



Review Article

CLINICAL IMPORTANCE OF *AGRYA AUSADHA ARAGVADHA* IN THE MANAGEMENT OF
VICHARCHIKA: A PHARMACOLOGICAL REVIEW

Manisha B^{1*}, Suresh C², O.P. Singh³, Sanjay Kumar Singh⁴

*1PG Scholar, ²Professor, Department of Dravyaguna, ³H.O.D. and Professor, Department Kaya Chikitsa, ⁴Professor, Department Roga nidana, Rishikul Ayurvedic Medical College, Haridwar, UAU, Dehradun, India.

Article info

Article History:

Received: 30-07-2024

Accepted: 26-08-2024

Published: 15-09-2024

KEYWORDS:

Aragvadha, *Mridu virechan*,
Anekvidhkalpana,
Agrya.

ABSTRACT

In Ayurvedic clinical practice, *Agrya ausadha* are the first drug of choice for treatment of various diseases. *Aragvadha*, as an *Agrya ausadha*, is employed for its therapeutic benefits in both internal and external applications. It is notably used for *Mridu virechana* (mild purgation) and as a topical remedy for various types of *Kustha*. In Ayurvedic dermatology *kustha* has been taken as supreme word for all skin diseases. *Vicharchika*, classified as a *Kshudra Kustha*, is treated through the dual principles of *Sodhana* (purification) and *Samana Chikitsa* (pacification). The *Majja* (pulp) of *Aragvadha* is utilized for internal *Sodhana* therapy, while the leaves are applied externally as a paste for *Samana Chikitsa*. Preliminary findings indicate that *Aragvadha* meets the criteria for an ideal drug as per classical Ayurveda, given its accessibility (*Bahuta*), versatility in formulations (*Anekvidhkalpana*), and effectiveness (*Yogatyam*). *Aragvadha*, through its varied formulations, plays a crucial role in the Ayurvedic management of *Vicharchika*. Its use aligns with the principles of *Sodhana* and *Samana Chikitsa*, offering a comprehensive approach to treating this skin disorder. The study highlights the clinical significance of different parts of *Aragvadha* and supports its continued use in Ayurvedic dermatological practice.

INTRODUCTION

In clinical practice, the choice of drug is a crucial aspect of treatment. The term "*Agrya*" means "*Shrestha*," which signifies the best among all options^[1]. *Ekal ausadhi*, or single drug therapy, often yields the best results in disease treatment. In Ayurveda, the term *Kustha* broadly encompasses various skin disorders, and *Vicharchika*, considered a low-intensity form of *Kshudra Kustha*, is analogous to eczema in modern terms. Eczema affects 15-20% of children and 1-3% of adults, with prevalence increasing in industrialized nations^[2]. In India, eczema has a point prevalence of 6.75%. Contemporary treatments are limited to symptomatic relief through antihistamines, corticosteroids, immunomodulators, and phototherapy, which can have long-term side effects. In contrast, Ayurveda offers a comprehensive approach to treating skin ailments through various

methods, including internal and external therapies like:

- *Anthaparimarjan chikitsa* (mainly include *Sodhana* and other *Panchkarma* procedures)
- *Bahiparimarjan chikitsa* (*Lepa*, *Abhyang*, etc.)

Among all *Dravyas*, *Aragvadha* is considered the *Agrya ausadha* for *Mridu virechana*^[3] (mild purgation). Although *Khadir* is the *Agrya dravya* and the drug of choice for all types of *Kustha* (skin disorders),^[3] *Acharya Chakrapani* considers *Aragvadha* to be one of the best drugs for *Bahiparimarjana chikitsa* (external purification) in various skin disorders^[4].

इति वचनेन खदिरः कुष्ठहरभेषजेषु प्रधानं, तथाऽपि खदिरं परित्यज्यारग्वधमादावुपदिशति, कुष्ठ- हरबहिः परिमार्जन भेषजेष्वारग्वधस्यैव प्रधानत्वख्यापनार्थम् ॥च.सू.3 (चक्रपाणी 1-2)

Acharya Charaka mentions topical applications (i.e., *Lepa*) that are applied for treating skin diseases (*Kustha*) yield immediate results when administered after the aggravated *Doshas* have been eliminated and the body's channels have been thoroughly purified.^[5]

यदुक्तं "ये लेपाः कुष्ठानां प्रयुज्यन्ते निहतास्तदोषाणाम् । संशोधिताशयानां सद्यः सिद्धिर्भवेत्तेषाम्" 5(च.चि. अ. ७)

