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A REVIEW OF *PIPPALYADI AGADA* WITH SPECIAL REFERENCE TO YOGARATNAKAR

GATFANE RY^{1*}, PATIL S², WARE RA³ AND DENGES KS⁴

- 1: Professor and Head, Dept of Agadtantra, D. Y. Patil deemed to be University School of Ayurveda, Nerul, Navi Mumbai – 400 706
- 2: Ph. D. Guide and Ex - Professor and Head, Dept of Agadtantra, D. Y. Patil deemed to be University School of Ayurveda, Nerul, Navi Mumbai – 400 706
- 3: Associate Professor, Dept of Rognidan Evum Vikriti Vigyan, D. Y. Patil deemed to be University School of Ayurveda, Nerul, Navi Mumbai – 400 706
- 4: Associate Professor, Dept of Agadtantra, D. Y. Patil deemed to be University School of Ayurveda, Nerul, Navi Mumbai – 400 706

***Corresponding Author: Dr. Rupali Y. Gatifane; E Mail: rupaligidadhe@gmail.com**

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ABSTRACT

Agadtantra is one of the branch of *Ashtang* Ayurveda. It deals with the types, signs & symptoms, fatal dose, fatal period, treatment of *Visha* (poison). It also deals with various Medicinal preparations of *Visha* i.e. *Agada Kalpas*

Pippalyadi Agada is one of them explained by acharya *Yogaratanakara*. It is a herbomineral combination of *Pippali* (*Piper longum*), *Dhanyaka* (*Coriandrum sativum*), *Jatamansi* (*Nardostachys Jatamansi*), *Lodhra* (*Symplocos racemosa*), *Sukshma ela* (*Elleteria cardimomum*), *Bruhad ela* (*Amomum subulatum*), *Maricha* (*Piper nigrum*), *Tagara* (*Valeriana Wallichii*) & minerals like, *Suwarchika* (Salt petre /Potassium nitrate) & *Suvarna Gairika* (Red oxide of iron). It is indicated in the treatment of *Dushivisha*. i.e. chronic cumulative toxicity.

Ingredients of *Pippalyadi Agada* have anti-toxic, anti-inflammatory, anti-oxidant, antifungal, antimicrobial, hepatoprotective and immune-stimulatory properties.

So, in this review article, various properties of *Pippalyadi Agada* were discussed.

Keyword: *Pippalyadi Agada*, *Dushi Visha*. Yogaratnakar Antioxidant, Antitoxic, Hepatoprotective

INTRODUCTION

Ayurveda is the science of life. It is evolved for two prime goals that are to maintain the good health and to cure the diseases or pathological conditions. *Agadtantra* is one of the branch of *Ashtang* Ayurveda. It deals with the types, signs & symptoms, fatal dose, fatal period, treatment, of *Visha* (poison). It also deals with various Medicinal preparations of *Visha* i.e. *Agada Kalpas*. *Agad* is “antidote,” which counteracts the hazardous effects of poisons on living beings. According to ancient classical texts, certain *Agada* are broad acting and some others are target specific in action. *Agada* act as a specific antidote for various types of poisoning [1]. *Visha* is classified as *Sthavar Visha* (Inanimate poison), *Jangam Visha* (Animate poison) & *Kritrima Visha* (Artificial poison) [2]. *Dushi Visha* is a part of *Sthavar*, *Jangam* or *Krutrima Visha* which cannot be eliminated from the body completely but it is denatured due to previous use of anti-poisonous remedies, dried by fire, air or exposure to sunlight & lose its original properties is known as *Dushi Visha*. Due to its low potency, it is not fatal instantly but as it is encapsulated by *Kapha Dosha*, it remains accumulated in the body for several years. Thus, it can cause various diseases in long term [3].

Pippalyadi Agada is one of the antidote explained by acharya *Yogaratanakara*. It is a combination of *Pippali*, *Dhanyaka*, *Jatamansi*, *Lodhra*, *Sukshmaela*, *Bruhadela*, *Maricha*, *Tagara*, *Suwarchika* & *Suvarna Gairika*. It is indicated in the treatment of *Dushivisha*. i.e. chronic cumulative toxicity [4].

