

A REVIEW ON AGRAYA AUSHADA (BEST DRUGS) IN AYURVEDA

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ABSTRACT

Ayurveda is perceived as one of the most ancient and well documented system of medicine equally relevant in modern times. Its holistic approach whether for healthy individuals or for diseased ones remains unparalleled. The aim of Ayurveda is to bring homeostasis in the tissues in order to maintain health, but Ayurvedic prescriptions are often challenged for their rationality. A vast majority of prescription drug used in Ayurveda contains compounds that are directly or indirectly, via semi-synthesis derived from different plants. The non-availability of reliable and standardized drugs, their high cost, and ambiguity in the identity of the ingredients used are a few of the major problems encountered today in the utilization of compound drugs in Ayurveda. On the other hand Agraya Aushadhi are also described in Ayurveda that has its own potential or qualities. Hetu Pratyani, Vyadhi Pratyani and Ubhaya Pratyani Chikitsa are the main therapeutic measures, commonly existing in practice. In Agraya Aushadhi all these Chikitsa are mentioned for each and every disease. Agraya Aushadhi are cost effective, economical and safe. Also these single drugs were proven for their potentials on modern research parameter. Therefore in this regard, an attempt has been made to review and compile the Agraya Aushada from classical literatures so that they can be used as prescription drugs and helps Ayurveda to maintain "health for all" Goal.

KEYWORDS: Agraya, Aushada, Best drug, Rationality, Chikitsa.

INTRODUCTION

Ayurveda is perceived as one of the most ancient and well documented system of medicine equally relevant in modern times. Acharya Charaka explains Ayurveda in the form of Hetu, Linga and Aushadha i.e Trisutra. Here Aushadha is explained in the form of medicine.^[1] Chikitsa depends totally upon four factors which are known as Chikitsa Chatushpada. Dravya i.e used as Aushadha is one of the four factor of Chikitsa Chatushpada which with their proper qualities responsible for the cure of any kind of diseases.^[2] Aushadha in the management of disease is very important. Therefore sufficient thoughts should be given for selecting the drug. A vast majority of prescription drug used in Ayurveda contains compounds that are directly or indirectly, via semi-synthesis derived from different plants. The non-availability of reliable and standardized drugs, their high cost, and ambiguity in the identity of the ingredients used are a few of the major problems encountered today in the utilization of

compound drugs in Ayurveda. On the other hand Agraya - Aushadhi are also described in Ayurveda that has its own potential or qualities. Agraya Aushadhi are cost effective, economical and safe. Also these single drugs were proven for their potentials on modern research parameter. Therefore Agraya Aushadha are reviewed and compiled here. Agraya Aushadhi is the discussion between Athreya Punarvasu and his students (Shishya).^[3] In some context for a single disease a single drug is mentioned or a single drug mentioned for more than one disease. e.g. Shirish-Vishghana, Mustaka-Dipana, Pachana, Sangrahik. In Agraya Aushadha both Aahara and Vihaara related facts are mentioned.

Nirukti

Agraya word is derived by adding Gha Praty in Agre Bhavam Agra Pradhanam. Agraya word denotes the best one. On the other hand Aushadha denotes the dravya that pacify the diseases.(Shabadkalpadrum).

Definition of Agraya Aushadha

The drugs that performs the same action, in those drugs the drug that is best in Pathaya (wholesome) and drugs that is best one in Apathya (Unwholesome) is considered as Agraya Aushada.^[4] Example for Vritikar means for sustaining daily life so many things can be used or important like Jala, Ana, Vihaara, Bhramcharya, Swapan etc but from all these Ana i.e food is best. Therefore Food is Agraya for Vritikara.

Need of Agraya Aushadha

1. Easiness

For particular disease its easy to use bestone drug then to use lots of drugs for making formulation. Agraya Aushada can be use instantly. For making formulation it takes lot of time. E.g. Khadir (Acacia catechu) is the single best drug mention for Kustha (skin disease) where as other formulation for Kustha like Madhvasava, Kanakbindu Arishta it is difficult to collect the drugs.

2. Unavailable Dravyas (drug)

In formulation mentioned for particular diseases some of the Dravyas (drug) used in them are unavailable today or in endangered condition or red listed, so its difficult to make formulation as described. E.g. Shirish (*Albizia lebbek*) is Ekal Aushadha used for Vishaghana where as in Mahagandhastiadi Agad , 89 different drugs are mentioned and some of them are unavailable.

