



Review Paper

## Review Article of *Eksara Agada*

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Abstract	Manuscript Information
<p>The Science of medicine came into existence with the existence of life because the science of medicine was the need of life and since then it has been developing. Gradually, many diseases are involved as science and time advance. Different paths based on different doctrines with their vivid understandings of the different diseases tried to give specific theories. Ayurveda is such a science that has specific doctrines based on which it flourishes. Its diagnostic approach is based on Nidana Panchaka. In Ayurveda, a special drug for <i>Visha</i> is called Agada. So, in this research paper, <i>Eksara Agada</i> is one of them. So, this paper aims to present the details of <i>Eksara Agada</i>.</p>	<ul style="list-style-type: none"> <li>▪ <b>ISSN No:</b> 2583-7397</li> <li>▪ <b>Received:</b> 15-06-2024</li> <li>▪ <b>Accepted:</b> 07-07-2024</li> <li>▪ <b>Published:</b> 05-09-2024</li> <li>▪ <b>IJCRM:</b>3(5); 2024: 58-62</li> <li>▪ <b>©2024, All Rights Reserved</b></li> <li>▪ <b>Plagiarism Checked:</b> Yes</li> <li>▪ <b>Peer Review Process:</b> Yes</li> </ul>
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**Keywords:** *Eksara*, *Visha*, Antidot, *Agadatantra*, *Kushtha*, Oushada Yogas

### 1. INTRODUCTION

The drug is said to be ideal which curing diseases without any side effects. Emphasizing this fact, Ayurveda gave a comprehensive approach to the complete knowledge of the drugs, right from the procurement, identification, processing, and application. Every physician might know the medicinal values of every drug. Along with this, it is a Physician's responsibility to know the medicinal properties of the drugs clinically i.e. by experience. Drugs that are specifically used for the treatment of poisonous cases are known as 'Agada'. Only a few *Oushada Yogas* are used at present to treat Snake poisoning.

The reason for the above matter is the non-availability and controversy of the ingredients included in the *Oushada Yogas* mentioned in the classical texts. In Ayurveda, there are eight branches. *Agadatantra* is one branch among the eight branches. *Agadatantra* mainly deals with the *Agadas* (Antidot). *Eksara Agada* is one special drug for *visha*.

### 2. MATERIAL AND METHODS

Ayurvedic view of *Eksara Agada*. So, details of *Eksara Agada* are as follows -

**Ekasara Agada:**

(su. K. 5/ 84-86)

सोमराजीफलं पुष्पं कटभी सिन्धुवारकः |  
चोरको वरुणः कुष्ठं सर्पगन्धा सप्तला ||८४||

पुनर्नवा शिरीषस्य पुष्पमारग्वधार्कजम् |  
श्यामाऽम्बुष्ठा विडङ्गानि तथाऽम्राशमन्तकानि च ||८५||

भूमी कुरबकश्चैव गण एकसरः स्मृतः |  
एकशो द्वित्रिशो वाऽपि प्रयोक्तव्यो विषापहः ||८६||

**Contents:**

1. *Bakuchi,*
2. *Bakuchi Pushpa,*
3. *Nirgunda,*
4. *Chorak,*
5. *Varuna,*
6. *Sarpagandha,*
7. *Shweta Koyal,*
8. *Arkapushpa,*
9. *Ashmantaka,*
10. *Kurvaka*
11. *Kushtha,*
12. *Salsa,*
13. *Punarnava,*
14. *Shirishpushpa,*
15. *Amaltasa Pushpa,*
16. *Nishotha,*
17. *Patha,*
18. *Vidanga,*
19. *Aama,*
20. *Valmika,*

