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Review Article

CRITICAL REVIEW ON *AGASTHYAHAREETAKI AVALEHA* WITH SPECIAL REFERENCE TO *SWASAHARA KARMA*

V S Nithya[1]*, V.C Indulekha[2], S K Veena[1]

*[1]PG Scholar, [2]Associate Professor, [3]Dept of Dravyagunavijnanam, Government Ayurveda College, Thiruvananthapuram, Kerala, India.

ABSTRACT

Respiratory disorders are one of the leading causes of morbidity worldwide. In Ayurvedic classics many poly herbal preparations are mentioned for curing respiratory disorders. *Agasthyahareetaki avaleha* is one such formulation mentioned in classical text books specially indicated for curing *Swasa, Kasa, Vishamajvara* etc. A detailed literature survey has been conducted to explore the probable mode of action of *Agasthyahareetaki Avaleha* in *Swasa Roga*. Most of the ingredients are having anti asthmatic, anti-inflammatory, immune modulator and antimicrobial activities may works on respiratory pathology. Apart from this *Katu, Tikta Rasa*, *Ruksa, Lagu Guna* and *Kaphavata hara, Swasa- Kasa- Sopha Hara* property of ingredients will hamper the pathology of *Swasaroga*.

KEYWORDS: *Agasthyahareetaki Avaleha, Swasahara Karma.*

INTRODUCTION

Respiratory diseases are leading causes of death and disability in the world. Although respiratory impairment causes disability and death in all regions of the world and in all social classes, poverty, crowding, environmental exposures and generally poor living conditions increase vulnerability to this large group of disorders[1]. Once disease occurs, the goal is to lessen its effects and cure it if possible. Reducing its effects is best accomplished by early detection, prompt diagnosis and early effective treatment.

According to Ayurveda *Swasa* is a disorder primarily affecting *Pranavaha srotas* while other *Srotases* are also vitiated. In this condition *Vaayu* gets vitiated from its normalcy due to obstruction made by *Kapha*. This vitiation leads to severe episodes of breathlessness. There are many formulations explained in the context of *Swasa roga* treatment.

Agasthyahareetaki rasayana is an *Avaleha* preparation, propounded by Sage *Agastya*, mentioned in almost all classical literatures. It is indicated mainly in the *Pranavaha sroto vikaras* like *Kasa*, *Swasa*, *Hikka*, *Kshaya*, etc. It promotes complexion, longevity, as well as strength, cures wrinkles of the skin and graying of the hairs[2]. As the name implies *Hareetaki* is the main ingredient of this formulation. The study was done to view the probable mode of action of *Agasthyahareetaki* in *Swasaroga*.

Method of Preparation

Two *Palas* of each of the drug starting from *Dasamula* to *Pushkaramula* should be added with five *Adhaka* of water. One *Adhaka* of *Yava* and hundred *Hareetaki* are bundled in a piece of cloth and immersed in decoction. Boil the decoction till *Yava* get softened. Add one *Tula* jaggery and after *Paka*, Taila, Grta and *Pippalicurna* are also added. Honey is added when it become cold.

As per AFI, method of preparation is different; 96g of each of the drug starting from *Dasamula* to *Pushkaramula* should be added with 15.360 L water and reduced to 3.840L. Instead of hundred *Hareetaki*, 1.2kg *Hareetaki* and 3.072kg *Yava* is taking. Add 4.8kg jaggery, and after *Paka* 192g *Grta*, *Taila* and *Pippalicurna* are also added. 192g honey is added when it become cold[3].

METHODOLOGY

The study was done by in depth literature survey through various Ayurveda classical text books like *Carakasamhita, Susruta samhita, Ashtanga hridaya* and various journals, articles. Review mainly focused on the pharmacological properties of each ingredient in modern as well as Ayurvedic perspective.

