

CLINICAL PERSPECTIVES OF MURVADI AGADA W.S.R. TO ITS THERAPEUTIC UTILITY

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ABSTRACT

A special and extremely powerful herbal remedy, Murvadi Agada is primarily recommended for the treatment of conditions brought on by disturbed Agni. The term "Garopahat Paavaka" refers to a condition in which interaction with Gara Visha causes Agni to become unbalanced. No other classical text contains this preparation, which is a special addition of the Ashtanga Karas. The right Anupanas, such as Ushna Jala, Takra, Mastu and Amla Rasa Dravyas, should be administered with Murvadi Agada. The complications of Gara Visha may occur when food is contaminated with harmful substances or side effects of Viruddha Aushadhi. Gara Visha can also contain processed meals, beverages, additives, preservatives and fast food. Numerous Agni Vikara including Arsha, Atisara and Udara Roga might result from the consequences of Gara Visha. Murvadi Agada may be helpful in treating such types of ailments when taken with the right Anupanas. This article describes clinical perspectives of Murvadi Agada with special emphasis to its therapeutic utility.

KEYWORDS: Murvadi Agada, Gara Visha, Anupana, Agad Tantra.

INTRODUCTION

In Ayurvedic toxicology, *Agada Yogas* are grouped based on their respective applications in managing diverse kinds of poisoning, like insect bites, snake bites

and other intoxication conditions. They are also divided based on their respective actions as mentioned in **Figure 1**.

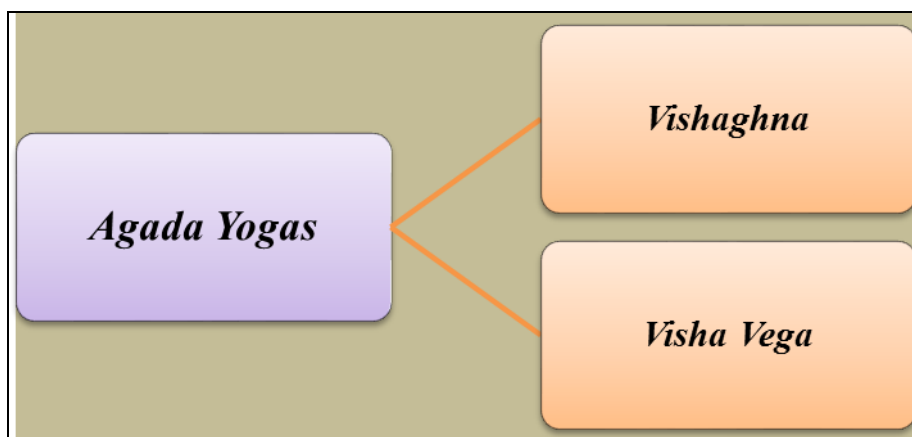


Figure 1: Broad categorization of Agada Yogas.

As mentioned above the *Vishaghna Agada Yogas* helps in the removal of toxins and *Visha Vega Agada Yogas* controls speedy spread of *Visha Vega*. Some *Agada*

Yogas are also divided based on their specific actions as mentioned in **Table 1**.^[1-4]

Table 1: Specific Applications of Different Types of Agada Yogas.

Agada Name	Application
<i>Dushivishari Agada</i>	Applied in cases of conditions arises due to the <i>Dushivisha</i> .
<i>Maha Agada</i>	Applied to neutralize <i>Visha vega</i> .
<i>Ajit Agada</i>	Applied in cases of poisoning due to both <i>Sthavar</i> and <i>Jangam</i> .
<i>Rishabha Agada</i>	Used to treat poisoning from insects and snakes.
<i>Vanshtwakadi Agada</i>	Applied in <i>Lutaadi vish</i> .
<i>Kushdaadi Agada</i>	Specifically used in <i>Trikantaka visha</i> .
<i>Rajnayaadi Agada</i>	Given in <i>Galgolika visha</i> .
<i>Kukumadi Agada</i>	Used to treat <i>Shatpadi visha</i> .
<i>Meshshringi Agada</i>	Utilized in <i>Mandook visha</i> .
<i>Dhavaadi Agada</i>	Used in <i>Vishambhra visha</i> .

As mentioned above there are various *Agada Yogas* utilizes for specific therapeutic purposes mainly to neutralize health complications of poisons. *Murvadi Choorna* is one such preparation which offers therapeutic benefits in many ailments associated with toxins.

Ayurvedic drugs *Murvadi Choorna*, is recommended to treat *Garopahata Paavaka* or digestive damage brought on by *Gara Visha*. Various *Anupanas* are used in Ayurveda to enhance the effects of medications like *Murvadi Agada*, especially in illnesses connected to *Agni Vikara* and *Gara Visha*. *Murvadi Agada* facilitates the elimination of *Ama* and *Meda*, increases *Deepana*, purifies the bladder and alleviates ailments like *Jwara*, *Kasa* and *Swasa*.^[4-6]

Preparation of *Murvadi Agada*: *Murvadi Agada* contains following ingredients.

- ✓ *Murva* Root
- ✓ *Amruta* Stem
- ✓ *Tagar* Rhizome
- ✓ *Pippali* Fruit
- ✓ *Paṭola* Root
- ✓ *Cavya* Root
- ✓ *Citraka* Root
- ✓ *Vacha* Rhizome
- ✓ *Musta* Tuber
- ✓ *Viḍāṅga* Fruit

These raw materials are ground into distinct powders using mesh of very fine holes. In a *Khalva* powders are sieved and blended uniformly at least seven times. The finished mixture packed tightly and exposed to light for two hours. It possesses shelf life of 2 years and can be used with different *Anupanas* according to the therapeutic utility.