Name	Latin Name	Family	Properties (Ayurved)	Properties (Modern)
Bakuchi	<i>Psoralea cordifolia</i>	Fabaceae or Leguminosae	<b>Rasa:</b> katu, tikta <b>Guna:</b> laghu, ruksha <b>Virya:</b> ushna <b>Vipaka:</b> katu <b>Doshakarma:</b> kapha-vata shamaka	Anti-acne, Antibacterial Antifungal, Antioxidant Anticancer, Retinal regeneration, Anti-aging, Estrogen receptor agonist, Postmenopausal symptoms, Anti-diabetic, Lymphangiogenesis inhibition, Anti-Alzheimer
Katabhi	<i>Celastrus paniculatus</i>	Celastraceae	<b>Rasa:</b> katu <b>Guna:</b> ruksha <b>Virya:</b> ushna <b>Vipaka:</b> katu <b>Doshakarma:</b> kapha shamaka	Antidepressant, Anti-inflammatory, Neuroprotective effect Antispermato-genic action, antioxidant, antimicrobial analgesic, sedative, and antiepileptic, Nootropic activity
Sindhuvar	<i>Vita nirgundo</i>	Verbenaceae	<b>Rasa:</b> katu, tikta <b>Guna:</b> laghu, ruksha <b>Virya:</b> ushna <b>Vipaka:</b> katu <b>Doshakarma:</b> kapha-vata shamaka	cardiotonic, anti-inflammatory, analgesic, anti-histaminic, anti-cancerous, anxiolytic, anti-asthmatic, hepatoprotective, Antibacterial, Embryo Protective, Drug Potentiating Ability, Reproductive Potential, Antiproliferative Properties, Mast Cell Stabilizing Activity, Insecticidal and Pesticidal, Miticidal, Antipyretic
Varun	<i>Crataeva nurvala</i>	Capparidaceae	<b>Rasa:</b> tikta, kashaya <b>Guna:</b> laghu, ruksha <b>Virya:</b> ushna <b>Vipaka:</b> katu <b>Doshakarma:</b> kapha-vata shamaka	Diuretic, laxative, anti-inflammatory, ageing, antimicrobial, anti-diabetic, antidiarrhoeal, antimalarial, anti-fertility, antiuro lithiatic, Antibacterial, Anthelmintic, Antinociceptive, Hepatoprotective, Antimalarial, antioxidant, Wound healing activity, Analgesic, Cardioprotective
Kushtha	<i>Sassurea lappa</i>	Compositae	<b>Rasa:</b> tikta, katu, madhur <b>Guna:</b> laghu, ruksha, tikshna <b>Virya:</b> ushna <b>Vipaka:</b> katu <b>Doshakarma:</b> kapha-vata shamaka	anti-inflammatory, hepatoprotective, anti-ulcer, anti-cancer, immunomodulatory, and pesticidal activities, Antispasmodic, Hypotensive and vaso relaxation, Antiparasitic, Antifeedant, CNS-Depressant
Sarpagandha	<i>Rauwolfia serpentina</i>	Apocynaceae	<b>Rasa:</b> tikta <b>Guna:</b> ruksha <b>Virya:</b> ushna <b>Vipaka:</b> katu <b>Doshakarma:</b> kapha-vata shamaka	cardio depressant, hypnotic and sedative hypertension, insomnia, sexual aggression, and vertigo anticholinergic, hypotensive, anticontractile, sedative, relaxant, hyperthermic, antidiuretic, sympathomimetic, hypnotic, vasodilator, antiemetic, anti-fibrillar activity tranquilizing agent, anti-arrhythmic, antifungal and nematocidal
Saptala	<i>Acacia conunna</i>	Mimosaceae	<b>Rasa:</b> tikta <b>Guna:</b> laghu <b>Virya:</b> shita <b>Vipaka:</b> katu <b>Doshakarma:</b> kapha shamaka	Antibacterial, Anticancer, Antioxidant
Punarnava	<i>Boerhavia diffusa</i>	Nyctaginaceae	<b>Rasa:</b> madhur, tikta, kashaya <b>Guna:</b> laghu, ruksha <b>Virya:</b> ushna <b>Vipaka:</b> madhur <b>Doshakarma:</b> tridosha shamaka	Antifibrinolytic, Anticancer, spasmolytic, Cardiotonic, antidepressant, antistress and immunomodulation, antihyperglycemic, hepatoprotective

