

STUDY ON AGRYA AUSHADHI (FOREMOST SUBSTANCES) W.S.R TO CLINICAL PRACTICE IN AYURVEDA**Paudel Kiran¹, Ramamurthy Aku², Sharma Gaurav³**¹MD Scholar, ²Professor, ³Pharmacologist

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Article Received:04/05/2021 - **Peer Reviewed:**30/05/2021 - **Accepted for Publication:**04/06/2021**ABSTRACT**

In *Āyurveda*, *Agrya Sangraha* means collection of leading or principle substances. *AgryaAushadhi* in *Ayurveda* is used to prevent diseases and maintain health. *Charak Samhitā Sutrasthāna* includes 152 *AgryaAushadhi*, *Astanga Hridayam Uttarsthān* includes *Agrya Aushadhi* and in *Astanga Sangraha Sutrasthāna* *AgryaSangraha*. *Agrya Dravyas* are the drugs that are used as first drug choice for the treatment of diseases. They are cost effective, economical, easy to use and safe. *EkalaDravya* is the *dravya* used in single form and single drug is mostly includes in *AgryaPrakarana*. The *AgryaDravya* mentioned in classical texts of *Āyurveda* are best in their respective class of action. The fact that *Agrya* are best drugs can be deduced from the fact that a single drug can do many functions, so a single drug will work instead of prescribing a bunch of drugs e.g. *Pippali Moola* will work alone for *Dipana*, *Pāchana* and *Anahaprasamana* and thus, no need to prescribe three different drugs each for a desired action.

Keywords: *Agrya*, *Dravyachikitsā*, *Aushadhi*, *EkalDravya*

INTRODUCTION

Agrya refers to leading or primary. *Sangraha* refers to collection. *Agryasangraha* literally translated applies to mean collection of leading or principle substances. *Agrya* means *Shrestha Aushadha* i.e. which is best among all. In *Brihatrayee* there is mentioning of *AgryaAushadhi*, Where *Charaka* includes 152^[1] entities and *Astanga Sangraha* includes 155^[3] entities. and *Astanga Hridayam* has not mentioned the exact number *AgryaAushadha*^[3]. Among all the *Acharyas* who have mentioned *AgryaAushadhi*, each one of them explains the importance of *Agrya*. As per the opinion of *Charaka*^[1], *Agrya* is *Shrestha* and he explains it has *Jyayastwa* (which is para-superior for *Prashasta* and *Aprashasta Dravya*, *Varatwa* (Which is best) also does the *Shamana* of *Vata*, *Pitta* and *Kapha* with respect to *Basti*, *Virechana*, *Vamana* and it has *Karyakaraka* i.e. among many *Karma* performed, the one which is potent is said to be *Agrya*. *Astanga Hridayam*^[3] adds *Shrestha Aushadha* can be given in *Vikalpa/Yoga* based on *Desha*, *Kala* and *Bala*. *Astanga Hridayam* has explained *AgryaAushadha* in the last chapter of *Uttaratantra*, as he has related the *Agrya Dravya* to *Astangas* of *Ayurveda*. *Agryasangraha* in fact comprises of single drugs, food articles or regimen which are either wholesome or unwholesome in the given context. *Agryasangraha*, the essence of *Āyurveda* in this collection. A distinct collection of best and foremost factors enlisted a great importance in various fields like clinical practice, Health maintenance and ethics for leading a satisfactory life. That possessing the knowledge of *AgryaSangraha* is must for a *Prānābhisara Vaidya* amongst many other qualities.