Access this article online

Quick Response Code



<https://doi.org/10.47070/ijapr.v12i8.3358>

Published by Mahadev Publications (Regd.)
publication licensed under a Creative Commons
Attribution-NonCommercial-ShareAlike 4.0
International (CC BY-NC-SA 4.0)

While *Aragvadha* is often used as a single drug, it is also formulated in multiple ways and is equally effective in both *Anta* and *Bahimarjana chikitsa*. It is particularly beneficial in curing a variety of skin diseases, especially in *Kapha pradhana kushtha*^[6] such as *Vicharchika* (eczema).

AIM AND OBJECTIVES

1. To study the clinical importance of *Aragvadha* in the management of *Vicharchika*.
2. To evaluate clinical importance of different formulations of *Aragvadha* in *Vicharchika*.

***Aragvadha* [7]**

Cassia fistula, commonly referred to as *Amaltas* in Hindi or Golden Shower in English, is a well-known plant found in deciduous forests, thriving at elevations up to 1300 meters in the outer Himalayas. Belonging to the Fabaceae family, this plant is highly adaptable, capable of growing in poor, shallow soils, as well as on rocky and stony terrain. It is widely cultivated across Bangladesh and other Asian regions, including India,

the Philippines, Hong Kong, China, Mexico, Africa, South Asia, Malaysia, Indonesia, and Thailand. Known for its medicinal properties, the entire plant has been used for centuries in various treatments for numerous ailments.

Ayurvedic disease review

According to *Acharya Charaka*, *Vicharchika* is a skin disease characterized by eruptions with itching, dark pigmentation, and profuse discharge from the lesions^[8]. *Acharya Vagbhata* further elaborates, describing *Vicharchika* as blackish eruptions with intense itching and watery discharge, referred to as *Lasikadhya*.^[9] *Sushruta* defines it as a condition with dry skin lesions, severe itching, and marked lines^[10]. He adds that if similar lesions appear on the feet with pain, it is termed *Vipadika*.

Acharya Charaka categorises *vicharchika* under *Kapha pradhana kushtha*^[11] and *Acharya Sushruta* considered as *Pita Pradhan vyadhi*.^[12]

Pharmacological properties (*rasa panchaka* of *Aragvadha*)

S.no.	<i>Nighantu</i>	<i>Rasa</i>	<i>Guna</i>	<i>Veerya</i>	<i>Vipaka</i>	Therapeutic actions on doshas
1.	<i>Bhav Prakash Nighantu</i> ¹³	Madhura	Guru	Sheeta	-	Pittahara, Kaphahara
2.	<i>Raj Nighantu</i> ¹⁴	Madhura	-	Sheeta	-	Kaphahara
3.	<i>Shaligrama Nighantu</i> ¹⁵	Madhura	Guru, Snigdha, Mrudu	Sheeta	Madhura	Pittahara, Kaphahara
4.	<i>Dhanvantri Nighantu</i> ¹⁶	Madhura	Laghu, Sara	Sheeta	-	Vatahara, Pittahara
5.	<i>Kaiyadev Nighantu</i> ¹⁷	Madhura, Tikta	Guru, Mrudu	Sheeta	Madhura	Vatahara, Pittahara
6.	<i>Abhinav Nighantu</i> ¹⁸	Madhura	Guru	Sheeta		Vatahara, Pittahara
9.	<i>Madanpal Nighantu</i> ¹⁹	Madhura	Guru, Mrudu	Sheeta	Madhura	Vatahara, Pittahara
10.	<i>Adarsha Nighantu</i> ²⁰	Madhura	Guru, Mrudu	Sheeta	Madhura	Pittahara, Kaphahara
11.	<i>Priya Nighantu</i> ²¹	Madhura	-	-	-	-

Part used^[22]- Fruit pulp, root bark, stem bark, leaves, flowers, pods, root.





