



Research Article

“A LITERARY STUDY OF DRUGS ACTING ON VATA DOSHA FROM AGRYA SANGHRAHA OF BRIHATTRAYI”

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ABSTRACT

Vata is given Prime importance out of the three Principles *doshas* of the body. *Vata* is the governing factor who maintains major body functions. Our many *aharaj*, *viharaj* habits are responsible for vitiation of *Vatadosha*. This vitiated *Vatadosha* is a cause of many *vatavyadhis* in human body which causes painful disability, difficulty in performing day to day activities affecting the quality of life. The current pharmacological management includes analgesics and Non Steroidal Anti-Inflammatory Drugs (NSAIDs), but it is been observed that such agents relieve pain to some extent but do not take part in delaying the complications of the disease also they have many adverse effects. Ayurveda has mentioned *Agrya aushadhi* which are one of the best potent drugs. So in this regard this is an attempt to compile all drugs from the list of *Agrya aushadhi* mentioned in *Charakasamhita*, *Ashtang Hridayam* & *AshtangaSamghraha* which act on *Vata dosha* & finding their probable mode of action. Thus, they can be one of the best alternative to be used as single or in a combination in early management of *vatavyadhis* having no hazardous side effects.

Keywords: *Vataharadravyas*, *Agrya sanghraha*

INTRODUCTION

Ayurveda is an ancient science based on divine knowledge. Main purpose of Ayurveda is just not to treat the illness but also to maintain wellbeing of an individual. Our Acharyas have mentioned drugs with great potential in *Agrya Sangraha* in the *Bruhattrayi*. They are most potent in their given *vyadhis* for the treatment. Ayurvedic mode of treatment is to generate or maintain a *sama* condition so that '*tridosh*' may operate in harmony with one another. Out of these three *doshas* *Vayu* is given utmost important by our acharyas. *Vayu* – is said to be the *ayurdhata*, *vayu* is *prabhu* (*cha.chi.* 28/3). The aim of the study is to critically evaluate the *Dravyas* mentioned in *AGRYA Sangraha* of *CharakaSamhita*, *Astangasangraha*, and *AshtangaHrudaya* as a potent treatment modality not just in case of joint deformities but also in other *vatavyadhis*.

AIMS AND OBJECTIVES

To study the all the properties *vatahara dravyas* from *agrya sanghraha* of *Brihatrayi* in detail.



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MATERIAL AND METHOD

Materials and Methods

Compilation and tabulation of drugs acting on vitiated *Vata Dosha* from *AGRYA* Sangraha of *Charaka Samhita*, *Astangasangraha*, and *Ashtanga Hrudayam*. *Rasa* (taste), *Guna* (quality), *Veerya* (potency), *Vipaka*(drug metabolism), Action on *Doshas* and useful part of the herbs were compiled from *BhavaprakashaNighantu* and Textbook of *Dravyaguna*, internet which are tabulated.

Results & Discussion :

Table no:1

Sr.no	Dravya	Agrya	Ch.Su	A.S.S u	A.H. U
1.	Sarpi	Vatapittaprashamanam	√	√	
2.	Tail	Vatashleshmaprashamanam (Cha.Su.), Samirana (A.H.U.)	√	√	√
3.	Rasna	Vataharanam	√	√	
4.	Erandamool	Vrushyavatharanam	√	√	
5.	Amruta	Samghrahikvataharadeepaniyashleshmashonitavibandhahara(Cha.su) Vatastraroge (A.H.U.)	√		√
6.	Bilva	Samgrahikdeepaniyavatakapha-prashamanam	√	√	
7.	Prushnaparni	Samghrahikvataharadeepaniyavrushyanam	√	√	
8.	Bala	Samghrahikbalyavataharanam	√	√	
9.	Gokshur	Mutrakruchraanilaharanam	√	√	
10.	Hinguniryas	Chedanadeepaniyanulomikavatakaphaprashaman	√	√	
11.	Amlavetas	Bhedaniyadeepaniyanulomikvatashleshmahanam	√	√	
12.	Kushtha	Vataharaabhyangaupanahopayoginam	√	√	
13.	Abhaya	Anilkaphe		√	√
14.	Guggul	Medoanilharanam			√
15.	ErandaTail	Vardhmagulmanilshoolaharanam			√
16.	Lashuna	Gulmaanilharanam			√

[Table no:2]

Sr. no	Sanskrit name	Common name	Latin name	Family	Part Used
1.	Rasna		Pluchea lanceolata Oliver &Hiren.	Compositae	Moola, Patra
2.	Erandamool	Castoroil plant	Ricinuscommunis Linn.	Euphorbiaceae	Moola, Patra, Beeja,



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					Tail
3.	Amruta	Giloy	Tinospora cordifolia Willd.	Menispermaceae	Moola , Kanda
4.	Bilva	Bel	Aegle marmelos Corr.	Rutaceae	Moola, Phala, Patra
5.	Prushnaparni		Urariapicta Des.	Fabeaceae	Moola
6.	Bala	Countrymallow	Sida cordifolia Linn.	Malvaceae	Moola
7.	Gokshur	Gokharu	Tribulus terrestris Linn.	Zygophyllaceae	Moola, Phal
8.	Hinguniryas	Hinga	Ferula narthex Boiss.	Umbelliferae	Niryas
9.	Amlavetas		Garcenia pedunculata Roxb.	Guttiferae	Phala
10.	Kushtha	Kutha	Saussurea lappa C.B. Clarke	Compositae	Moola
11.	Abhaya	Harade	Terminalia chebula Retz	Combretaceae	Phala
12.	Guggul	Gonda	Commiphora Mukul Stocks	Burseraceae	Niryas
13.	Lashun	Lasuna	Allium sativum Linn.	Liliaceae	

