

A Critical Review on *Sugandhadi Agada*

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ABSTRACT

Background: One of the subdisciplines of *Ashtanga Ayurveda* is known as *Agadatantra*, and it deals with the various conditions associated with poisoning as well as their diagnosis and treatment. *Sarpavisha* is the most important *Visha* because it is the condition that requires urgent assistance. There are many *Agada Yogas* (anti-poisonous formulations) that are helpful in *Sarpavisha Chikitsa* mentioned by *Ayurvedic Acharyas*. *Sugandhadi Agada* is one of the *Agada Yogas* mentioned by *Acharya Vagbhatta* in *Ashtanga hridaye* and *Acharya Vriddha Vagbhatta* in *Ashtanga Sangraha*.

Aim and objectives: Based on the function of *Sugandhadi agada's* ingredients as described in various classical texts, this review and debate will focus on *Mandali* snake bite poisoning.

Materials and Method: By focusing on its properties and mechanism of action, the comprehensive review of *Sugandhadi Agada* formulation is done using texts like *Ashtanga Hridaye* and *Ashtanga Sangraha*.

Observations and Results: *Sugandhadi Agada*, as described by *Acharya Vagbhatta* and *Vriddha Vagbhatta*, contains eight drugs, all of which have *Vishahara*, *Jwarhar*, *raktapittahar*, and *Shothohara* properties and can be used to treat *Mandali Sarpavisha*.

Conclusion: *Sugandhadi Agada*, as mentioned by *Acharya Vagbhatta* and *Acharya Vriddha Vagbhatta* in *Mandali Sarpavisha Chikitsa*, might be one of the effective anti-poisonous formulations that ought to be tried for experimental and clinical trials in *Sarpavisha Chikitsa*.

Keywords: *Agada Tantra*, *Sarpadamsha Chikitsa*, *Sugandhadi Agada*, *Mandali Sarpavisha*

INTRODUCTION

Ayurvedic medicine is traditionally divided into eight branches, with *agada* being one of them. Specifically, the term "*agada*" is used to refer to the field of medicine that deals with toxicology, which is the description of the various types of poisons and their antidotes. Literally, the terms "*gada*" and "*agada*" mean a disease and "any agent that makes the body free from disease," respectively. According to its definition, *agada tantra* is a branch of toxicology that deals with both *Jangama* (animate) and

Sthavra or *kritrim* (inanimate) poisoning, their symptoms, and treatments. Because people used to live in the forests, snakes have historically been the animal that bites people the most and needs emergency assistance. To combat both animal and plant poisons, *acharyas* have provided numerous *Agada yogas* (combinations of herbal, mineral, herbomineral, and animal products) in various *Samhitas*. Since snake bite poisoning was the most common and dangerous type, the *Acharyas* described specific *agada yogas* in reference to

Rajiman, mandali, and darvikar (types of snake) bites.

Sugandhadi agada, which is used in the mandali sarpavisha (snake bite poisoning), is one of the agada yogas covered in this article.

AIM and OBJECTIVES:

To review and debate Sugandhadi agada in relation to Mandali Sarpavisha based on the functioning of its ingredients as described in various classical texts.

MATERIALS & METHODS

Several classical texts were referred, including the Charak Samhita, the Susruta Samhita, the Ashtanga Hridaye, the Ashtang Sangraha, the Bhavapraksha Samhita, and textbooks like the Dravyaguna Vigyana and the Agadatantra, among others.

Sarpavisha, agada yogas, mandali sarpa, sarpavisha chikitsa etc. were used as search

terms in a Medline and PubMed database search.