3. Cost effective

Single drug is not as much as costly as compound formulation as it has lots of drugs.

4. Identification

Agraya dravya mentioned are mainly single drug or two three drug in combination is easy to identify where as when formulation reach to doctor, it is difficult to know that which drugs are there in formulation and that drugs are pure and authenticate or not.

5. Pharmacological action

Today everyone wants scientific validity before using anything. Single drugs were proven for their potentials on modern research parameter and their pharmacological action are also known today. It is also easy in Ayurveda to validate the Karama(action) of single drug. On the other hand in compound formulation as a whole we can understand action but which drug is performing what action it is quite impossible to know.eg Khadira (*Acacia catechu*) is best Agraya for Kustha i.e skin diseases. It has Laghu (light to digest), Rooksha (dry) Guna (Qualities), Tikta (bitter), Kashaya (astringent) Rasa (Taste), Katu (pungent) Vipaka (taste conversion after digestion), Sheeta (cold) Veerya (potency) and Balances Kapha and Pitta. It is Kusthnashaka (pacify Skin disease) by Prabhava.^[5] It is also proved to have best effect on skin diseases by modern parameter. It has major chemical constituents catechin, epicatechin, epicatechin gallate, procatechinic acid, tannins, alkaloids quercetin

and kaempferol, porifera sterol glucosides, (+)-afzelechin gum are also present in minor quantity. Catechin and rutin are most important constituents which are free radical scavengers, due to which it showed very similar antioxidant activity as that of ascorbic acid and act as anti-oxidant. Methanolic extract of Acacia catechu has anti-microbial activity against pathogenic as well as nonpathogenic bacteria e.g Bacillus subtilis, Staphylococcus aureus, Salmonella typhi, Escherichia coli, Pseudomonas aeruginosa and Candida albicans. It is effective against gram positive as well as gram negative bacteria. It was found to be most effective against Staphylococcus aureus.^[6] So easily its pharamacological action can be validate where as inspite of this if there is compound formulation for Kustha like Kanakbindu arishta it is impossible to collectively understand the possible pharamacological action of that formulation.

Agraya Aushadhi in different classical texts

In Ayurvedic classical text Agraya Aushadha are mentioned. In Charak Samhita 152 Agraya Dravyas are mentioned.^[7] Some single drugs mentioned for single diseases like Vidang- Krimighna, Laksha- Sadya Kshataghna, Kantakarika- Kaasaghna, Laja-Chardighra Shirish-Vishaghna, Vrusha(vasa)- Raktapitta prashmam, Khadir-Kusthaghna etc. Some single drugs in context are mentioned for more then one diseases like Katvang-Sangrehik, Pachniya, Dipaniya, Erandmool –Vrushya, Vathar, Chitrakmool-Dipaniya, Pachniya, Gudshool, Shoth, Arshohar, Bilwa –Malsangrahak, Agnidipak, VKshamak, Pipalimool-Dipaniya, Pachniya, Aanahprashaman, Pushkarmool-Hikka, Shawas, Kasa, Parshwashoolhar etc. Agraya Dravyas for Panchkarma are also mentioned eg.Madanphaal- Vaman, Aasthapan, Anuvasanopayogi, Trivritta-Sukhvirechan, Aaragvadha-Mruduvirechan, Snuhikshir-Tikshanavirechan, Apamarga-Shirovirechan. Panchkarma procedure Agraya for particular Dosha is also mentioned like Vaman-Kaphahaar, Virechan-Pittahaar, Basti-Vaathaara. Charaka also mentioned Agraya Aushadha for preventive aspect like Kalbhajan-Aarogyakar, Ekraas abhyas-Daurbalyakar, Anirdeshkaritva- Arishtkar, Jangaldesh-Anarogyaikarak etc. 152 Agraya Aushadha in Charaka Samhita Sutra Sthana chapter 25 are mentioned here in figure 1 to 9.