Phytochemical constituent and Pharmacological action of different part of Aragvadha

Part used	Phytochemical constituent ²³	Therapeutic action
Leaves	Rhein and its glycoside sennosides A and B	Anti-ulcer, anti-microbial, anti-fungal activity ²⁴
Pod	Fistulicacid and rhein glycoside	Laxative activity ²⁵
Flowers	Ceryl alcohol, fistulin, rhein dianthroquinone glucoside	Laxative ²⁵
Fruit pulp	Proteins, carbohydrates, arginine, leucine, methionine, phenylalanine	Purgative, laxative ²⁵
Seeds	Galactomannam composed of D-galactose and D-mannose Plant Seven bioflavonoid and two tri	laxative and carminative properties ²⁶
Root bark	fistucacidin	Strong purgative ²⁶

Pharmacological actions and Therapeutic use of different part of Aragvadha in Vicharchika For Anthaparimarjan

Aragvadha phal majja as laxative or purgative^[25]

It is clinically proven that the dose-dependent actions of Aragvadha make it effective as both a laxative and a purgative. Due to its purgative and laxative properties, it is used in Shodhana chikitsa to expel morbid Doshas from the body, which is the first line of treatment for Vicharchika (eczema) and various types of Kustha (skin disorders). As described by the Acharyas, Aragvadha is a safe drug for all age groups and is easily available in almost all parts of the country.

Aragvadha flower as laxative^[25]

Gulkand is made from Aragvadha flowers and also acts as a laxative for Kostha shuddhi (bowel cleansing).

Aragvadha root as strong purgative^[26]

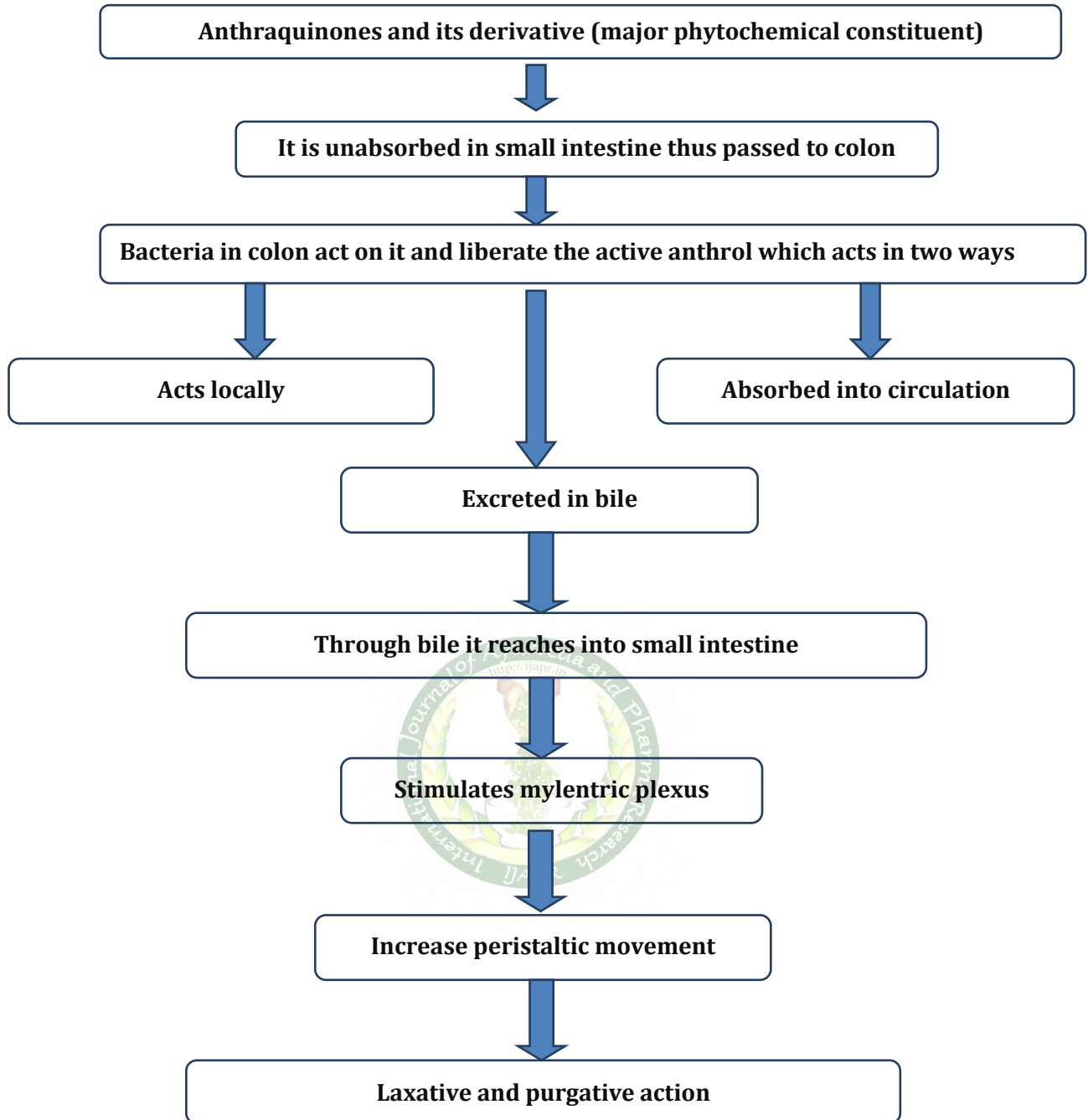
Aragvadha root is a strong purgative. When combined with different Anupāna (substances), Aragvadha root powder acts as a powerful purgative and is used as Virechaka aushadha in Panchakarma procedures. Thus it helps in Sodhana chikitsa.