The ingredients of *Pippalyadi Agad* possess many other properties too. They have anti-inflammatory, antifungal, antimicrobial, insecticidal, anti-oxidant, hepatoprotective, immune-stimulatory and antitoxic properties [5].

So, the aim of this review is to compile available data & generate systematic evidence about *Pippalyadi Agada*.

METHODS:

The study of *Pippalyadi Agada* was made comprehensively from various Ayurvedic texts and various online medical research databases. Emphasis was based on understanding and exploring the systematic evidence about the efficacy & importance of herbs & minerals present in *Pippalyadi Agada*.

REVIEW OF LITERATURE:

Pippalyadi Agada. is the combination of herbs like *Pippali*, *Dhanyaka*, *Jatamansi*, *Lodhra*, *Sukshmaela*, *Bruhadela*, *Maricha*, *Tagara* & minerals like *Suwarchika* & *Suvarna gairika* [4].

Drug Name- Pippali [6, 7]

Latin Name/ Family- Piper Longum /
Piperaceae

Rasa- Katu Guna- Laghu, Snigdha
Tikshna Veerya- Anushnasheeta Vipak-
Madhura

Action on Doshas- Kapha-vatashamaka

Therapeutic action- Agnidipaka, Vrushya,
Rasayna, Rechaka, Swasaghna, Kasaghna,
Jwaraghna, Pittaprapakopa, Pachaka.

Action on diseases- Kustha, Krimi,
Raktavikar, Shotha

Chemical constituents- Piperine, pipartine,
sesamin, pipasterol, piperlongumine
essential oils.

Pharmacological action- Antibacterial, anti-
inflammatory, hepatoprotective, antispasmodic,
antitubercular, immunostimulatory, analgesic,
antimicrobial, anticancer, antioxidant.

Drug Name- Dhanyaka [8, 9]

Latin Name/ Family- Coriandrum Sativum/
Umbelliferae/Apiaceae

Rasa- Kashaya, Tikta, Katu, Madhura
Guna- Laghu, Snigdha

Veerya- Ushna Vipak- Madhura

Action on Doshas- Tridoshashamaka

Therapeutic action- Mutral, Deepana,
Pachana, Grahi, Jwaraghnam, Rechaka,
Vamaka, Swasaghna, Kasaghna

Action on diseases- Krimi, Shotha,
Agnimandya, Mutrakruchha

Chemical constituents- Coriandrol,
petroselinic acid, γ -terpinene, α -pinene, p-
cymene, camphor

Pharmacological action- Antimicrobial,
antioxidant, hepatoprotective,
antihyperglycemic, antihyperlipidemic

Drug Name- Jatamansi [10, 11]

Latin Name/ Family- Nardostachys
Jatamansi/ Valerianaceae

Rasa- Tikta, kashaya, Madhura Guna-
Laghu, Snigdha Veerya- Sheetta Vipak-
Katu

Action on Doshas- Tridoshashamaka

Therapeutic action- Kasahara, Vishaghna,
Dahashamaka, Kushtaghna, Deepana,
Pachana, Mutrala, Mruduvirechaka,
Twakadoshahara, Hrudya, Balya.

Action on diseases- Twakvikar, Shotha,
Vishavikar, Mutrakruchha, Bastishotha

Chemical constituents- Jatamansin,
jatamansinol, jatamansone, nardol,
nardostechone, norsechelanone

Pharmacological action- Anticonvulsant,
hepatoprotective, anthelmintic, diuretic,
antimicrobial, analgesic

Drug Name- Lodhra [12, 13]

Latin Name/ Family- Symplocos
Racemosa/ Symplocaceae

Rasa- Kashaya Guna- Laghu, Ruksha
Veerya- Sheetta Vipak- Katu

Action on Doshas- Kapha-pittshamaka

Therapeutic action- Grahi, Raktapittaghna,
Jwaraghna, Atisarahara, Shothaghna,
Raktastambaka, Balya, Kushthaghna.