Agya Aushadha in Charaka Samhita

AGRYA AUSHADHA IN CHARAKA SAMHITA	
Ananam Vritikaranam Shrestham	Food is best, among sustaining life.
Udakamasvashakranama	Water is best to generate soothing effect.
Sura Shramharanama	Sura is best to avoid fatigue.
Ksheeram Jeevniyanama	Milk is best among enlivening substances.
Mansam Brihinyanama	Meat is best among nourishing food.
Rasatarpaniyanama	Meat soup is best among refreshing, nourishing food.
Lavananadravyaruchikaranama	Salt is best among substances that enhance taste.
Amalam Hridyanama	Sour substances are best among cardiac tonics.
Kukutto Balyanama	Among foods to improve strength and immunity, chicken is best.
Nakrreto Vrishyanama	Among aphrodisiac substances, Nakra Retas (Semen of crocodile) is best.
Madhu Shleshampittprashamnanama	Among substances to balance Kapha and Pitta, Honey is the best.
Sarpivaatpittprashamananama	Among substances to balance Vata and Pitta, cow ghee is the best.
Taila Vaatshleshamprashamananama	Among substances to balance Vata and Kapha, sesame oil is the best.
Vaman Shleshamharanama	Among Kapha balancing procedures, Vamana (emesis) therapy is the best.
Virechana Pittharanama	Among Pitta balancing procedures, Virechana is the best.
Basti Vaatharanama	Among Vata balancing procedures, Basti (both Anuvasana and Asthapana) is the best.
Swedo Mardavkaranama	Among procedures to bring about softness and tenderness, Swedana (sweating therapy) is the best.
Vayayama Stheryakaranama	Exercise (Vyayama) is the best to bring about body firmness.
Kshara Punsatvaghatinama	Among substances causing impotency, kshara is the best.
Tindukamandravyruchikaranama	Among substances hurting the taste of food, Tinduka (Diospros peregrine) is the best.
Aam kapitham Akanthyanama	Among those hurting throat and quality of sound, Unripe Kapitha (Feronia Limonia) is the best.

Figure - 1.

Agrya Aushadha in Charaka Samhita

Aavikam sarpihridyanama	Among those damaging heart, Sheep ghee is the best.
Ajaksheeram Shoshghan Stnyasatmayasangrahi krakt Pittprashamnanama	Among those substances that relieve emaciation, improve breast milk, blood production, absorbant (useful in IBS) and bleeding disorders, goat milk is the best.
Aviksheeram Shleshampittajananama	Sheep milk is best to Vitiate Kapha and Pitta Dosha
Maahishksheeram Svapnjananama	Buffalo milk is best to induce sleep.
Mandakdadyabhishtyandkaranama	In obstructing the body channels and circulation, half formed curds is best.
Gvedhukanam Karshaniyanama	Food prepared of Gavedhuka (<i>Triticum aestivum</i>) to cause emaciation.
Udyalakanam Virukshniyanama	Food prepared with Uddalaka (a variety of black gram) is best to cause drying.
Ikshumutrajananama	Sugarcane is best in producing diuretic effect.
Yava Purishjananama	Barley is best to increase bulk of feces.
Jambvavam Vaatjananama	Jamun (<i>Syzygium cumini</i>) is best in aggravating Vata.
Shushakulya Shleshampittajananama	Shashkuli is best in aggravating Pitta and Kapha.
Kulatha Amalpittajananama	Kulattha (horse gram) is best in causing Amlapitta.
Masha Shleshampittajananama	Black gram is best in aggravating Kapha and Pitta.
Madanphalam Vamanasthapananuvasanupoginama	Fruit of Madana (<i>Randia spinosum</i>) is best in Vamana (emesis), Asthapana and anuvasana types of enema.
Trivrit Sukhvirechananama	Trivrit (<i>operculina turpethum</i>) Causing easy purgation.
Chaturangulo Mriduvirechananama	Aragvadha (<i>Cassia fistula</i>) is best in causing mild purgation.
Snukpayastikshanvirechanama	Milk of Snuhi (<i>Euphorbia nerifolia</i>) is best in causing strong purgation.

Figure - 2.