Therapeutic Utility

It is especially useful in treating illnesses brought on by *Agni Mandhya* related with *Gara Visha*, an artificial poison made by combining a variety of toxic and non-toxic substances. *Murvadi Agada* has better therapeutic results when taken with the right *Anupanas*, such as *Ushna Jala*, *Takra*, *Mastu* and *Amla Rasa Dravyas*. It works very well for *Agni Vikaras* associated with food additives, junk food, preservatives and packaged drinks,

etc. It helps to treat diseases like *Arsha*, *Atisara*, *Sthoulya* and *Udara Rogas*.^[5-7]

Therapeutic Utility of Each Ingredient of *Murvadi Agada*^[7-9]

- ✓ *Murva* relieves colic pain.
- ✓ *Guduci* is antispasmodic, anti-inflammatory, stomachic, digestive and appetizer.
- ✓ *Tagara* is carminative, stomachic and laxative.
- ✓ *Pippali* is used as purgative, stomachic and digestive.
- ✓ *Patola* is chiefly purgative in nature.
- ✓ *Cavya* has digestive, carminative and stomachic properties.
- ✓ *Chitraka* acts as a stomachic, carminative and anthelmintic.
- ✓ *Musta* has stomachic and anthelmintic activities.
- ✓ *Vidanga* is a digestive, stomachic and anthelmintic.
- ✓ *Vaca* is antispasmodic, stomachic and antifatulent.

Ayurvedic Properties of Each Ingredients *Murvadi Agada*^[7-10]

Murva is marked by *Tikta* and *Kashaya Rasa*, *Guru* and *Ruksha Guna*, *Ushna Virya*, and *Katu Vipaka*. It is *Kaphahara*, *Pittahara*, *Vatahara*, and *Visaghna*, useful in diseases such as *Amadosha* and *Amlapitta*, etc.

Guduci has *Tikta* and *Kashaya Rasa*, *Guru* and *Snigdha Guna*, *Ushna Virya* and *Madhura Vipaka*. It is *Balya*, *Dipana*, *Rasayana*, *Jvaraghna* and *Tridosha Samaka* and is used in *Aruchi*, *Agnimandya* and *Amlapitta*, etc.

Tagara shows *Tikta*, *Katu*, and *Kashaya Rasa*, *Laghu* and *Snigdha Guna*, *Ushna Virya*, and *Katu Vipaka*. It is *Visaghna*, *Tridosaharah* and *Manasadoshaharah* employed in *Agnimandya* and *Udara Shoola*.

Pippali possesses *Katu Rasa*, *Laghu*, *Snigdha*, and *Tikshna Guna*, *Anushna-Sheeta Virya*, and *Madhura Vipaka*. It is *Dipana*, *Hridya*, *Kaphahara*, *Ruchya*, *Recana*, *Vrishya*, *Vatahara*, and *Rasayana*, beneficial in *Ajeerna*, *Aruchi* and *Udarashoola*, etc.

Patola possesses *Tikta Rasa*, *Laghu* and *Snigdha Guna*, *Ushna Virya*, and *Katu Vipaka*. It is *Kaphapittahara*, *Vrishya*, *Varnya*, and *Dipana*, and employed in *Aruchi*, *Agnimandya*, *Ajeerna*, *Trishna* and *Amlapitta*, etc.

Cavya features *Katu Rasa*, *Laghu*, *Ruksha* and *Tikshna Guna*, *Ushna Virya*, and *Katu Vipaka*. It offers *Dipana*, *Kaphahara*, *Pachana* and *Recana* effects.

Chitraka manifests *Katu Rasa*, *Laghu*, *Ruksha*, and *Tikshna Guna*, *Ushna Virya*, and *Katu Vipaka*. It is *Shothahara*, *Dipana*, *Pachana* and *Kaphavatahara*, indicated in *Ajeerna*, *Agnimandya* and *Grahani*.

Musta is composed of *Tikta*, *Katu*, and *Kashaya Rasa*, *Laghu* and *Ruksha Guna*, *Sheeta Virya*, and *Katu Vipaka*. It acts as *Dipana*, *Krimighna*, *Pachana* and *Pittakaphahara*, used in *Kaphapaittikavikara*, *Aruchi*, *Agnimandya* and *Ajeerna*.

Vidanga gives *Tikta* and *Katu Rasa*, *Laghu*, *Ruksha*, and *Tikshna Guna*, *Ushna Virya*, and *Katu Vipaka*. It is *Anulomana*, *Dipana*, *Kriminasana* and *Vatakaphahara*, it is beneficial in *Krimidanta*, *Agnimandya*, *Ajeerna* and *Chhardi*, etc.

Vaca gives *Katu* and *Tikta Rasa*, *Laghu*, *Tikshna* and *Sara Guna*, *Ushna Virya* and *Katu Vipaka*. It is *Dipana*, *Krimighna*, *Kanthya* and *Kaphahara*, thus considered beneficial for *Aruchi* and *Krimi*.

CONCLUSION

In Ayurvedic toxicology, *Agada Yogas* are categorically grouped according to their therapeutic uses against the several forms of poisoning such as insect stings, snake envenoming, and intoxications. *Agadas* such as *Dushivishari*, *Maha Agada* and *Rishabha Agada* are designed to be used for specific effects against specific forms of *Visha*. Amongst them *Murvadi Agada* is a powerful drug especially useful in the treatment of *Gara Visha* related disorders and *Agnimandya*. Its carefully selected ingredients, each with particular *Deepana*, *Pachana*, and *Vishaghna* actions, synergistically interact to destroy *Ama*, rekindle digestive fire, and treat a broad spectrum of toxin-induced conditions.

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