SUGANDHADI AGAD: Sugandhadi agada is one of the agada yogas mentioned in both ashtanga hridaye,^[1] chapter 36- sarpavisha pratishedam adhyaye and Ashtanga Sangraha,^[2] chapter 42 - sarpavisha pratishedam adhyaye. The drugs of the Sugandhadi Agada according to Ashtanga hriday and Ashtanga Sangraha are Sugandha, Mridvika, Shwetakhya, Gaja Dantika, Saurasa, Kapitha, Bilva, Dadima. Some of the drugs are synonyms mentioned in the quotation given as - Sugandha as per ashtanga sangraha is taken as gandhanakuli, which is the synonym of Sarpagandha,^[3] Shwetakhya according to ashtang sangraha⁴ is Koyal, which is synonym of Aprajita⁵, Gajadantika according to ashtang hridaye is nagavrittika or shallaki.^[6]

Table 1: Ingredients of Sugandhadi Agada with botanical name and family

S.no:	Ingredient	Parts	Botanical name	Family
1	Sugandha ^[7]	1 part	Rauwolfia serpentina	Apocynaceae
2	Mridvika ^[8]	1 part	Vitis vinifera	Vitaceae
3	Shwetakhya ^[9]	1 part	Clitoris ternatea Linn	Fabaceae
4	Gaja Dantika ^[10]	1 part	Boswellia serrata Roxb	Burseraceae
5	Saurasa ^[11]	½ part	Oscimum sanctum	Lamiaceae
6	Kapitha ^[12]	½ part	Feronia elephantum Correa	Rutaceae
7	Bilva ^[13]	½ part	Aegle marmelos	Rutaceae
8	Dadima ^[14]	½ part	Punica granatum	Punicaceae

Table 2: Ingredients of Sugandhadi Agada and its properties

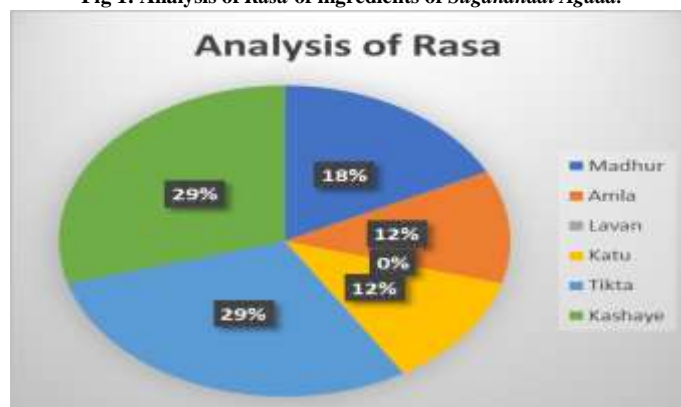
S.no:	Dravya (drug)	Rasa (taste)	Guna (attribute)	Veerya (potency)	Vipaka (Internal biotransformation of dravya)
1	Sugandha	Tikta (Bitter)	Ruksha (dry)	Ushna (hot)	Katu (pungent)
2	Mridvika	Madhur (sweet)	Snighdha (moist), guru (heavy), mridhu (soft)	Sheeta (cold)	Madhur
3	Shwetakhya	Katu, tikta, kshaye (astringent)	Laghu (light), tikshna (quick)	Sheeta	Katu
4	Gaja Dantika	Kshaye, Tikta, madhur	Laghu, ruksha	Sheeta	Katu
5	Tulsi patra	Katu, tikta	Laghu, ruksha	Ushna	Katu
6	Kapitha	Amla (sour), kshaye	Guru,	Sheeta	-
7	Bilva	Kshaye, tikta	Laghu, ruksha	Ushna	Katu
8	Dadima	Madhur, Kshaye, amla	Laghu, snigdha	Anushna (noy hot, not cold)	Madhur

Table 3: Ingredients of Sugandhadi Agada and its karma.