Action on diseases- *Raktavikar, Twakvikar, Shotha, Kustha, Vishavikar*

Chemical constituents- Monomethyl pelargonidin glucosides (I & II), Loturine, colloturine

Pharmacological action- Antimicrobial, anti-inflammatory

Drug Name- *Sukhsma ela* [14, 15]

Latin Name/ Family- *Elleteria Cardimomum / Zingiberaceae*

Rasa- Katu, Madura Guna- Laghu, Ruksha Veerya- Sheeta Vipak- Madhura

Action on *Doshas- Tridoshashamak*

Therapeutic action- *Kasaghna, Svasaghna, Kaphanisaraka, Arshoghna, Mutral, Durgandhanasaka, Trushnanigrahana, Deepana, Pachana*

Action on diseases- *Agnimandya, Mutrakruchha, Dah, Trushna, Arsha*

Chemical constituents- Cineol, Terpeneol, Terpinene, Limonene, flavonoids, terpenoids and carotenoids

Pharmacological action- Antioxidant, antimicrobial

Drug Name- *Bruhad ela* [16, 17]

Latin Name/ Family- *Amomum Subulatum/ Zingiberaceae*

Rasa- Tikta, Katu Guna- Laghu, Ruksha Veerya- Ushna Vipak- Katu

Action on *Doshas- Kapha-vatshamaka*

Therapeutic action- *Twagadoshahara, Raktaprasadana, Hrudayashamaka, Balya,*

Mutrajanan, Kushtaghna, Jwaraghna, Vishaghna

Action on diseases- *Kandu, Raktavikara, Twakaroga, Vrana, Vishavikar*

Chemical constituents- Monoterpenoids 1,8-cineole, alpha-pinene, beta-pinene, and alpha-terpineol.

Pharmacological action- Analgesic, antimicrobial, diuretic, antioxidant, hypolipidemic

Drug Name- *Maricha* [18, 19]

Latin Name/ Family - *Piper Nigrum/ Piperaceae*

Rasa- Katu Guna- Laghu Tikshana Veerya- Ushna Vipak- Katu

Action on *Doshas- Kapha-vatshamaka*

Therapeutic action- *Agnideepana, Vatashamaka, Pittakaraka, Shvasaghna, Shulaghna, Krimighna, Chedana, Ruchya, Mutrajanana*

Action on diseases- *Switra, Kilasa, Pama, Krimi, Twakvikar, Agnimandya, Mutrakruchha*

Chemical constituents- Piperine, piperic acid, pellitorine, piperolein B, piperamide, piperettine

Pharmacological action- Antioxidant, insecticidal, anti-inflammatory, hepatoprotective, antimicrobial

Drug Name- *Tagara* [20, 21]

Latin Name/ Family- *Valeriana Wallichii/ Valerianaceae*

Rasa- Tikta, Katu, Kashaya Guna- Laghu, Snigdha Veerya- Ushna Vipak- Katu

Action on Doshas- *Kapha-vatashamaka*

Therapeutic action- *Akshirognashaka, Apasmarnashaka*

Action on diseases- *Vishavikar, Kustha*

Chemical constituents- Valerianic acid, Valeric acid, Terpene alcohol. Arachidic acid.

Pharmacological action- Anti-inflammatory, antimicrobial activity, anthelmintic, antioxidant

Drug Name- Suwarchika [22, 23]

Latin Name/ Family- (Salt petre / Pottassium nitrate (KNO₃))

Rasa- Katu Guna- Tiktsna Veerya- Ushna Vipak- Katu

Action on Doshas- *Kaphavatashamaka*

Therapeutic action- *Shothaghna, Jwaraghna, Deepan, Pachan*

Action on diseases- *Mutrakruchha, Ashmari, Jwara, Shotha, Agnimandya*

Chemical constituents- Pottassium nitrate (KNO₃), Nitrites.

Pharmacological action- Potassium nitrate is a common active ingredient in toothpaste, exerting an anti-sensitivity action. In addition, it is used as a diuretic.