In *CharakaSamhitā*, There are 152 *Agryas*^[1] which are best for to cure the diseases. According to *Chakrapāni- Agrya* means Best. Various commentators '*Agrya*' in different statements. Meaning reflects *Agrya* as Strongest, Best, Foremost, First and Appropriate. According to *Acharya Sivādāsa Sen-* one which has the strongest action or a factor when applied gives strong results. *Indu* in his commentary in *Astānga Sangraha*^[4] states- The drug which is superior amongst the group of drugs having similar action is

defined as '*Agrya*'. *Cakrapānion* emphasizing upon the action of *Agrya* factors says- *Agrya* factors stand most important in curing or pacifying various ailments. *Charaka* had said that the drugs and regimen useful for alleviating diseases caused by *Vata*, *Pitta* and *Kapha* and the best useful ones have been indicated by *AgryaDravya*. *Gangādhara* had commented that *Agrya* of *Charaka Samhitā* has four categories^[1]:

1. The *Agrya* from *Anna* to *Masa* are beneficial for both the healthy person and patients.
2. The *Agrya Dravya* from *Madana Phala* to *Mridvristalosta* are disease specific.
3. *Karma* from *Atimatraasana* to *Akarasavyasa* are *Karma*(practices)
4. Others- The rest of the The *Agrya Dravya* from *Garvashalya* to *Sarvasanyasha* are related to ethics.

AIM AND OBJECTIVES

1. To study the *AgryaDravya* and classify it on the basic concepts of *Dravyaguna Vijñāna*.
2. To Evaluate the clinical importance of some *Agrya Dravya* and their applied aspects.

MATERIALS AND METHODS

From Classical *Ayurvedic* texts as *Charak Samhitā*, *Astanga Sangraha*, *Astanga Hridaya* are screened out for *Agrya Dravya* and Modern and *Ayurvedic* literature *AgryaAushadhi* were evaluated for complete understanding.

RESULTS AND DISCUSSION

AgryaDravyas are classified and grouped according to its clinical importance. *AgryaDravya* were analysed and studied under different aspects.

♦**Nirukti-** *Agrya* words is derived by adding *Gha'pratya* in *AgreBhavam*, *Agra Pradhanam*. It denotes the best one on other hand it denotes the *Shrestha Dravya* that pacify the diseases^[5,6].

♦**Definition-**The drugs that having same action, and in those drugs that is best in *Pathya* and *Apathyais* considered as *Agrya Aushadhi*^[1]. For example- *Vridhikar* means things that are needed for sustaining daily life are *Jala*, *Anna*, *Ahaara*, *Vihara*, *Swapna*, *Brahmacharya* from all of these *Anna* i.e. food is best, so food is *Agrya* (best) as *Vridhikar*. In the *CharakSam-*

hitā, 152 agryas are explained. These are enough for treatment of diseases^[1].

♦**Agrya Described in Various Texts-** The Agrya is the foremost or best among substances of different qualities, action and effects. Charak Samhitā sutra- 25th Chapter Yejjapurushiya includes 152 Agrya. As-tanga Sangraha Sutrasthana- 13th Chapter-named as Agrya Sangrahaniya. Suśruta Samhita Sutra- 46th Chapter Annapānabhidi, AgryaVarga were described. In Astanga Hridayam, Uttarantra 40th Chapter is named as Agryasangraha. AgryaDravya is classified into different groups such done on the basis of Action on Doshā, Action on Mala, Action as Prabhāva, Applied in Panchakarma, related to Desha so that these are readily used in different branches of Āyurveda.

♦**Excellency of Agrya Dravyas-**Fast Action, Broad Spectrum action, Use at Various Stages, Less Adverse Effects, Specific Site of Action, High Potency, Less Adverse effects, Palatability and Availability. According to the practical implementation and relevance to the practitioners, a total of 54 factors other than the drugs are explained. AgryaSangraha touches all the aspects of Āyurveda like, Drug-Disease relation, Drug actions, Factors effecting body Physiology, Factors to be avoided, Ethics and morals of Practice.