S.no:	Dravya	Dosha Karma	Karma
1.	Sugandha	Kaphavatashamak	Vishahar (anti toxic), jwarhar (anti pyretic), krimighna (anti helminthic), Vranhar (wound healing). ^[15]
2.	Mridvika	Vatapittashamaka	Sara (laxative), brihmna (nourishing), svarya (enhances voice), shoshar (anti edema), madatayayahar (anti intoxicant), trishnahar (cures thirst), shwashar (anti asthmatic), vatrakthar, kamlahar (cures jaundice), mutrapravartak (diuretic), vrishya (increases semen), ruchikar (appetizer), raktpithar (cures bleeding), jwarhar, mohanashak (cures delusion), dahahar (Soothes the burning). ^[16]
3.	Shwetakhya	Tridoshghna	Medhya (Enhances memory), chakshuye (improves vision), mutraroghar (cures urinary infections), kanthye (alleviate throat ailments), kushtahar (Alleviate skin disorders), vranahar, aamdhoshar (digestive), shoshar (cures edema), vishahar. ^[17]
4.	Gaja Dantika	Kaphapittashamak	brihmna, raktpittahar, vranahar, atisarhar (anti diarrheal). ^[18]
5.	Tulsi patra	Kaphavatashamak	Hridya(Cardio-protective), dipani(Gastro-stimulant), kushtahar, mutrakrichahr (cures urinary pains), raktvikarjit(Alleviates Raktaja diseases). ^[19]
6.	Kapitha	Vatapittashamak	Trishmahar, hikkashaman, grahi, kanthye. ^[20]
7.	Bilva	Vatashamak	Grahi, deepani, balya, pachak (improves digestion). ^[21]
8.	Dadima	Tridoshghna	Santarpak, shukrajanan (increases semen count), grahi, balya, trishnahar, jwarhar, hridye, kanthye, medhye, dahahar. ^[22]

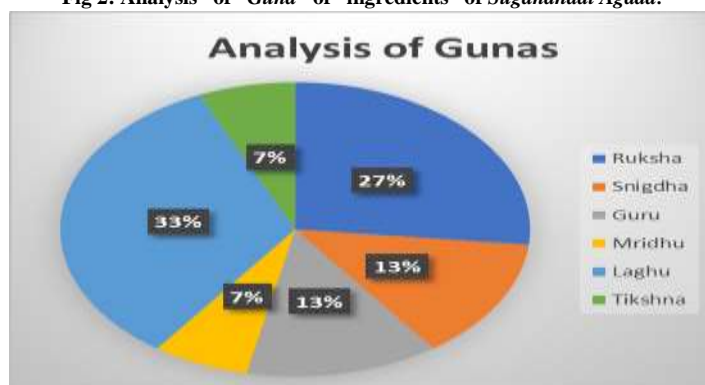
Method of preparation: According to *Ashtanga hridaye- Vagbhata*, it states that *Sugandha*, *Mridvika*, *Shwetakhya*, and *Gaja Dantika* should be taken in equal amounts, while *Tulsi Patra*, *Kapitha*, *Bilva*, and *Dadima* should be taken in half-amounts each, and *Madhu* (honey) should be consumed as *anupan*.

Fig 1: Analysis of Rasa of ingredients of Sugandhadi Agada.



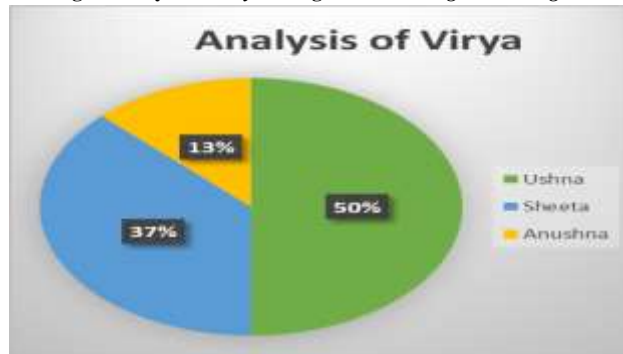
According to table 2, 29% of *rasa* in this formulation are *tikta* and *kshaye* respectively, *Madhur rasa* is 18%, whereas, *amla* and *katu* are 12% each.