Aragvadha Patra (leaves) as Bahiparimarjana Chikitsa

Aragvadha patra (leaves) as Lepa kalpana^[27]

In Ayurvedic scriptures, wherever Kustha treatment is mentioned, Lepa Kalpana treatment is also described, without exception. Acharya Chakrapani considered Aragvadha as the pradhanatama dravya for Kustha in Bahirparimarjana chikitsa.^[4] The term "Bahirparimarjana Chikitsa" refers to a combination of medical procedures and drugs that involve skin contact, such as Abhyanga, Sveda, Lepa, Pradeha, Parisheka, and Unmardana, to relieve skin-related ailments. Aragvadha leaves exhibit wound-healing properties and have antimicrobial action. Additionally, Acharya Charaka included Aragvadha under the Kusthaghana^[28] and Kandughana^[29] Mahakashayas. Due to which it pacify many symptoms of vicharchika.

Mode of action of Aragvadha ^[30]



REFERENCES

1. Pt Kashinath Sastri, Dr Gorakha Nath Chaturvedi, Deepika commentary of Chakrapani Datta Caraka Samhita, Vol I, Chaukambha Bharati Academy, Varanasi, 2006. Sutra sthana chap.25 page. no. 318
2. Rajka G. Essential Aspects of Atopic Dermatitis. Berlin, Germany: Springer Verlag; 1989.p. 125-38.
3. Pt Kashinath Sastri, Dr Gorakha Nath Chaturvedi, Caraka Samhita, Vol 1, Chaukambha Bharati Academy reprint, Varanasi, 2019, C.Chi, sthana chap.25/40 page no.407
4. Pt Kashinath Sastri, Dr Gorakha Nath Chaturvedi, Deepika commentary of Chakrapani Datta Caraka Samhita, Vol I, Chaukambha Bharati Academy, Varanasi, 2006. Sutra sthana chap.3(1-2) page no
5. Pt Kashinath Sastri, Dr Gorakha Nath Chaturvedi, Caraka Samhita, Vol 2, Chaukambha Bharati Academy reprint, Varanasi, 2019, C.Chi, sthana chap.7/53 page no 231
6. Pt Kashinath Sastri, Dr Gorakha Nath Chaturvedi, Caraka Samhita, Vol 2, Chaukambha Bharati Academy reprint, Varanasi, 2019, C.Chi, sthana chap.7/80 page no 235
7. Neelam C, Ranjan B, Komal S, Nootan C. Review on Cassia fistula. Int J Res Ayurveda Pharm. 2011; 2(2): 426-430