♦**Classifications of Agrya Karma-** AgryaDravyas Can be classified under Different major headings- Drugs, Āhara, Mānasa, Vihāra, Doshaj related Agrya, Panchakarma related, Rakta related, Swasthavritta related Agrya. It simplifies the selection of a foremost drug for a particular therapeutic action. It also provides the best diet and lifestyle measures for that therapeutic action which is desired for controlling disease or achieving good health.

♦**Other Agrya Factors-** Acharya Charaka in Agrya Sangraha has given many factors other than the drugs-Clinical ethics, rules and regulations for leading a satisfactory life, important traits while dealing with certain diseases and patients, factors related to diet, eating habits, food to be consumed and to be avoided etc. These factors are highly acclaimed having immense significance in day to day life and practice^[1].

C. Agrya Related to Tri-Dosha-

Table 1: Dosha and AgryaDravya Karma relation.

A. Agrya related to Āhara^[1]-22 factors out of 152 are related to Āhara. In here Not only various types of food articles are mentioned all associated Agryas are described in Āhara. Foremost factors related to methods and measures of eating food are given. For their best relevance in eradicating, pacifying or in vitiation of diseases and doshas. Eg-

1. Ajirna, Adhyashana	Grahanidhusanām
2. Ekarasāvyasa	Daurbalyakaranām
3. Ekāshana Bhojanam	Sukhaparinamkarānām
4. Anna	Vritikarānām
5. Ethāagnibyabahāro	Agnisandhusharānām
6. Atimatrasana	Āmapradoshahetunām
7. Gavedhukanna	Karshaniyānām
8. Gurubhojanam	Durvipakakaranām
9. Kalabhojanam	Āmapradoshahetunām
10. Kshira	Jivanayanām
11. Kullathakanna	Birukshayīyanām
12. Lavana	Annadravyaruchikarānām
13. Mamsa	Brihaniyanām
14. Mandakadhadi	Abhishandhanām
15. Sarvarasāvyaso	Balakaranām
16. Tripti	Aharagunām
17. Udakam	Ashwasakaranām
18. Uddālakāna	Virukshayīyanām

B. Agrya Related to Mānas^[1]

1. Asamarthatā	Bhaya-kara
2. Ayathā-bala Prayoga	PrānaGhātaka
3. Drishtakarmatā	Nisamśayakara
4. Harsha	Prīnanām
5. Nivriti	Pustikaranām
6. Pusti	Swapnakaranām
7. Shoka	Shoshanām
8. Tadvidya Sambhāsha	Budhhi- Vardhanām
9. Vegasandhāraṇa	Anārogyakara
10. Vishāda	Roga-varadhana

C. Agrya Related to Vihāra^[1]

1. Sweda	Mardavakaranām
2. Byāyāma	Stryakaranām
3. Tailagandushābhyasha	Dantabalaruchikaranām
4. Atiswapna	Tandrakaranām
5. Akāshanabhojanam	Sukhaparinamkara
6. Striatiprashanga	Shoshakaranām
7. Sukraveganigraha	Shandyakaranām

S.No.	Dosha	Agrya	Doshaj Karma
1.	Vāta	Rāsna ^[1,4]	Vātaharānām
		Erandamula ^[1,4]	Vrishyavataharanām
		Kushtha ^[1,4]	Vātahara, Avyanga, Upanahopayoginam
		Jambu ^[1,4]	Vātajananam
		Prishnaparni ^[1]	Sangrahik, Vātahara, Dipaniya, Vrishyanam
		Amrita ^[1,4]	Sāngrihika, Vātahara, Dipaniya, Slesma-sorita-Vivandaprasamanām
2.	Pitta	Gandhapriyangu ^[1]	Sorita-pitta atiyogaprasamananām
3.	Sheshma-Pitta	Madhu ^[1,4]	Sheshmapittaprasamananām
		Māsha ^[1]	Sheshmapittajananām
4.	Vata-Pitta	Sarpi ^[1,4]	Vata-Pittaprasamananām
5.	Vāta-sheshma	Taila ^[1,4]	Vata-SheshmaPrasamananām
		Bilva ^[1,4]	Sangahilka-Dipaniya-VatakaphaPrashamanam
6.	Tridosahara	Ativishā ^[1,4]	Dipaniya-Pachaniya-Sāngrahika-Sarvadoshaharanām

