

AYURVEDA CONCEPT OF AGADA YOGA AND THEIR THERAPEUTIC UTILITY: A
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ABSTRACT

Ayurveda originating from the Indian subcontinent; offers approach to healthcare, focusing on maintaining the balance between the body and mind as well as spirit to promote overall well-being. Within Ayurveda, there are eight main branches or specialties, one such specialized branch is Agada Tantra, which deals specifically with toxins and their effects on the body. Agada Tantra provides detailed knowledge about toxins, as well as methods to remove them from the body. This branch is crucial in managing cases of poisoning, occurring from plant or animal bites, toxic metals and agricultural poisons, etc. Agada Yoga can be described as substances utilized to neutralize or deactivate the effects of toxins. These Agada Yogas play a vital role in treating a wide range of poisoning cases, etc. This article put emphasis on therapeutic utility of Agada Yoga.

KEYWORDS: Ayurveda, Agada Yoga, Agadtantra toxins, poisons.

INTRODUCTION

Agada Tantra as a branch of Ayurveda focuses on the treatment of poisons and uses of poison for therapeutic purposes. In Ayurveda, toxins are referred to as "Visha," as a substance that causes ill effects. Visha is categorized into two types; *Sthavar* and *Jangam*, which belongs to plant and animal origin respectively.

The Ayurvedic texts contain a wealth of information about various *Agada Yogas* which are the substances employed to address poisoning cases. Literature mentioned numerous *Agada Yogas* along with their unique properties and indications for treating toxicity. *Agada Yogas* helps to neutralize toxins and restore balance of the systems.

Agada serves as an antidote for poisoning, comprises combination of antitoxic medications, along with antioxidant, hepatoprotective and immunomodulator substances, etc. When treating *Sthavara* and *Jangam Visha*, they have opposing effects on each other. Thus, patients afflicted by *Jangama Visha* should receive treatment with *Sthavara Visha*, and *vice versa*. Both internal and external applications of these treatments are possible, depending on the nature of the poisoning and the patient's condition. *Vishaghna* drugs work by different mechanism some operate based on their *Dravya prabhava*, while others function based on their *Guna*

prabhava. Certain drugs may work through a combination of both their nature and *Dravya Guna prabhava*. These antitoxic herbs, preparations and formulations collectively referred to as *Vishaghna Dravya*, *Agadas* and *Vishaghna Yogas*, which are utilized in the treatment of various diseases and poisonings. This article explores uses of some *Vishaghna Yogas*. These *Vishaghna Yogas* possess characteristics such as *Raktashodhaka*, *Tridoshaghna*, *Hridya* and *Ojvardhaka* effects, thus enhances therapeutic efficacy in combating poisoning. These *Agada Yogas* are utilized in the treatment of following conditions;

- Poisoning conditions
- Animal, mineral, plant or food poisoning
- Disorders related to toxins (*Visha vikar*)
- Toxic swellings (*Visha janya shotha*)
- Abdominal tumors (*Gulma*)
- Skin diseases (*Charma roga*)
- Hemorrhoids (*Arsh*) and fistulas (*Bhagandar*)
- Edema (*Shotha*) & worms (*Krimi*)
- Insanity (*Unmad*).

AGADA YOGA

- **Dushivishari Agada:** Used in cases of *Dushivisha* poisoning.
- **Maha Agada:** Employed to counteract the rapid effects of toxins (*Visha vega*).