Agrya Aushadha in Charaka Samhita

Pratyakpushpa Shirovirechananama	Apamarga (<i>Achyranthes aspera</i>) is best in eliminating Doshas from the head.
Vidanga Krimighanama	Vidanga (<i>Embelia ribes</i>) is best in Killing worms,parasites.
Shirisho Vishghananam	Shireesha (<i>Albizia Lebbeck</i>) is best anti poisonous herb.
Khadir Kusthghananama	Khadira (<i>Acacia catechu</i>) is best in curing skin diseases.
Rasana Vaatharanama	Rasna (<i>Pluchea lanceolata</i>) is best in alleviating vata
Amalaka Vayasthapananama	Amalaka (<i>Emblia officinalis</i>) is best to cause Rasayana.
Haritaki Pathyanama	Haritaki (<i>Terminalia chebula</i>) is best wholesome fruit.
Erandmoolam Vrishyavaatharanama	Castor root (<i>Ricinus communis</i>) is best in alleviating Vata and aphrodisiac.
Pippalimoolam Dipaniypachaniyanahaprashamnanama	Pippalimoola (<i>Piper longum</i> root) is best in promoting digestion, carmination and relieving bloating and constipation.
Chitrakmoolam dipaniyapachaniygudshoth Arshshoolharanama	Root of Chitraka (<i>Plumbago zeylanica</i>) is best in Promoting digestion, carmination and curing piles and colic pain.
Pushkarmoolam Hikkashvashkasparshavshoolharanama	Pushkaramoola (<i>Imula racemosa</i>) is best in curing hiccup, asthma, Cough and pain in the chest.
Mustam Sangrahi kdipaniyapachaniyanama	Musta (<i>Cyperus rotundus</i>) is best in causing astringent.
Udichyamnirvapanam Dipniyapachniyachardatisaarharanama	Udeechya (<i>Pavonia odorata</i>) is best in causing digestion, carmination, anti emetic and anti diarrheal effect.
Katvangam Sangrahi kpachaniydipaniyanama	Katvanga is best to cause absorption, to improve digestion and carmination.
Ananta Sangrahi krakatpitprashamnanama	Ananta (<i>Hemidesmus indicus</i>) is best to cause absorption and in bleeding disorders.

Figure - 3.

Agrya Aushadha in Charaka Samhita

Amritasangrahihkaathara Dipniyashleshmshonitvivandh Prashmnanama	Giloy is best to cause astringent effect, promoting digestion, alleviating Vata, Kapha, constipation and Raktapitta.
Bilvam Sangrahihkaatharaatkapshamnanama	Bael (<i>Aegle marmelos</i>) is best to cause astringent effect, promoting digestion and alleviating Vata and Kapha.
Ativishadipniyapachniyasangrahih sarvdoshaharanama	Ativisha (<i>Aconitum heterophyllum</i>) is best in causing astringent effect, promoting digestion, carminative and alleviation of all the Doshas.
Utpalkumudpadmakijlak Sangrahihkraktpittprashmananama	Utpala (<i>Nymphaea alba</i>), Kumuda (a variety of lotus) and Padma (lotus) is best in astringent effect, alleviating bleeding disorders.
Durlabha Pittshleshmshamprashmananama	Duralabha (<i>Fagonia cretica</i>) is best in alleviating Kapha and Pitta.
Gandhpriyangu Shonitpittatiyogprashmananama	Gandha Priyangu (<i>Callicarpa macrophylla</i>) is best in alleviating acute heavy bleeding.
Kutajtvak Shleshampittraktsangrahihkopshoshnama	Bark of Kutaja (<i>Holarrhena antidysenterica</i>) is best in balancing Kapha and Pitta, causing astringent effect over blood and to cause drying absorbing effect.
Kashmaryaphalam Raktsangrahihkraktpittprashmanana	Fruit of Gambhari (<i>Gmelina arborea</i>) is best in causing hemostasis, curing bleeding disorders.
Prishanparni Sangrahihkaathardipniyvrishyanama	Prishniparni (<i>Uria picta</i>) is best in causing astringent and aphrodisiac, digestive effect and alleviating Vata.
Vidarigandha Vrishyasarvdoshharanama	Vidarigandha (<i>Pueraria tuberosa</i>) is best in aphrodisiac and to cause Tridosha balance.
Bala Sangrahihkaatharaanama	Bala (<i>Sida cordifolia</i>) is best in causing absorbent effect, improving strength and balancing Vata Dosha.
Gokshurko Mutkrichanilharanama	Gokshura (<i>Tribulus terrestris</i>) is best in relieving Dysuria.

Figure - 4.