E. Rakta related Agrya^[1]

1. AjākshiraShoghna-Stanyasathmya-Raktasangrika-Raktapittaprasamananām
2. AmritāSāngrahika-Vatahara-Dipaniya-Sheshmasoritabivandhaprasamananām
3. Kutajatwak Sheshmapittaraktsangrahikupasosanām
4. KasmayaphalaRaktasangrahika Raktapit-taprasamaanām

F.Panchakarma related agrya^[1]

1. Madanphala Vamanāsthapanānuvashanopayoginām
2. Trivitt Sukhavirachananām
3. Chaturangula Mriduvirachanām
4. Snukpayas Tikshnavirachanām
5. Hinguniryasha Chadaniya, Dipaniya, Anulomika, Vatakaphaprasamananam
6. Yāvasuka Samsaniya-Pachaniya-Arshoghnanam
7. Pratyakpushpa Sirovirachanām

G. Agrya Dravya related to disease-Many Agryaare mentioned for a single disease in the texts-

♦In CharakSamhita^[1]-

1. Vidanga Krimignanām
2. Sirisha Vishaghnanām
3. Khadir Kusthananām
4. Āmalaka Vayasatapananām

♦In AstangaSangraha^[4]-Other than those mentioned In Charaksamhita following Agrya Dravya or a particular

disease are mentioned-

1. Vrisho(Vasā) Raktapittaprasamanām
2. Kantakari Kashagnanām
3. Lakshyā SadhyaKshyatagnanām
4. Kutaja Raktashaprasamanām
5. Lajā Chardignanām
6. Haridrā Pramehagnanām
7. Ayoraja Pandurogagnanām

♦In Astanga Hridaya^[3]-Apart from the above two texts some more Agryadravya for single diseases are found –

1. Mustaparpataka Jwar
2. Hemā Garavishā
3. Takshya Staulya
4. Puranagrita Unamāda
5. Madhaya Shoka
6. Brahmi Vyapshmruti
7. Rāsala Pratisyaya

H. AgryaDravya related to prognosis of Disease:

Acharyas also mentioned about the prognosis of some typical diseases so that the Vidya Should not get confused while treating the disease e.g. -

1. Sannipato Duschikitsanām^[1,4]
2. Āmovisham Achikitshanām^[1,4]
3. Jwor Roganām^[1]
4. Kusta Dirgharoganām^[1,4]
5. Rajayakshmā Rogsamuhanām^[1,4]
6. Prameha Anusangikanām^[1,4]

I. AgryaDravya related to Swasthavritta^[1,2,3]-
Various Agrya has been described by Ācharyato live a healthy life e.g.-

1. Rajashawala-abhigamanaAlakshimukhanām
2. Bramhacharya Āyushayanam
3. Marubhumi Ārarogyadeshām
4. Satvachana Anustheyānām
5. Sarvasanyāsa Sukhanām

J. AgryaDravya related to Dhātu-

1. Ksheera^[1,4] Jivaniya
2. Māmsa^[1,4] Brihaniya
3. Rasa^[1] Tarpaniya
4. Kukkuto^[1,4] Balya
5. Gavedhukāna^[1,4] Karshaniya
6. Udalakānna^[1,4] Virukshana
7. Udaka^[3] Kledana

K. AgryaDravyarelated to Mala-

1. Ikshu^[1,4] Mutrajananām
2. Yava^[1,4] Purishajanānām

L. AgryaDravya related to Prabhāva-

1. Vidanga^[1,3,4] Krimigna
2. Shirisha^[1,3,4] Vishagna
3. Khadir^[1,3,4] Kustaghna
4. Haridrā^[1,3,4] Pramehahara
5. Triphalā^[2] Timiraghna
6. Dhatri-Nishā^[4] Pramehahara
7. Pippali^[4] Pleeharoghara