8. Pt Kashinath Sastri, Dr Gorakha Nath Chaturvedi, Caraka Samhita, Vol 2, Chaukambha Bharati Academy reprint, Varanasi, 2019, C. Chi, sthana chap.7/26 page no 227
9. Ashtang Hridayam edited by Nirmala Commentary by Dr.Brahmanand Tripathi, Chaukambha Sanskrit Pratishthan, Delhi, reprint-2017, A.Hr.Ni.14/18, pg.no.-529
10. Kaviraj Ambikadutta Shastri, edited with Ayurveda Tattva Sandipika, Sushrut Samhita, Chaukambha Sanskrit Sansthan, Varanasi, reprint-2010, Su.Ni.5/13 pg.no.-322
11. Pt Kashinath Sastri, Dr Gorakha Nath Chaturvedi, Caraka Samhita, Vol 2, Chaukambha Bharati Academy reprint, Varanasi, 2019, C.Chi, sthana chap.7/30 page no 227
12. Kaviraj Ambikadutta Shastri, edited with Ayurveda Tattva Sandipika, Sushrut Samhita, Chaukambha Sanskrit Sansthan, Varanasi, 2010, Su.Ni.5/16pg.no.-322
13. K.C. Chuneekar, Bhavprakash Nighantus, Chaukambha Bharati Academy reprint, Varanasi, 2022 haritkyadi varga slok no. 159-160 page no. 66
14. Indradeva tripathi, Raja Nighantus of Pandit Narahari, Varanasi, Chowkhamba Krishnadas academy, 2006 Pabhadradi varga, slok no. 44 to 47, p. 273.
15. Shri Shaligraam vaisyavarga, Shaligraam Nighantu, Astavarga khemraj shrikrishandas, Bombay, 2007.
16. Priyavrat sharma, dhanvantari nighantu, guduchyadi varga, Varanasi chaukhamba orientalia, 2005, slok no. 215-216, pg.no. 55-56
17. Priyavrat Sharma et al., editor, kaiyadeva nighantu 1st ed., Varanasi, chaukhamba orientalia (pathya pathya vibodhaka), 1979, aushadhni varga, slok no.942-44p. 174
18. Pt. Datta Ram, Abhinav Nighantu, Chaubey Publication Bhooshana Press, Mathura.
19. Vd Panchanan Pandit Ramprasad, Madanpal Nighantu, Khemraj Shrikrishnadas Prakashana, Mumbai, 1990.
20. Bapalalag vaidya, Adarsa Nighantu, Chaukambha Bharati Academy, Varanasi, 2009.
21. Priyavrat Sharma, Priya Nighantu, Haritakyadi varga, Chaukhamba surbharati prakashna, Varanasi; 2004.
22. Nadkarni AK. Indian Materia Medica. Vol-1. Third edition. Bombay. Popular Prakashan; 1976; page no.285-286
23. Chopra, R. N., Nayar, S. L. and Chpora, I. C. 2006. Glossary of Indian Medicinal Plants, National Institute of Science Communication and Information Resources: 54.
24. Rajeshwari V, Phytochemicals Evaluation of Aragwadha Patra W.S.R. to Utility in Skin Disorders.
25. Nadkarni AK. Indian Materia Medica. Vol-1. Third edition. Bombay. Popular Prakashan; 1976; page no.285-286
26. Kirtikar KR, Basu BD. Indian Medicinal Plants. Vol-2, Second Edition. Dehradun; M/s Bishne Singh Mahendra Pal Singh, 1975; Page no. 856-859
27. Pt Kashinath Sastri, Dr Gorakha Nath Chaturvedi, Charaka Samhita, Vol 2, Chaukambha Bharati Academy, Varanasi, 2006. Chi. sthana chap.7/96 page no.237
28. Pt Kashinath Sastri, Dr Gorakha Nath Chaturvedi Caraka Samhita, Vol I, Chaukambha Bharati Academy, Varanasi, 2019. Sutra sthana chap.4/13page no 72
29. Pt Kashinath Sastri, Dr Gorakha Nath Chaturvedi, Caraka Samhita, Vol I, Chaukambha Bharati Academy, Varanasi, 2019. Sutra sthana chap.4/14page no 73
30. K.D. Tripathi, Essentials of Medical Pharmacology 8th Edition Jaypee Brothers Medical Publishers page no.724

Cite this article as:

Manisha B, Suresh C, O.P. Singh, Sanjay Kumar Singh. Clinical Importance of Agrya Ausadha Aragvadha in the Management of Vicharchika: A Pharmacological Review. International Journal of Ayurveda and Pharma Research. 2024;12(8):111-115.

<https://doi.org/10.47070/ijapr.v12i8.3358>

Source of support: Nil, Conflict of interest: None Declared

***Address for correspondence**

Dr. Manisha Bisht

PG Scholar,
Department of Dravyaguna,
Rishikul Ayurvedic Medical
College Haridwar UAU,
Dehradun, India.

Email:

manishabisht57@gmail.com

Disclaimer: IJAPR is solely owned by Mahadev Publications - dedicated to publish quality research, while every effort has been taken to verify the accuracy of the content published in our Journal. IJAPR cannot accept any responsibility or liability for the articles content which are published. The views expressed in articles by our contributing authors are not necessarily those of IJAPR editor or editorial board members.