Agrya Aushadha in Charaka Samhita

Hinguniryaschedniya Dipniynulomik Vaatkaphprashamnanama	Asa foetida is best in causing excision, promoting digestion, downward movement of wind, and alleviating Vata and Kapha dosha.
Amalvetaso Bhedniydipniyanulomik Vaatsleshshamharanama	Amlavetasa (<i>Garcinia pedunculata</i>) is best in causing purgation, promoting digestion, downward movement of wind (Anulomna) and balancing Vata and Kapha.
Yaavshook santrashniypachniyarshoghananama	Ash of Barley (Yavakshara / Yavashuka) is best in causing laxative effect, carmination and curing piles.
Takrabhyasogrehanidosh Shopharshoghritvyaapadprashamnamna	Regular intake of buttermilk is best in curing Grahani (IBS), Shotha (edema), piles and ghee indigestion.
Kravyanmansrasabhyaso Grehanidosha Sshosharshoghnana	Habitual use of meat soup of carnivorous animals is best in curing Grahani (IBS), emaciation and piles.
Ksheerghritabhyaso Grehanidosharshoghnana	Habitual use of milk and ghee is best in causing anti aging effect (rasayana).
Samghritsaktuprashabhyaso vrishyoudarvatharanama	Habitual use of mix of equal quantities of ghee and Saktu (roasted corn floor) is best aphrodisiac and Vata balancing.
Tailagandhushbhyaso Dantbalaruchikaranama	Sesame oil – oil pulling is best to strengthen teeth and to relieve anorexia.
Amalvetso bhedniydipniyanulomik Vaatsleshshamharanama	Amlavetasa (<i>Garcinia pedunculata</i>) is best in causing purgation, promoting digestion, downward movement of wind (Anulomna) and balancing Vata and Kapha.
Chandanam Durgandhdahnirvapanlepananama	Sandalwood (<i>Santalum album</i>) is best in reliving bad odor, burning sensation and best to apply as paste.
Rasnaguruni Sheetapnaynpralepnanama	Application of Rasna (<i>Pluchea lanceolata</i>) and Agaru (<i>Aquilaria agallocha</i>) is best in removing coldness, on external application.
Lamjkosheeram Dahatvagdoshsvedapnayanpralepnanama	Lamajjaka is best in curing burning sensation, skin diseases and sweating, on external application.

Figure - 5.

Agrya Aushadha in Charaka Samhita

Kustham Vaatharbhyangupnahoupyoginama	Kushta (<i>Saussurea lappa</i>) is best in causing Vata balance upon usage as massage and poultice.
Madhukam chakshushyvrishykeshykanthyvarnya viranjniropniyanama	Madhuka (<i>Madhuka indica</i>) is best in improving eye health, aphrodisiac effect, improving hair quality, throat/voice quality, skin complexion, imparting colour and wound healing.
Vaayu praansangyapradanhetunaam	Air is best to restore Prana and consciousness.
Agniraam sthmbhansheet shulovepnprashmnanaam	Fire is best in curing indigestion, stiffness, cold, colic pain and shivering.
Jalam sthambhaniyaanam	Water is best in causing astringent effect.
Mridbhrist lostrnirvapitmudkam Trishnachardtiyog Prashmnanaam	Water from a pot prepared from heated mud, is best in alleviating acute attacks of thirst and vomiting.
Atimatraashnam Aampradoshetunaam	Eating in excess quantities is best in causing excess Ama (Indigestion and impaired metabolism).
Yathagnyabhyvharoagnisandukshnanam	Intake of food as per digestion strength, is best to improve digestion power.
Yathasatmyam Chestabhvharo sevyanama	Wholesome diet and regime is best to adopt habits.
Kaalbhojanm Aarogyakranam	Taking food in right time is best to promote health.
Triptiaahara Gunanam	Trupti (Satiety) is the best quality of food
Vegsandharanmnarogyakranama	Suppression of urges is the best cause of disease.
Madyam Somnsyajannanama	Alcohol (Madya) is best in causing soothing mind, exhilaration.
Madyakshepo Dhidhrititsmritharanaam	Alcohol addiction is best to cause loss of intelligence, memory and patience.
Gurubhojanm Durvipakakaranama	Heavy food intake is best to cause indigestion.
Akashanbhojanm Sukhparinamkranam	Having one meal per day is best to cause digestion and absorption of food.
Strishvtiprasang Shoshkaranam	Excessive indulgence in women is best to cause emaciation.
Shukrvegnigreh Shandyakranam	Continuous suppression of ejaculation causes impotence

Figure - 6.