M. Ethics in Agrya Dravya^[1,2,3,4]-In AgryaSangraha certain rules and regulations to learn and practice a science are mentioned, which are essential for a Āyurvedic scholar and practitioner. These factors are to be kept under high consideration while treating a patient, learning a science and living a social life. i.e. Mild medicines should be administered while treating children. These ethics are divided into-

1. Practice Ethics-

1. Garbha-śalya Remove
2. Garbhini Tikṣana Aushadha Vyāyāma, Vyavāya
3. Bala Mriduveshajanam
4. Garvani Tikshnaushada, Vyavaya, Vyayamavarjyanam
5. Jalauka Anushastranam
6. Basti Tantranam
7. Himawan Aushadhibhuminam
8. Soma Aushadhinama

2. Treatment related Ethics-

1. Kustha Dīrgha-roga
2. Rājayaḥsamā Roga-samūha
3. Prameha Anushangi
4. Jalauka Anuśastra
5. Arogya Desha Maru-bhumi
6. Ahita-desha Anupa
7. Acharya Śhastra AdhigamaHetu
8. Āyurveda Amrutānāma

3. Ethics related mindset or nature of a person

1. Drishtakarmatā Nisamśayakara
2. Asamarthata Bhaya-kara
3. Tadvidya Sambhāsha Budhhi- Vardhana
4. Ayathā-bala Prayoga PrāṇaGhātaka
5. Vishāda Roga-varhdhana
6. Nivritti Pushtikara
7. Pushti Svapnakara
8. Vegasandhāraṇa Anārogyakara

N. Agrya related to Srotodushti^[1,2,3]- Only a few drugs have been enlisted here. The other drugs can be chosen on the basis of the main *Dosha* involved and the *Rasa-Panchak* of the drugs.

Table 2: Showing Drugs Acting on Different types of Srotodushti.

S.No.	Srotas	AgryaDravya	
1.	RasavahaSrotasa	Haritaki	Pathyānām
		Pippalimula	Dipaniya-Pachaniya, Anahaprasamanānām
2.	Raktavaha	Kāsmaryaphala	Raktasangrahika, Pittaprasamanām
		Gandhapriyangu	Soritapittaatiyogaprasamanānām
3.	Medhovaha	Guggulu	Medhoanilaharanām
4.	Sukravaha	Vidarigandhā	Vrishyasarvadoshaharanām

		Sankalpa, NakraRetasa	Vrishyanām
5.	Mutravaha	Gokshura	Mutrakrishya, Anilaharanām
6.	Purishavaha	Ativishā	Dipaniya, Pachaniya, Sangrahik, Sarvadoshaharanām
7.	Swedavaha	Mustā, Parpataka	Jwar
		Upawasa	Jwarharanām
8.	Prānavaha	Puskarmula	Hikkā, Swās, Kāsha, Prāswasulaharānām
9.	Udakvaha	Trisijalam	Mridbhristlostraudhavānām
10.	Annavaaha	Atimatrāsana	Āmapradoshahetunām

O. Agrya Dravya related to JāntavaOusadha-

Table 3: Shows the AgryaDravya related to JāntavaOusadhaā

S.No.	Acharyas	Name of Dravyas	Karma
1.	Su. Su.46/332-337	Māmsa	Lāva, Titira, Kuranga, Sāranga, Erna, Mayur
		Ksheera	Gavya
		Ghrita	Gavya
2.	Cha.Su.25/39 1. Mrigamamsa 2. Pakshi 3. Bilesaya 4. Matshya 5. Ghrita 6. Matshyavasa	Hitatam	Ahitatam
		Ereya	Gomamsa
		Lāva	Kanakapota
		Godhā	Manduka
		Rohita	Chilchim
		Goghrita	Āvikaghrita
		Chulukivasā	Māhisavasā
3.	Cha.Su.25/40	Hridya	Āvikaghrita
		Shosagna-Stanya-Satmya	Ajākshira
		Nidrākara	MāhisaKshira
		Kaphapittakara	Ābikshira
		Grahanidosha-ShoshaArshoghna	Kravyadamamsarasa
		Rasāyana	Ksheeraghritavyāsa