- **Ajit Agada:** Utilized in cases of both *Sthavar* and *Jangam* poisonings.
- **Taksharya Agada:** Used in *Takshak* snake poisoning.
- **Rishabha Agada:** Effective in treating poisonings caused by snakes and insects.
- **Sanjeevan Agada:** Administered to unconscious individuals affected by poisoning.
- **Vanshtwakadi Agada:** Employed in *Lutaadi vish* poisonings.
- **Kshara Agada:** Utilized in various types of poisonings, as well as in *Arsha*.
- **Mahasugandhi Agada:** Effective against all types of poisoning.
- **Kushdaadi Agada:** Used specifically in *Trikantaka visha*.
- **Rajnayaadi Agada:** Administered in cases of *Galgolika visha*.
- **Kukumadi Agada:** Effective in treating *Shatpadi visha*
- **Meshshringi Agada:** Used in *Mandook visha*
- **Dhavaadi Agada:** Employed in *Vishambhra visha*
- **Shirishadi Agada:** Administered in cases of *Ahinduka visha*.
- **Gandhahastinamak Agada:** Destroys poison spread in the head region and is used in *Jwar, Visuchika, Ajirna, Murcha, Unmad, Nilika, Pilla, Arbuda, Arsh* and *Kandu*, etc.
- **Mahagandhahastinam Agada:** Used in cases of poisoning caused by insects, rodents, snakes, *Moola* and *Kand* toxins. It also treats *Netra roga* such as tumors, *Kandu, Timir, Kanch, Abuda, Visham jwar, Visuchika* and *Pama*.
- **Meghanath Agada:** Used specifically in cases of *Rajiman* snake poisoning.
- **Nakulyaadi Agada:** Employed in *Mandala* snake poisoning.
- **Himvan Agada:** Effective in treating *Mandala* snake poisoning, *Visarpa, Shwathu, Visphot, Jwar* and *Daha*.
- **Vajra Agada:** Administered in snake poisoning cases.
- **Bilwadya Agada:** Effective against poisonings caused by snakes, *Luta*, scorpions, etc.

DISCUSSION

Poison, by definition, poses a threat to life when introduced into or administered to the body. *Agada*, as a form of medication, serves to mitigate the adverse health effects caused by exogenous substances such as pharmaceuticals, metals, and poisons. The selection and use of *Agada* depend on its specific indications and the availability of appropriate drugs. There exists a plethora of *Agada* formulations known as *Agada yogas*, which, when properly prepared, can act as both *Rasayana* and *Prativisha*. The inherent qualities of *Agada yogas* as depicted in **Figure 1**; facilitate the elimination of illnesses and toxins from the body. These formulations

are particularly effective due to the presence of *Vishaghna* ingredients and *Prabhava*.

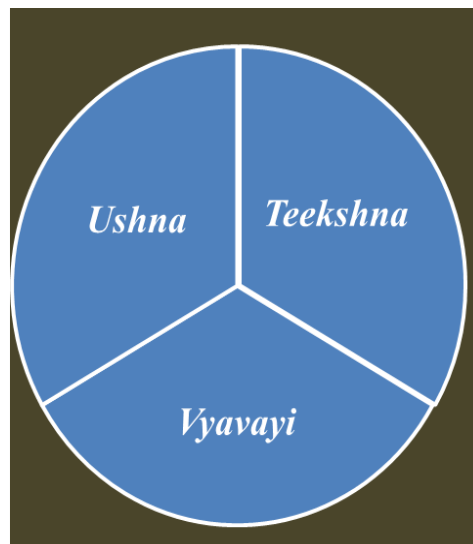


Figure 1: Properties of Agada yogas that helps in their therapeutic effect.

CONCLUSION

The formulations known as *Agada*, as mentioned in various texts, hold immense therapeutic value in the treatment of both *Visha Chikitsa* and *Kaya Chikitsa*. These medications play a pivotal role in managing poisonings as well as complications arising from insect bites, snakebites, and other dangerous encounters. These *Vishaghna Yogas* possess characteristics such as *Tridoshaghna, Hridya, Ojavaradhaka* and *Raktashodhaka* effects, thus helps in the management of poisoning conditions. These *Agada Yogas* are utilized in the treatment of conditions such; animal, mineral, plant or food poisoning, *Visha vicar, Visha janya shotha, Gulma, Charma roga, Arsh, Shotha* and *Krimi, Insanity (Unmad)* etc.

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