

REVIEW ON AGRAYA AUSHADA

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ABSTRACT

Ayurveda is one of the most ancient medical sciences of the world, which aims at promotion of health and treating the disease of an individual. Ayurveda gives prime importance to Saptapadartha, where Dravya is one among them. Dravya is an entity where in Guna and Karma recide by an innate quality (Samavaya Sambanda). In Ayurveda "Ekala dravya prayoga" is given prime importance, where in Agrya Prakarana most of the Dravya mentioned are Ekala (single drug). In present manuscript we are discussing regarding the agraya aushada.

Keywords: Ayurveda, Guna, Agraya Aushada.

INTRODUCTION

Agrya means Shresta Aushadha [1,2] i.e. which is best among all. In Bruhatrayee there is mentioning of Agrya Aushadhi, where Charaka includes 152 [1] entities, Astanga Sangraha includes 155 [2] entities and Astanga Hridayam has not mentioned the exact number of Agrya Aushadha. Among all the Acharyas who have mentioned Agrya Aushadhi, each one of them explains the importance of Agrya. As per the opinion of Charaka, Agrya is Shresta 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, Kapha with respect to Basti, Virechana, Vamana and it is best in relieving diseases. [1] As per Astanga Sangraha, he mentions it has Karyakaraka i.e. among many Karma performed, the one which is potent is said to be Agrya. [2] Astanga Hridayam adds Shresta Aushadha can be given in Vikalpa/Yoga based on Desha, Kala and Bala

Different authors have followed different methodology while explaining Agrya, so the number varies from author to author. Charaka emphasis more on Aushadha Dravyas than other entities. Apart from the Aushadha Dravyas, Astanga has included other entities such as Madya varga dravyas, Rasa Aushadhi etc.

Astanga Hridayam has explained Agrya Aushadha in the last chapter of Uttaratantra, as he has related the Agrya Dravya to Astangas of Ayurveda. Hence at

the end after explaining all aspects of Astanga he has explained it. The number of Agrya mentioned is less when compared to other classics, the reason was it is difficult to remember many Dravya for Manda Buddhi Purusha (person with less intellectual) and in commentary he states that these Dravya are sufficient enough to cure most of the diseases. It also help practitioners to select the apt drug keeping in view of disease condition, strength of person and availability of drugs. Selection of Agrya Dravya ensures desired results from the treatment. CONCLUSION Ayurveda emphasizes on „Swasthasya Swasthya Rakshanam Aaturasya Vikara Prashamanam cha" as its main principle. Agrya Prakarana of Astanga Hridaya includes Dravya which are based on their similar principle of prevention and management of the disease. 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 Agrya Prakarna acts as a key to success in the prevention and management of majority of the diseases.

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