❖ SOME AGRYA DRAVYAS

1. Haritaki^[5,6] (HaritakiPathyanām)^[1]

Botanical Name- Terminalia chebula Retz.

Family-Combretaceae.

Synonyms- Amṛtā, Abhayā, Kāyastha, Vayastha, Pathyā.

Properties-Rasa-Pañcharasa (Except Lavana) Kaṣāya Mainly.

Guna-Laghu, Rūkṣa Virya-Uṣṇa. Vipāk- Madhur Haritaki is so called as it eliminates Malas (excreta). It is also called as 'Pathya' because it cleans the Pathways (Channels)^[7]. Haritaki (Myrobalan) is used as an astringent, laxative, stomachic and tonic. The laxative property of myrobalan is due

to anthracene derivative present in pericarp. It is also antihelmintic^[8].

2. Āmalaki^[5,6] (Āmalaki- Vayastapanām)^[1]

Botanical Name- Emblica officinalis Gaertn.

Family-Euphorbiaceae.

Synonyms- Amṛtā, Dhātri, Vayasthā, Śītaphala.

Properties-

Rasa-Pañcharasa (Except Lavana) Amla Mainly.

Guna- Guru, Rūkṣa, Śīta **Virya-**Śīta **Vipāk-** Madhur

Āmalakī is a well-known Rasāyana being the chief ingredient of the age old Rasāyana formulation called Chavanaprāsa. It is best Vayahsthāpana (age-sustaining) Dravyas^[7]. Amla, being a rich source of vitamin C, is considered

important to slow the ageing process. It improves skin health. Ageing is cumulative result of damage to various cells and tissues, mainly by oxygen free radicals. Vitamin C is a scavenger of free radicals which breaks them down. It has antioxidant synergism with vitamin E^[8].

3. **Amritā**^[5,6,1]

Botanical Name- *Tinosporacordifolia* Willd. Miers ex Hook. f. & Thoms.

Family-Menispermaceae.

Synonyms- *Kuṇḍalī, Chakrāngī, Chakra lakṣaṇa, Amṛtavallī.*

Properties-Rasa-Tikta, Kasāya, Guna- Guru, Snigdha, Virya-Uṣṇa, Vipāk- Madhur
Guḍūcīś Tikta and one of the important members of the group 'Panchatikta'. It is *UṣṇaVirya*. Thus, it eliminates and correct *Pitta*, purifies blood and is efficacious in severe disorders like *vatarakta, Kustha*, Chronic fever, Jaundice and diabetes^[7]. It is used in general debility, pyrexia and skin diseases. It is effective in prevention of fibrosis. Also, used in Rheumatoid arthritis, Immunostimulant activities. It is effectively used in viral hepatitis. It is traditional medicine used for impart youthfulness, vitality and longevity^[8].

4. **Khadira**^{[5,6](Kusthagnānām)}^[1]

Botanical Name- *Acacia catechu* Willd.

Family-Mimosoideae.

Synonyms- *Gāyatri, Dañtadhāvana, Bālapatra, Yajniya.*

Properties-Rasa-Tikta, Kasāya, Guna- Laghu, Rūkṣa, Virya-Śīta, Vipāk- Kaṭu

In *Slipada, Kalka* of *Khadira Sara, Bijaya Sara, Sala Sara* is mixed with honey and given with *Gomutra* in the morning. (*GadaNigraha*). In *Paippalāda Samhita*, it is specifically quoted for the *Kilāsa* (Leucoderma) treatment^[7]. *Khadira* contains Catechin and Catechutannic acid. *Kattha* of *Khadira* is used as an astringent externally for boils, skin eruptions and ulcers^[8,9].