Agrya Aushadha in Charaka Samhita

Praghaatmanashrdhajannama	Slaughtering place is the best place to cause aversion for food.
Anshanmayushohyaskranaam	Fasting is best to cause reduction of longevity.
Pramitashanam karshniyanama	Intake of food in reduced quantity is best to cause weight loss.
Ajiranadhyshnam Grehnidushnaama	Intake of food before digestion of previous meal is best in causing vitiation of stomach and intestine.
Vishamashanagniveshmyakranama	Intake of food in irregular timings causes irregularity in digestive power.
Virudhviryashnam ninditvyadhikaranama	Intake of incompatible foods – is best in causing worst of diseases like skin disorders.
Prasham pathyanama	Tranquility, soothing, calming behavior is the best healthy regime.
Aayaas Sarvpathyanam	Exertion beyond one's capacity is best Unhealthy regime.
Mithyayogo Vyadhikranaam	Improper utilization of objects and sense organs – like looking at sharp objects, hearing to loud sound etc) is best in causing disease.
Rajsvlabhigmnamlakshmimukhanam	Sex with a menstruating woman is best inauspicious activity.
Bhramcharyamayushyanama	Practicing celibacy is best to cause longevity.
Pardarabhigamnamnayushyanama	Adultery is best to reduce longevity.
Sankalpo Vrishyanama	Determination is the best aphrodisiac.
Dormansyamvrishyanam	Having difference of opinion / different minds is the best un-aphrodisiac.
Aythalbalmarambh Praanoprodhinam	Strenuous efforts beyond one's capacity is best to lose life.
Vishado Rogvardhnanam	Grief is best to worsen disease.
Snaanamshramharanam	Bath is best in removing fatigue.
Harshprinanaam	Cheerfulness is best to cause Delight.
Shok Shoshanama	Worry is best to cause emaciation, to lose weight.
Nirvriti pushtikaranama	Detachment is best to cause nourishment.

Figure - 7.

Agrya Aushadha in Charaka Samhita

Pushtisvpankaranam	Having nutritious food is best to induce sleep.
Atisvpanstandrakranama	Excessive sleep is best in causing drowsiness.
Sarvrasabhaysobalkranama	Having food with all the tastes is best to promote strength and immunity.
Ekrasabhyasodorbalyakranam	Having food with only one taste is best to cause debility.
Garbhshalyamaaharyanama	Dead foetus is best to be removed immediately.
Ajirnamudharyanama	Indigestion is best to be prevented.
Balomridubheshajyanam	Children are best to be administered with mild medicines.
Vridhoyapyanama	Aged patients are best to be administered with palliating medicines.
Garbhini Tikshanoshadhvyavaya Vyayam Varjniyanama	Pregnant women are best to avoid strong medicines, sex and exercise.
Somnsyam Garbhdharnama	Having common minds is best way to achieve conception.
Sanipato Duschikitsyanama	Involvement of all Doshas is worst condition to treat.
Aamo Vishchikitsyanama	Ama (altered digestion and metabolism) is best to be considered and treated as Toxicity.
Jvaroroganama	Fever is best among disease.
Kusthroganama	Skin diseases are the longest duration disorders.
Rajyakshma Rogsamuhanama	Rajyakshma (tuberculosis) is the best disease combination with many diseases.
Pramehoanushanginama	Urinary disorders are the best relapsing disorders.
Jaloksoanushastranama	Leech is the best accessory surgical devices.
Bastitantranama	Enema is the best among elimination therapies.
Himoshadhbhumina	The Himalaya is the best habitat of medicinal plants.
Somoshadhinama	Soma is the best medicine.
Marubhumirarogyadeshanama	Desert is best among healthy places.
Anupahitdeshanama	Marshy Land is Unhealthiest place.
Nirdeshkaritvaturgunanama	Compliance with the instructions of the physician is the best quality of patient.

Figure - 8.