Fig 2: Analysis of Guna of ingredients of Sugandhadi Agada:



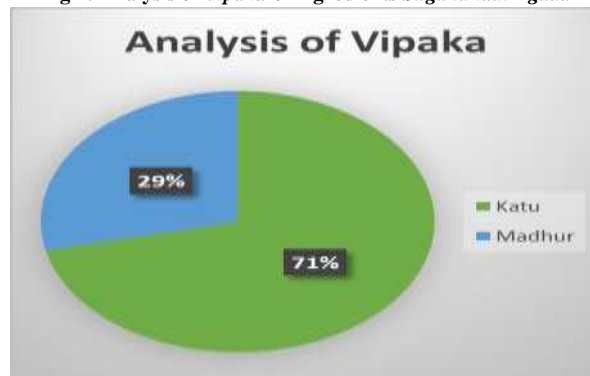
According to table 2, *Laghu* being the highest % of the *guna* in this formulation viz 33%, *ruksha* is 27%, 13% are *guru* and *snigdha* each, whereas, *tikshna* and *mridu* are 7% each.

Fig 3: Analysis of *Virya* of ingredients of *Sugandhadi Agada*



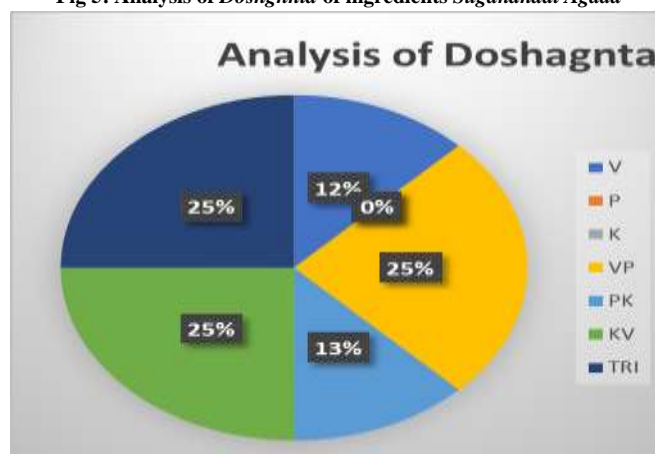
According to table 2, 50% of drugs are *ushna virya* and 37% accounts for *sheeta virya* and 13% are *anushna sheeta*.

Fig 4: Analysis of *Vipaka* of ingredients *Sugandhadi Agada*



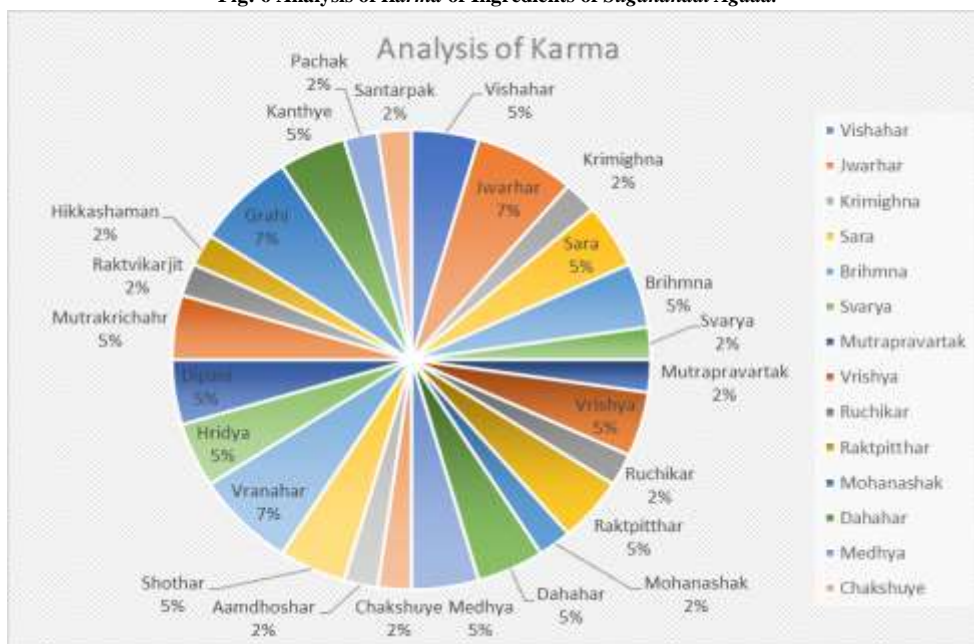
According to table 2, 71% of the drugs are of *Katu vipaka* and 29% are of *Madhur vipaka*.