Sirisha	<i>Albizia lebbek</i>	Fabaceae	<b>Rasa:</b> kashaya, tikta, madhur <b>Guna:</b> laghu, ruksha, tikshna <b>Virya:</b> ishad ushna <b>Vipaka:</b> katu <b>Doshakarma:</b> tridosha shamaka	Anti-inflammatory, healing agent, antidote, blood purifier, and strengthens gums and teeth vermifugal, semen inspissate resolving and improves vision Anthelmintic, removes the derangement of phlegm bile, anti-diarrheal, anti-catarhal, Antihistaminic, Analgesic, Allergic conjunctivitis, Anti convulsive, Anti-bacterial, Antimicrobial, cytotoxicity, and free radical scavenging
Aragwadha	<i>Cassia fistula</i>	Caesalpiniaceae	<b>Rasa:</b> madhur <b>Guna:</b> guru, mridu, snigdha <b>Virya:</b> shita <b>Vipaka:</b> madhur <b>Doshakarma:</b> vata- pitta shamaka	anti-inflammatory, antipyretic, Analgesic, Antibacterial, Hepatoprotective, Anti-ulcer, Anti-Fungal, Hypoglycemic activity, Antiviral, Anti-fertility, Skin Diseases, Larvicidal, Wound healing property, Antioxidative, Anti-tumour
Ark	<i>Calotropis gigantea</i>	Apocynaceae	<b>Rasa:</b> katu, tikta <b>Guna:</b> laghu, ruksha, tikshna <b>Virya:</b> ushna <b>Vipaka:</b> katu <b>Doshakarma:</b> kafa- vata shamaka	analgesic, anti-inflammatory, antimicrobial, antioxidant, antidiabetic, anticancer, antifertility, hepatoprotective, and wound healing, anti- diarrhoeal activity antioxidant activity, anti-Candida activity, antibacterial activity, Roots are reported to contain cytotoxic activity, antipyretic activity
Shayama	<i>Operculina turpethum</i>	Convolvulaceae	<b>Rasa:</b> tikta, kashaya, madhur <b>Guna:</b> guru, ruksha, <b>Virya:</b> shita <b>Vipaka:</b> katu <b>Doshakarma:</b> tridosha shamaka	anticancer, antioxidant, anti-inflammation, anti-HIV, antibacterial, anticoagulant, antitumor, analgesic, and immunomodulation activities. The antioxidant, hematopoietic, hepatoprotective, antiulcer, antimicrobial, and antidiabetic activities
Ambashtha	<i>Cissampelos pareira</i>	Menispermaceae	<b>Rasa:</b> tikta <b>Guna:</b> laghu, tikshna <b>Virya:</b> ushna <b>Vipaka:</b> katu <b>Doshakarma:</b> tridosha shamaka	antipyretic, anti-inflammatory, antiarthritic, antiulcer, antidiabetic, anticancer, antifertility, antimicrobial, antioxidant, antivenom, antimalarial, and immunomodulatory
Vidanga	<i>Embalia ribes</i>	Myrsinaceae	<b>Rasa:</b> katu, kashaya <b>Guna:</b> laghu, ruksha, tikshna <b>Virya:</b> ushna <b>Vipaka:</b> katu <b>Doshakarma:</b> kafa- vata shamaka	Antioxidant, Anti-inflammatory, Cardioprotective, Hepatoprotective
Amra	<i>Mangifera indica</i>	Anacardiaceae	<b>Rasa:</b> kashaya <b>Guna:</b> laghu, ruksha <b>Virya:</b> shita <b>Vipaka:</b> katu <b>Doshakarma:</b> kafa- pitta shamaka	anti-diabetic, anti-oxidant, anti-viral, and anti-inflammatory properties. Various effects like antibacterial, anti-fungal, anthelmintic, anti-parasitic, anticancer, anti-HIV, anti-bone resorption, antispasmodic, antipyretic, antidiarrheal, immunomodulation, hypolipidemic, anti-microbial, hepatoprotective, gastro-protective
Asmantaka	<i>Ficus rumphii</i>	Moraceae	<b>Rasa:</b> kashaya <b>Guna:</b> laghu, ruksha <b>Virya:</b> sheeta <b>Vipaka:</b> katu <b>Doshakarma:</b> kafa- pitta shamaka	Antioxidant, antimicrobial, anticancer, anti-inflammatory and antidiabetic

Kurabaka	<i>Barleria prionitis</i>	Acanthaceae	<b>Rasa:</b> tikta, madhur <b>Guna:</b> laghu, snigdha <b>Virya:</b> ushna <b>Vipaka:</b> katu <b>Doshakarma:</b> kafa- vata shamaka	antimicrobial, anthelmintic, antifertility, antioxidant, antidiabetic, anti-inflammatory, anti-arthritis, cytoprotective, hepatoprotective, diuretic, anti-diarrhoeal, enzyme inhibitory
Bhoomi	----	----	<b>Rasa:</b> madhur <b>Guna:</b> snigdha, shita, guru <b>Virya:</b> shita <b>Vipaka:</b> madhur <b>Doshakarma:</b> kafa- pitta shamaka	----

**Indication**

1-1/2-2/3-3 Milakar Prayoga- Sarva Visha Nashak

**The action of Yoga**

The combination of this yoga has a special action as *Vishaghna* in any *Visha* (Jangama or Sthavara) as per the classical reference. In the phalasaruti, it is said that the usage of this yoga removes all the toxicity of Sarpa *Visha*.

**CONCLUSION**

- *Eksara* agada is best for any disorders due to *Visha*.
- It removes all the toxicity of Sarpa *Visha*.

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