Sr.no	Sanskrit name	Rasapanchak	Chemical constituents	Probable mode of action on Vatadosha	According to modern science
1.	Rasna	Rasa- Tikta , Virya- Ushna, Vipak- Katu, Guna- Guru	triterpenoids, sterols	Ushna veerya & guru guna	Anti-inflammatory, Anti-arthritis,
2.	Eranda	Rasa- Madhur, Katu, Veerya- Ushna, Vipak- Madhur, Guna- Snigdha, guru	Ricin, Lipase, Ricinine, Ricinoleic acid	Madhur rasa, Madhur Vipaka, Ushna veerya , snighdhaguna	Anti-inflammatory, Analgesic ⁸
3.	Amruta	Rasa- Tikta, Kashaya Veerya- Ushna, Vipak- Madhur, Guna- Snigdha, guru	Giloin, Giloinin, Gilosterol	Madhur Vipaka, Ushna veerya	Anti-inflammatory
4.	Bilva	Rasa- Kashaya, Tikta, Veerya- Ushna, Vipaka- Katu, Guna- Laghu, Ruksha	Aegle marmelosine, xanthotoxol,	Ushna veerya	Anti-inflammatory, Analgesic



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5.	Prushnaparni	Rasa- Madhura ,Tikta, Veerya-Ushna, Vipaka-Madhura , Guna-Laghu, Snigdha	U.lagopodioidies	MadhurVipaka, Ushna veerya	Anti-inflammatory
6.	Bala	Rasa –Madhura, Veerya-sheeta Vipaka-Madhura, Guna-Laghu, Snighda, Picchila	Ephedrine,vascicine	Madhur rasa, Snighda guna	Anti-inflammatory, Analgesic
7.	Gokshur	Rasa-Madhur, Veerya-Sheeta, Vipaka-Madhur, Guna –Guru, Snigdha	Chlorogenin, diosgenin,	MadhurVipaka	Anti-inflammatory, Analgesic, Anti-arthritis
8.	Hingu	Rasa-Katu, Veerya-Ushna, Vipaka-Katu, Guna –Snigdha, Tikshna, laghu	Asaresinotannol, umbelliferone, luteolin	Ushna Veerya	Anti-oxidant
9.	Amlavetas	Rasa-Amla, Veerya-Ushna, Vipaka-Amla, Guna- laghu	Garcinol, Cambo gin	Amla rasa	Neuroprotective
10.	Kushtha	Rasa-Tikta, Katu, Madhur Veerya- Ushna, Vipaka-Katu Guna-Laghu, Ruksha, Tikshna	Saussurine	Ushna veerya	Anti-inflammatory
11.	Abhaya	Rasa- Pancharasa except lavan, Veerya-Ushna, Vipak-Madhur	Chebolic acid, Tanin	Amla, Madhur, Ushnaveerya	Analgesic, Anti-arthritis
12.	Guggul	Rasa-Tikta, Katu, Veerya- Ushna, Vipaka-Katu, Guna-Laghu, snigdha, ruksha	Oleoresin	Madhur rasa	Anti-inflammatory, Analgesic, Anti-arthritis
13.	Lashuna	Rasa-Pancharasa Amlavarjita Veerya- Ushna, Vipaka-Katu, Guna-Guru, Tikshna	Allyl propyl disulfide, Allyl propyl trisulfide	Ushna veerya	Anti-arthritis, Anti-inflammatory

Table no:4



Sr.no.	Vatahara	Vataprashamana
1.	Rasna	Sarpi
2.	Erandamool	Tail
3.	Amruta	Bilva
4.	Prushniparni	Hingunirys
5.	Bala	Amruta
6.	Gokshur	
7.	Amlavetas	
8.	Kustha	
9.	Erandatail	

Table no: 5

Sr.no.		
1.	KevalVata	Rasna, Tail
2.	VP shamak	Sarpi
3.	VK shamak	Amruta, Bilva, Amlavetas, Abhaya

Charaka has mentioned 12 drugs, while *AshtangHrudaym* has mentioned 5 and *AshtantangSamgraha* have mentioned 15 drugs in their *AgryaSanghrraha*. Chemical constituents, *Rasa* and *Anurasa* of drugs have been enlisted. *Tikta Rasa* is found in 7 herbs, *Madhura* in 6, *Katu* in 5, *Kashaya* in 3, and *Amla* in 1 herb. Majority of the drugs have *Ushna veerya*.

Vata is said to be dominant during the old age only. According to causes, *vyadhi* is known as *Dhatukshayajanya* and *Margavrodhjanya Vatavyadhi*. In case of *kshyatmaka samprapti* of *vatavyadhi* we can use *Bala*, *Gokshur*. As with help of their *Madhura rasa*, *Madhura vipaka* and *Snigdha guna* they can help in reducing the *ruksha* and *khara guna*. These days due to fast and busy life, stress, dietary habits, wrong working habits, improper sleep etc., *vata* is seen to be aggravated even in the younger generation as well. Here *Margavrodhajnya samprapti* can be taken into consideration. So drugs having *Amla*, *Katu rasa*, *Ushna veerya* can be helpful in Removal of obstruction & also Correcting the direction or *gati* of *Vatadosha*. Here drugs like *Eranda*, *Hingu*, *Lashuna* can be helpful. Thus we can co relate drugs and their properties against the causative *gunas* of *vata* and make a good use of them while treatment.

CONCLUSION

Thus from the above it can be concluded that *vatavyadhis* can lead to crippling condition disturbing daily activities of the patients. The drugs acting on *Vatadosha* mentioned in *agrya* of *Bruhatryai* can help in relieve pain & overcome functional limitations so the patients suffering from any of the *vatavyadhi* can lead a normal life upto a great extend.

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International Research Journal Of Integrated Medicine & Surgery

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