Fig 5: Analysis of *Doshghnta* of ingredients *Sugandhadi Agada*



According to table 3, present formulation is 25% *Tridoshhar*, 25% *Kaphavatahar*, 25% *Vatapittahar*, 13% *pittakaphahar* and 12% *vatahar*.

Fig: 6 Analysis of Karma of Ingredients of Sugandhadi Agada.



According to table 3, formulation presents 7% of *Jwarhar*, *Grahi*, *Vranahar* karma each, 5% of *Sara*, *Brihmna*, *Raktapittahar*, *Dahahar*, *Medhya*, *Shothhar*, *Hridhya*, *dipana*, *Mutrakricchahar*, *kanthye*, *Vishahar*

karma each. Rest 2% of *karma* are *Santarpak*, *svarya*, *mutrapravartak*, *ruchikar*, *mohnashak*, *chakshushye*, *aamdoshhar*, *raktavikarjit*, *hikkashaman*, *pachak* each.

Table: 4 *Lakshnas* (signs and symptoms) of *Mandali sarpavisha* and ingredients of *Sugandhadi agada* working on the particular symptoms:

S.no	Lakshna ^[23]	Ingredient that might combat the lakshna
1.	Yellowish discolouration of skin, nails, Stools and urine.	<i>Mridvika</i> - acts as <i>sara</i> to allievate pitta,
2.	<i>Sheetaabhilasha</i> (wanting cool things)	<i>Sugandha</i> , <i>Mridvika</i>
3.	<i>Paridhoopan – sarvang santap</i> (heating of body)	<i>Sugandha</i> , <i>Mridvika</i>
4.	<i>Daha</i>	<i>Dadima</i> , <i>Mridvika</i>
5.	<i>Trishna</i>	<i>Dadima</i> , <i>Mridvika</i> , <i>Kapitha</i>
6.	<i>Mada</i>	<i>Mridvika</i>
7.	<i>Murcchha</i>	<i>Mridvika</i>
8.	<i>Jwara</i>	<i>Sugandha</i> , <i>Dadima</i> , <i>Mridvika</i>
9.	<i>Shonita urdhva and adha gaman – Raktapitta</i>	<i>Dadima</i> , <i>Mridvika</i> , <i>Gaja Dantika</i> ,
10.	<i>Masavshatan</i>	<i>Sugandha</i> - acts as <i>krimighna</i> , <i>Gaja Dantika</i>
11.	<i>Shvathu</i>	<i>Dadima</i> , <i>Mridvika</i> , <i>Shwetakhya</i>
12.	<i>Damshakoth</i>	<i>Dadima</i> , <i>Sugandha</i> - acts as <i>krimighna</i> , <i>Shwetakhya</i> , <i>Gaja Dantika</i>
13.	<i>Vishakopa</i>	<i>Sugandha</i> , <i>Shwetakhya</i>
14.	<i>Pitajanaya vedna</i>	-

DISCUSSION

Ayurveda is a vast collection of fundamental ideas and treatments that have all been tried and verified by our acharyas. However, as time went on, there was a deterioration in memory, knowledge, and comprehension regarding all these parts of our classic literature, and gradually the

precious knowledge of Ayurveda began to fade. As was already said, *agada tantra* is an element of *Ashtanga Ayurveda*, and as such, it has comprehensive knowledge about several types of poisoning and how to treat them in our classical books. However, relatively few drugs are used nowadays and are limited to specific conditions as well as

regions. Consequently, it is necessary to reassess the aforementioned traditional remedies and *Sugandhadi Agada* is one of those remedies that has to be explored, hence it is chosen for review.