Agraya Aushadha in Charaka Samhita

Bhishak chikitsanganama	Physician is the best part of treatment.
Nastikovarjyanama	An atheist is best to be rejected treatment.
Lolyamkleshkranama	Greed is the most troublesome practice.
Anirdeshkaritvamaristanama	Disobedience to the instructions of the physician is the worst prognostic sign.
Anirvedorvaatlakshanama	Self confidence is the best sign of recovery.
Vaidyasamuhonishnshyakranama	An assemblage of physician is best in eradicating doubts regarding treatment.
Yogobaidyagunanama	Sense of propriety is the best quality of physician.
Vigyaanmoshadhinama	Knowledge is the best medicine.
Shastrsahitstarksadhnanama	Scriptures based logic is best to gain knowledge.
Sampratipati Kalgyanprayojnanama	Presence of mind is best to understand the situation.
Avyavsayakalatipatihetunama	Inaction is the best way to waste time.
Dristkarmtanishansyakranama	Practical experience is best to eradicate doubts.
Asmarthta Bhyakranama	Incapability is best to cause fear.
Tadvidysambhasha budhivardhnanama	Clinical seminars, reasoning based discussion is best to improve wisdom and intelligence.
Aacharyashastradhigamhetunama	Guru is best tool to understand science.
Aayurvedoamritanama	Knowledge of Ayurveda (science of life) is the best among nectors.
Sadvachanustheyana	Words of noble person is best to be complied.
Asadgrehanam Sarvhitana	Words of wicked is best to cause harmful result.
Sarvsanyasa Sukhanamiti	Absolute detachment is the best way to achieve happiness.

Figure - 9.

In Ashtanga Hridya Uttara-Sthana Vagbhata has mentioned 55 Agraya Aushadha. Agraya Aushada mentioned in Ashtanga Hridya are here in Table 1.

Table - 1.^[8]

Agraya (Bestone)	Diseases
Mustaka (<i>Cyperus rotundas</i>), Parpataka	Jvara (fever)
Hot soil cooled in water	Trishna (Excessive thirst)
Lajja	Vamana (relieving vomiting)
Shilajeet	Basti (urinary) disorder
Amla (<i>Embelica officinale</i>), Haridra (<i>Curcuma longa</i>)	Prameha (Diabetes)
Loha	Pandu (Anemia)
Haritaki (<i>Terminalia chebula</i>)	Vaat-Kapha shamaka
Pippali (<i>Piper longum</i>)	Pleeha Roga (Spleen disorder)
Laksha	Uro-kshat (Chest injury)
Shirish (<i>Albizia lebbek</i>)	Vishaghana (anti-Poison)
Guggul (<i>Commiphora mukul</i>)	Med (Fat) and Vaayu Shamaka
Vasa (<i>Justicia adhatoda</i>)	Rakta-Pitta
Kutaj (<i>Holarrhena antidysentrica</i>)	Atisaara (Dysentry)
Bhallatak (<i>Semicarpus anacardium</i>)	Arsha (Piles)
Swarna (Gold)	Gara
Rasanjana	Stholya (Obesity)
Vaayvidanga (<i>Embelia robusta</i>)	Krimighana (anti-helminthic)
Sura (Alcohol), Goat's milk and meat	Shosha
Triphla (Haritaki, Bhibhitaka, Amla)	Netra Roga (Eye disorder)
Guduchi (<i>Tinospora cordifolia</i>)	Vaat-Rakta (Gout)
Takra (Butter milk)	Grehani roga
Khadira (<i>Acacia catechu</i>)	Kustha (Skin diseases)
Shilajeet	Sarvarogeshu (Every disorder)
Purana Ghrit	Unmada (mental disorder)
Madya	Shoka(Anxiety)
Bhrami (<i>Bacopa monnieri</i>)	Apsmara
Ksheera (Milk)	Nidranasha (Insomnia)
Rasala	Pratishaya (Rhinitis)
Meat	Krishta (Emaciation)
Lahsuna (<i>Allium sativum</i>)	Vaata Nashaka
Swedana	Stabhadhgatrata (Stiffness)
Gudamanjari	Skandha Bahurujam (Shoulder pain)
Navneet and Khanda	Ardit (Paralysis)
Ustra Mutra (Camel urine)	Udara Disorder (Gastro-disorder)
Nasya	Murdh Vikara (Shiro-Roga)
Rakta-Srava	Nutan-Vidhridi
Nasya , Kaval	Mukha-Roga
Nasya, Anjana, Tarpana	Netra-Roga
Ksheera and Ghrit (Milk and Ghee)	Vridhavastha
Sheeta Ambu (Cold water), Maarut and Chhaya	Murcha
Samshukt and Aadra	Manda-Agni
Sura , Sanana	Shrama
Vayayama	Dukhsahtve , Sthirta
Gokshur (<i>Tribulus terrestris</i>)	Mutra-Kricha
Kantkari (<i>Solanum Xanthocarpum</i>)	Kaasa
Pushkarmool	Parshavshool
Triphala and Guggul	Vrana
Amla	Vyasthapana
Basti	Vaatika disorder
Virechana	Paittika disorder
Vamana	Kaphaja disorder
Madhu	Kapha
Ghee	Pitta
Taila	Vaayu