Drug Name- Suvarna gairika [24, 25]

Latin Name/ Family- Red oxide of iron 2Fe₂O₃, 3H₂O (Fe₂O₃)

Rasa- Madhura, Kashaya Guna- Snigdha Veerya- Sheeta Vipak- Madhura

Action on Doshas - *Pittashamaka*

Therapeutic action- *Dahahara, Pittahara, Raktavikarhara, Kaphahara, Hikkahara, Vishaghana.*

Action on diseases- *Vishavikar, Kandu, Raktapitta, Hikka*

Chemical constituents- Red oxide of iron 2Fe₂O₃, 3H₂O (Fe₂O₃)

Pharmacological action- Effective in skin diseases, piles, bleeding disorders, urticaria, vomiting, etc.

DISCUSSION:

The data obtained from Ayurveda contexts and different published research articles has been scrutinized and discussed. *Pippalyadi Agada* is the combination of herbs like - *Piper Longum, Coriandrum Sativum, Nardostachys Jatamansi, Symplocos Racemosa, Elleteria Cardimomum, Amomum Subulatum, Piper Nigrum, Valeriana Wallichii* & minerals like Pottassium nitrate & Red oxide of iron in which many of them have pungent, bitter & astringent taste. Its biotransformed taste i.e. *vipak* is pungent. Its potency i.e. *virya* is hot. Thus it has the property of pacifying all three doshas (*Vata, Pitta & Kapha*).

Based on Rasa (Taste), Guna (Property), Virya(Potency) & Vipak (Bio transformed taste) of individual ingredient of *Pippalyadi Agad* pacifies *Vata, Pitta & Kapha doshas* in the following way.

Following Drugs with their properties causes pacification of *Vata dosha* –

S. No.	Drug	Property	Bio transformed taste	Potency
1	<i>Piper Longum</i>	Oily nature	Sweet	-
2	<i>Coriandrum Sativum</i>	Oily nature	Sweet	Hot
3	<i>Nardostachys Jatamansi</i>	Oily nature	-	-
4	<i>Elleteria Cardimomum</i>	-	Sweet	-
5	<i>Amomum Subulatum</i>	-	-	Hot
6	<i>Piper Nigrum</i>	-	-	Hot
7	<i>Valeriana Wallichii</i>	Oily nature	-	Hot
8	Pottassium nitrate	-	Pungent	Hot

Following Drugs with their properties causes pacification of *Pitta dosha* –

S. No.	Drug	Taste	Potency
1	<i>Nardostachys Jatamansi</i>	Bitter	Cold
2	<i>Symplocos Racemosa</i>	Astringent	Cold
3	<i>Elleteria Cardimomum</i>	Sweet	Cold
4	Red oxide of iron	Sweet	Cold

Following Drugs with their properties causes pacification of *Kapha dosha* –

S. No.	Drug	Taste	Property	Bio transformed taste	Potency
1	<i>Nardostachys Jatamansi</i>	Bitter, Astringent	Lightness	Pungent	-
2	<i>Amomum Subulatum</i>	Pungent, Bitter	Roughness	Pungent	Hot
3	<i>Valeriana Wallichii</i>	Astringent, Pungent, Bitter	Hotness	Pungent	Hot
4	Pottassium nitrate	Pungent	Sharpness	Pungent	Hot

Potassium nitrate is having diuretic effect. It helps in excreting out the toxins from the body. So, the properties like Pungent, Bitter, Hotness, Sharpness and diuretic action of *Pippalyadi Agada* helps in the elimination of poison from the body.

It also acts effectively in various diseases caused by *Visha* due to the properties like-stimulating digestion, stomachic tonic, antipyretic, anthelmintic, cleansing of vitiated/contaminated wound, blood purifier, diuretic, anti-inflammatory, rejuvenation etc.

Various modern studies have shown that these drugs have many properties like Anti-inflammatory, Antioxidant, Immunostimulatory, Anti-toxic,

Antipyretic, Antidiarrheal, Antimicrobial, Anthelmintic, Cytotoxic, Hepatoprotective, Hypolipidemic, Hypoglycaemic, Antitubercular etc. Thus, it is useful in prevention and treatment of various diseases.

CONCLUSION:

Pippalyadi Agad is very effective in the treatment of various disease. Due to its detoxification nature it is helpful in the treatment of chronic cumulative toxicity. For advancement of Ayurveda, further researches are essential in future.

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