poisoning
^[58] Suryodya Agada	In all types of poisoning
^[59] Taksharya Agada	In <i>takshak</i> snake poisoning
^[60] Maha Agada	In high potent snake poisoning and also in all poisons

Table 9: Agada yoga mentioned in Gadanigrah.

AGADA YOGA	INDICATIONS
^[61] Maha Agada	Vishvega nashak
^[62] Ajit Agada	In <i>sthavar</i> and <i>jangam vish</i>
^[63] Churna Agada	In all types of poisoning
^[64] Panchshirish agada	In all types of poisoning
^[65] Sarvakamika agada	In <i>Chatushpad damsh vish</i>

Table 10: Agada yoga mentioned in Basavarajiyam.

AGADA YOGA	INDICATIONS
^[66] Bhimrudra rasa	In <i>kritama visha</i>
^[67] Shatyaadi yoga	In <i>kritama vish</i>
^[68] Sarpakshi yoga	In <i>gara vish</i>
^[69] Prabhavati gutika	In snake and scorpion poisoning
^[70] Putrajivi yoga	In snake poisoning

Table 11: Agada yoga mentioned in Vrindmadhav athva sidhyoga.

AGADA YOGA	INDICATIONS
^[71] Mahagada	Vish vega nashak
^[72] Dashang Agada	In keeta vish

DISCUSSION

Poison is a material that, when taken into or administered to the body, has the potential to harm or destroy life. *Agada* is medication that slow the progression of bad health effects caused by exogenous substances such as pharmaceuticals, metals, and poison. The use of *agada* depends upon its indications and availability of drugs.

^[73]There are numerous *Agada yogas* that, when correctly prepared, can serve as *Rasayana* (rejuvenation) and *Prativisha* (Antidote). The *Ushna* (hot potency), *Teekshna*, and *Vyavayi* (rapid spreading) qualities of *Agada yogas* will aid in the eradication of illnesses and *visha* from the body. These *Yogas* are more effective due of its *vishaghana* ingredient and *Prabhava*.

Currently, research on these antitoxic compounds is being done in a variety of toxicities.

^[74]Impact of the *Dooshivishari Agada* is known about reproductive toxicity caused by MSG specifically referring to the ovary and follicle count.

^[75]Additionally, *Bilvadi agada* has been discovered to have renal protective properties against gentamicin-induced nephrotoxicity in male Wistar rats.

CONCLUSION

The *kalpa/Agada* mentioned in different classical texts is extremely beneficial in both *Visha Chikitsa* and *Kaya Chikitsa* disorders. These medications are used for poisoning management and also to treat numerous systemic diseases and complications caused by poisoning or bug, snake, or other dangerous bites. As a result, these are highly important drugs in this current period where life is incredibly rapid and the value of time has left all things behind. As a result, additional research and experimentation are required for the development of new *Agada yoga* (drug compositions). Various *agada* have been mentioned in *agada tantra* literature to minimize the negative effects of poison and also other systemic diseases.

Though such explanations and references can be accessed, little effort has been done in these areas. As a result, studies conducted on these may shed further light on the activity of these *agada*.

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