Vagbhata in Ashtanga Sangraha Sutra Sthana has mentioned 155 Agraya Aushadha.^[9] Some precious Agraya mentioned here are Ayurveda – Amrutsaman, Sadvachan – Anushtheya, Tadvidya Sambhasha – Budhivardhak, Druhtakarmata – Nishanshaykarak, Himalaya-Aushadhi bhumi(land of medicine), Bramhacharya-Aayshyakarak etc. Vagbhata in Ashtanga hridya does not mentioned best one i.e Agraya in Apathya (unwholesome) but mentioned it in Ashtang Sangreha. Agraya (best one) in Apathya (unwholesome) are like Jaamun (*Syzygium cumini*) -Vaatkara, udad (*Vigna mungo*) – Pitt-Shleshmakaraka, Kulath (*Dolichos biflorus*) – Amalpittakaraka, unripe Kenth (*Feronia linonia*) – Akanthya etc. In Ashtanga Sangreha different

and important thing told other then Charaka is that some Agraya are mentioned that can be used as Ekal (single) or in Samudaya (combination) but other must be used in combination with other for diseases to get best result. Drugs that can be used singly or in combination are like water can be used alone or combination with other drugs for Aasvasan, Sathmbhan, Klednam or Ustra ksheer (Camel milk) can be used alone or in combination with other drug for Udara Roga and Shotha but Pushkarmool must be used with other drugs in combination to get best action.¹¹ Agrayas are mentioned that can be used alone or in combination. That 11 Agrayas are mention here in Table no.2.

Table-2.^[10]

Agraya's that can be used alone or in combination
Udakaasvaasansthmbhankledanaama
Madyakshepo Dhidhritisamritiharanama
Ekrasabhyaso Dorbalyarochkanyatamdoshaparkopanaam
Agnisthmbhansheetshooldvestakprashmananama
Erandtailabhyaso Vardhamgulamanishoolharanaam
Ustraksheerudarshvyathughnanama
Madanphalam Vamanasthapananuvaasanoupyoginaam
Garbhini Teekshanaushadha Vyavaaya Vyaama Varjniyanama
Mridbhrishtloshtprasadcharditrishnaatiyoginnam Prashmnanama
Takrabhyasoarshshvyathugrehnidoshghritvyapadprashmananama
Rakataavseko Vidhridivisarpitikagandmalaaphranama

CONCLUSION

Agraya dravyas are clinically proved by Acharyas and in Ayurveda ‘‘Aapt’’ Vachan are considered best one, So these Agraya-Dravyas are use in treatment. In Shatkriyakaal Agraya aushadhis are effective in Sthana Samshraya Avastha. So these drugs if used in Poorvarupa of Diseases can be more effective and stop the diseases to reach next stage of disease. Agraya dravya have their own gunas and own potential. On observing Agraya Aushada it was found that Agraya Aushadha was not always a single drug for particular diseases but it can be the use of two to four drugs in combo. Vagbhata as said that to achieve best potential of drugs it can be used in combo with other drugs because even though single herb formulation have been well established, but due to their active phytoconstituents, which usually present in minute amount sometimes they are insufficient to achieve the desirable therapeutic effects. For this Acharyas has given combo of two to four drugs for particular diseases also. Some Agraya Aushadhi are validated for their particular action and some are not. It's a need of hour to study all Agraya Aushadha and validate them for their best action. It is necessary to reemphasize current status of the drug therapy in Ayurveda and changes should be needed so that Ayurvedic prescriptions should not be challenged in any parameter. Use of these Agraya Aushadha and finding out new best one for diseases is one step forward to achieve this in field of Ayurveda.

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10. Ibid 9, Sutrasthana chapter 13 versus 13. p.150.