

Significance Of Agryaushadhi W.S.R.T Yajja Purusheeya Adhyaya of Acharya Charaka

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Abstract—The fast development in Science and Technology in this 21st century has motivated man to live a sophisticated life. So tinned and fast foods have replaced the traditional healthy foods, leading to many ailments and stress related disorders. *Ayurveda* is a perfect mix of philosophy and science, which balances the components like physical, mental and spiritual factor. Its holistic approach is to prevent the disease and maintain the health. In *Ayurveda* “*Ekadravya prayoga*” giving prime importance, where in *Agrya prakarana* most of the *Dravya* mentioned are *Eka* (Single). *Agrya prakarana* mentioned in classics explain about *Aushadha*, *Ahara*, and *vihara* under a broad heading of *Ekala dravya* for promotion of health as well as treating the diseases. *Charaka Sutrasthana* 25th chapter *Yajja pursheeya adhyaya* (Origin of living being and diseases) includes 156 *Agrya aushadhi* (best drug, regimen etc) have been explained which are sufficient for treating or managing various diseases. *Agrya Dravyas* action is based on their own potential & properties like *Rasa*, *Guna*, *virya* and chemical constituents so with the help of them one drug can be used in many diseases and many drugs are used in one disease also. *Agrya aushadhi* can be considered as initial step of drug selection and a thorough knowledge about this will helps in prevention and management of majority of diseases.

Index Terms—*Agraya Aushadhi*, *Yajja pursheeya*, *Ekala dravya*, *Charaka*.

I. INTRODUCTION

Ayurveda is one of the ancient and most renowned traditional systems of medicine which aims at maintain the health of a healthy individual and cure of diseases of a patient [1]. *Ayurveda* is very vast science so ancient *Acharyas* classified it in to eight branches collectively known as *Astanga Ayurveda* [2]. In *Charaka samhita* we can find that the justice has been done in covering all the aspects of *Astanga*

Charaka samhita is first to introduce *Agraya Aushadha*, *chakrapani* while commenting on the word *Agraya* say; *Agraya* means best and stating the exact meaning of “*Shreshtha*” he says something which is most appropriate, most accurate and stands best and foremost amongst a group of factors having similar actions [7]

Ayurveda, especially the concept of *Kaya chikitsa* (General medicine) in detail. *Aushadha* (Medicine) in the management of disease is very important. *Agraya aushadhi* means foremost, best or top priority drugs, food or regimens for a particular disease or condition. In *Bruhatrayee* there is mentioning of *Agraya dravyas* where *charaka samhita sutrastana* chapter 25 includes 152 *Agraya dravyas*[3] in *Astanga sangraha sutrastana* chapter 13 includes 155 *Agraya dravya*[4] and in *Astanga hridayam uttaratantra* chapter 40 includes 55 *Agraya dravyas*[5]. According to *Acharya Charaka* *Agraya* is *shrestha* and he explained it has *vyayastwa* (which is superior for *Prashasta* and *Aprashasta dravyas*), *varatwa* (best) also does the *shamana* of *tridosha* with respect to *Vamana*, *Virechana*, *Basti* and it is best in relieving diseases, [6] also he concluded that a wise physician should have thorough knowledge about *Agraya dravya* before starting the treatments.

II. MATERIAL AND METHODOLOGY

Classical *Ayurveda* texts, Modern and *Ayurveda* literature were evaluated for complete understanding of significance of *Agraya Aushadhi*.

Significance of *Agraya Aushadha*

Agraya Aushadha refers to medications that are used as first drug choice for the treatment of diseases. They are cost effective, economical, easy to use and safe.

Only *Charaka samhita* mentioned *Agraya Aushadhi Dravyas* in to different groups such as ^[8] Action on Doshha – *Rasna vataharanam, bilva vatapitta shamaka*

Action on *Dhatu- Bala balya, ksheera jivaneeya*

Action on *Mala- ikshu mutrajananam, yava pureesha jananam*

Action as *Prabhava- shirisha vishaghna, khadira kushtagna, vidanga krumighna*

Action on CVS- *Ananta (Sariva) raktapitta prashamana*

Action on GIT – *Trivrit sukhavirechaka, Aragvadha mriduvirechaka*

Action on eye – *Madhuka (Yastimadhu) chakshushya*

Action on respiratory system- *pushkaramoola hikkakasaparshvashoolahara*

Agraya Aushadha for Panchakarma- *Madanaphal vamana, astapan, anuvasanopayogi, Apamarga shirovirechana*

Agraya Aushadha for preventive aspect- *kalabhojana- Arogyakara, Ekarasa abhyasa dourbalyakara, Jangala desha Anarogyaikarak etc*

For particular disease it's easy to use best one drug than to use lots of drugs for making formulation. *Agraya Aushada* can be use instantly. For making formulation it takes lot of time. E.g. *Khadira (Acacia catechu)* is the single best drug mention for *Kustha* (skin disease).

Agraya dravya mentioned are mainly single drugs which is easy to identify where as in compound formulations it is difficult to know that which drugs are present and that are pure and authenticate or not.

III. RESULTS

Agraya aushadha touches all the important aspect of *Ayurveda* like Drug, Drug action, Disease relation, factors to be avoided etc. A disease wise utilization of *Agraya dravya* gives guidance for therapeutic use. Single drugs were proven for their potential on their modern parameter and their pharmacological actions are well known today. It is easy in *Ayurveda* to validate the *karma (action)* of single drug. On the other hand, in compound formulation we can understand action, but which drug is performing what action is impossible to know.

IV. DISCUSSION

Agrya Dravyas are 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. *Acharya charaka* in *Sutrastana* 25th chapter named as *Yajja pursheeya adhyaya* (Origin of living being and diseases) described in detail about classification of food, Articles of diet that are naturally wholesome (*Pathya*), Articles of diet that are naturally unwholesome, List of the foremost among the things (*Agraya aushadhi*). Thus, this chapter provides a detailed list of dietary preparation and therapies having superior qualities that keep a person healthy.

V. CONCLUSION

Agraya dravyas are clinically proved by *Acharyas* and it has their own *guna* and potential. These *Agrya dravyas* are sufficient to alleviate or subside the disease conditions; it should be administered in combination suitable and appropriate to *desha, kala, bala* of the patient to get maximum effect. *Agraya Aushadha* is the initial step of drug selection and in any case of predicaments one can assimilate its utility without a question of failure. The knowledge of all these excellencies generates a capacity in the physician to perceive the *guna*(qualities) and *karma* (actions) of these drugs or regimen and also which are not enlisted here. *Agraya* which are enlisted here are partial. A physician should add in this with his own knowledge, experience and intellect.

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