5. **Chitrakmoola**^{[5,6](Dipaniya, Pachaniya, Gudarsa, Sulaharānām)}^[1]

Botanical Name- *Plumbago zeylanica* Linn.

Family-Plumbaginaceae.

Synonyms- *Agni, Agnika, Dahana, Jyoti.*

Properties-Rasa-kaṭu, Guna- Laghu, Rūkṣa, Tikṣṇa, Virya-Uṣṇa, Vipāk- Kaṭu

Uṣṇa, Tikṣṇa properties are responsible for its *Dipana-Pāchana* and *Bhedana* actions respectively. *Chitrakais* useful in deficiency of digestive power and abdominal lump. *Chitrakādi gutikā* is one of its common formulations^[7].

6. **Vidanga**^{[5,6](Krimighnānām)}^[1]

Botanical Name- *Embeliaribes* Burm. f.

Family-Myrsinaceae

Synonyms- *Kṛmighna, Chitra Taṇḍula, Amoghā*

Properties-Rasa-kaṭu, Kaṣāya,

Guna- Laghu, Rūkṣa, Tikṣṇa,

Virya-Uṣṇa.

Vipāk- Kaṭu

Viḍanga is regarded as the best among anthelmintics. It is effective particularly on round worm. Formulation of *Viḍanga* as *Viḍangādi loha, Viḍangāriṣṭa, Viḍangataila* are used mainly^[7]. *Viḍanga* contains Embelin and Vilangin. Its action is antihelmintic^[8,9].

7. **Sirisa**^{[5,6](Vishagnānām)}^[1]

Botanical Name- *Albizia lebeck* Benth.

Family-Mimosoideae

Synonyms- *Mṛdupuṣpa, Bhaṇḍī, Śukapriya*

Properties-Rasa-Kaṣāya, Tikta, Madhura,

Guna- Laghu, Rūkṣa, Tikṣṇa

Virya-Uṣṇa (Anuṣṇa)

Vipāk- Kaṭu

Śirīṣa destroys poison. It is included in *Kaṣāyaskhandha* and *Viṣaghna* and *Vedanāsthāphan-aMahākasāyas* by *Charak* while *Suśruta* has included it in *ŚālasarādiGaṇa*. It is well known remedy for poisons. *Pancasirīṣa Agada* (containing the five parts of the *Śirīṣa*) is the popular formulation^[7].

8. **Puskaramoola**^{[5,6](Hikkā, Swāsa, Kāsa, Parswasulaharānām)}^[1]

Botanical Name- *Inularacemosa* Hook. f

Family- Asteraceae

Synonyms- *Kāśmīra, Padmapatra, Pouṣkara*

Properties-Rasa-Tikta, Kaṭu, Guna- Laghu,

Tikṣṇa, Virya-Uṣṇa, Vipāk- Kaṭu

Puškaramura is mentioned as the best drug for cough, dyspnoea and chest-pain. Its powder is given with honey for *Hrdroga*. *Puskarmoola* contains *Inulin* and *Alaantonacetone*. *Puskarmoola* is used in Antihelmintics, Respiratory problems, Pleural inflammation^[7,9].

9. **Pippalimoola^[5,6](Dipaniya, Pachaniya, Anahaprasamānām)^[1]**

Botanical Name- *Piper longum* Linn.

Family- Piperaceae

Synonyms- *Kaṇā, Kṛṣṇā, Kolā, Capalā, Ūṣaṇā*

Properties-Rasa- Kaṭu, **Guna-** Laghu, Snigdha, Tikṣṇa, **Vīrya-** Uṣṇa (*Ārdra- Śīta*), **Vipāk-** Kaṭu
Pippalimūla is best drug as appetizer, digestive and for hardness of bowels. *Piplamoola* contains

Piperine and Volatile oil. This is used in Bronchitis^[8].