Sugandhadi agada has 8 drugs as mentioned in table 1 and *madhu* as the *anupan*. The *lakshnans* of the *mandali sarpa* bite are predominantly *pittaj*, as can be observed in table 4. Based on the formulation's *rasa*, *tikta* and *kshaye* account for 29% of the formulation, *Madhur rasa* for 18%, and *amla* and *katu* for 12% each as shown in fig 1. As mentioned in *Charak samhita*, *tikta rasa* [24] is *vishaghna*, *krimighna*, cures *daha*, cures *murccha*, is *trishnahar*, *jwarnashak*, *agnideepak* and *pachak*. *Tikta rasa* pacifies *pitta*, *kapha*, *meda*, *lasika* and is *sheeta* in *virya*. *Kshaye rasa*, [25] which comprises another 29% of the total, is also *stambhniye* (controls bleeding), *sandhaniye*, *vranropak*, calms *pitta*, and also is *sheeta* in *virya*. *Madhur rasa*, [26] which accounts for 18% of the total, is the next. It is *balya*, *pittahar*, *vishahar*, *dahahar*, *trishnahar*, *brihmna*, *dhatu paushtik*, it treats *murccha* and is *sheeta* in *virya*. All of the aforementioned characteristics of these *rasas* conflict with *Mandali Sarpavisha's pitta pradhan lakshans*.

Since *laghu* makes up 33% of the total *guna* in this formulation as shown in fig 2, its primary characteristic is wound healing, [27] which is essential in bite cases.

Base on the analysis of *virya* of formulation 50% is *ushna* and rest is *sheeta* and *anushna sheeta* as shown in fig 3, *sheeta virya* and *anushna sheeta* ultimately pacifies *pitta*.

Although 71% of the formulation's elements are *katu vipaka* as in fig 4, not all of them function in accordance with their *vipaka*, as can be observed by the fact that this *formulation's rasa*, *guna*, and *virya* pacifies *pitta*.

According to the *doshaghnta* of the constituents as shown in fig 5, the current formulation is 25% *tridoshar*, 25% *vatapittahar*, and 13% *pittakaphahar*.

Jwara is one of the key *lakshanas* in *mandali sarpadamsa*, and *jwaraghna* making up 7% of the ingredients as shown in fig 6. Since bites result in wounds, 7% of ingredients are *Vranahar*, which may aid in healing. *Brihmna* accounts for 5% of the ingredients and may be beneficial in nourishing the afflicted. 5% of them are *Dahahar*, which may help relieve the burning sensation caused by the bite. 5% of the ingredients are *Shothhar*, may assist to relieve oedema, and 5% of the ingredients are *Hridhya*, as the *samprapti* of *visha* explains, poison that enters the body first vitiates the *Raktadhatu*, then moves on to the *Kapha*, *Pitta* and *Vatadosha doshas* before invading the *Hridya* and killing the body, thus *Hridhya* drugs might help in protecting the *hridya*. *Vishahar*, which accounts for 5% of them, may aid in poisoning relief.

CONCLUSION

The formulation's constituents solely counteract the *pitta pradhan*-representing *lakshnas* of *Mandali sarpavisha*. In the formulation above, the largest percentage of *Rasa*, *Guna*, and *Virya* are *pittashamak*. Not only that, but these drugs' exact opposing *karmas* - viz., *vishahar*, *jwarhar*, *shothhar*, *dahahar*, *murcchahar*, *hridya*, etc. could work to counteract the *sarpavisha*. *Sugandhadi Agada* in *Mandali Sarpavisha Chikitsa* - which was mentioned by *Acharya Vagbhatta* and *Acharya Vridha Vagbhata*— may be found to be one of the potent anti-poisonous formulations whose herbal ingredients are secure, risk-free, easily accessible, and affordable. For a better understanding of efficacy as well as to

research the mode of action of this formulation and for better use in the field of snakebite care, additional in-depth experimental and clinical studies are therefore required.

Declaration by Authors

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