10. **Vātasamana^[7]- Rasona, Rāsnā, Eraṇḍa.-Allium sativum** Linn., *Pluchelanceolata* C.B. Clarke and *Ricinus communis* Linn. are three important plants under the *VātasāmakaGana*.

11. **Pitta samana^[7]- Candana, Usira, Parpata.- Santalum album** Linn., *Vetiveriazizanioidis* Linn and *Fumaria vaillantii* Loisel. Are the three important drugs under *Pitta SamanaGana*.

12. **Kaphasamana^[7]- Ādraka, Tulasi and Marica.- Fresh form of Zingiber officinale** Roxb., *Ocimum sanctum* Linn., *Piper nigrum* Linn. Are the three important drugs under *KaphaSamana*.

Table 4: Hitatam and Ahitatam Dravya^[1]

S.No.	Varga	Hitatam	Ahitatam
1.	<i>Sukādhānya</i>	<i>Raktasāli</i>	<i>Yavak</i>
2.	<i>Samidhānya</i>	<i>Mudga</i>	<i>Māsa</i>
3.	<i>Udaka</i>	<i>Āntarikshya</i>	<i>Varsānādaya</i>
4.	<i>Sāka</i>	<i>Jivanti</i>	<i>Sarsapa</i>
5.	<i>Bīlesaya</i>	<i>Godhā</i>	<i>Manduka</i>
6.	<i>Ghrita</i>	<i>Goghrita</i>	<i>Ābikaghrita</i>
7.	<i>Kanda</i>	<i>Sringaver</i>	<i>Āluka</i>
8.	<i>Phala</i>	<i>Mridukā</i>	<i>Likucha</i>
9.	<i>Icchuvikara</i>	<i>Sarkarā</i>	<i>Phārīta</i>

DISCUSSION

In Clinical practice, the drug choice is most important aspect. *Agrya Dravyas* are the best way to choose the Drugs in clinically applied Science. *Agrya Aushadhi* are the most potential drugs for disease, in those which are clinically proven by *Acharyas*. *Agrya* are the best among all so best drug used in the treatment gives the best result. Single drug is used which give the best result in disease treatment. One drug can be used in many diseases so as many drugs. Here, *Agrya Dravya* are classified in different aspect as *Hitatam* and *Ahitatam Dravya*, *Jantava Aushadhi*, *Agrya* in *Shrotodusthi*, *Agrya* in *Rakta* related Diseases, *Agrya* in Prognosis of diseases. *Agrya* related in *Dosha*, *Dathu* and *Mala*. This type of classification helps to choose the drugs in best and easy way. Some drugs are described in all aspect for the better clinical under-

standing. Different Tables of *Agryas* are given for the easy learning and easy searching of drugs for clinical practice. *Acharya Charak*, *Acharya Sushruta* and *Vagbhata* describes the *Agrya Dravya* as the most important drugs in the whole texts. *Agrya Dravyas* is the essence of *Ayurveda*. It is a distinct collection of best and foremost factors, enlisted a great importance in various fields like clinical practice, Health maintenance, and ethics for leading a satisfactory life.

CONCLUSION

From the above discussion it seems that *Agrya Dravya* have their own *Guna*, having their own potential so they can be used instead of using multiple drugs is more affordable and effective. In *Shatkriya Kaal*, *Agrya Aushadhi* are effective in *Sthan-Sanshray Avastha*. so, they can be used in *Poorvaropaa* of disease to next

stage. *Agrya Dravya* is the initial step of drug selection and in any case of dilemma one can incorporate its utility without a question of failure. Hence, a thorough knowledge about *AgryaPrakarana* acts as a key to success in the prevention and management of majority of diseases.

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