RESULTS AND DISCUSSION

Pharmacological Properties of Each Ingredients of *Agasthyahareetaki Avaleha*

Table 1: Pharmacological properties of each Ingredients of *Agasthyahareetaki Avaleha*

S NO.	Ingredients	Botanical name & Family	Pharmacological Properties Reported
1	*Bilwa*	*Aegle marmelos* Linn. Rutaceae	Immunomodulatory, antibacterial[4] anti-inflammatory[5]
2	*Agnimantha*	*Premna integrifolia* L. Verbenaceae	Anti microbial, Immunomodulatory, anti-inflammatory[6]
3	*Syonaka*	*Oroxylum indicum* (L)Benth ex Kurz. Bignonaceae	Anti microbial, Immunomodulatory, anti-inflammatory[7], antitussive, expectorant[8]
4	*Kasmarya*	*Gmelina arborea* Roxb Lamiaceae	Anti microbial, Immunomodulatory[9]
5	*Patala*	*Stereospermum suaveolens* (Roxb) DC. Bignonaceae	Anti bacterial, Immunomodulatory[10]
6	*Brhati*	*Solanum indicum* linn Solanaceae	Antimicrobial, anti-inflammatory[11]
7	*Kantakari*	*Solanum xanthocarpum* Schrad & Wendl Solanaceae	Clinically proven antiasthmatic activity[12]
8	*Salaparni*	*Pseudarthria viscida* WIGHT & ARN. Fabaceae	Anti-inflammatory[13]
9	*Prsniparni*	*Desmodium gangeticum* DC Fabaceae	Immunomodulatory, antiasthmatic, smooth muscle relaxant[14] Antibacterial, anti-inflammatory[15]
10	*Gokshura*	*Tribulus terrestis* Linn. Zygophyllaceae	immunomodulatory, Antibacterial, anti-inflammatory[16]
11	*Kapikacchu*	*Mucuna pruriens*(L.)DC. Fabaceae	Antibacterial, anti-inflammatory[17]
12	*Shankapusphi*	*Convolvulus pluricaulis* Chois Convolvulaceae	immunomodulatory, Antibacterial[18]
13	*Shati*	*Kaempferia galanga* L. Zingiberaceae	Antibacterial, anti-inflammatory, anti tuberculosis[19]
14	*Bala*	*Sida cordifolia* Linn Malvaceae	Ephedrine, vascicine are potent bronchodilator[20]
15	*Gajapippali*	*Piper chaba* Trel & Yunck Piperaceae	Anti microbial, Immunomodulatory, anti-inflammatory[21]
16	*Apamarga*	*Achyranthes aspera* Linn Amaranthaceae	Antiasthmatic, expectorant, anti allergic, anti-inflammatory, anti bacterial[22]
17	*Pippalimula*	*Piper longum* Linn Piperaceae	Anti microbial, Immunomodulatory, anti-inflammatory[23]
18	*Chitraka*	*Plumbago zeylanica* Linn Plumbaginaceae	Anti microbial, anti-inflammatory [24]
19	*Bharangi*	*Clerodendron serratum* (L.) MOON Verbenaceae	Antiasthmatic, anti allergic, anti-inflammatory[25]
20	*Puskarmoola*	*Inula racemosa* Hook. F.	Antiasthmatic, anti allergic, anti-

		Asteraceae	inflammatory, antibacterial[26]
21	*Hareetaki*	*Terminalia chebula* Retz. Combretaceae	Anti microbial, Immunomodulatory, anti-inflammatory[27]
22	*Yava*	*Hordeum vulgare* L. Poaceae	Expectorant, anti-inflammatory[28]

Most of the drugs in *Agasthyahareetaki* possess immune modulator, anti-inflammatory, and antimicrobial properties. Some of them are clinically proven as anti asthmatic also.

Pharmacological properties in Ayurvedic perspective

As per Ayurveda principles, pharmacological actions of a drug can be inferred through *Rasadi pancaka* and classical categorization of drugs.

Table 2: Pharmacological properties in Ayurvedic perspective

Name	**Grouping**	***Rasa***	***Guna***	***Virya***	***Vipaka***	***Karma***
Bilwa	*Brhatpanca mula, Sothahara*	*Madhura*	*Laghu*	*Sita*	*Madhura*	*Tridoshagna Sophagna, Jvarahara*
Agnimantha	*Brhatpancamula Sothahara*	*Tikta Katu, Kashaya Madhura*	*Lagu, Ruksha*	*Ushna*	*Katu*	*Kaphavatahara Sophagna*
Syonaka	*Brhatpancamula Sothahara*	*Madhura Tikta, Kashaya*	*Lagu, Ruksha*	*Sita*	*Katu*	*Kaphavatahara Kasahara*
Kasmarya	*Brhatpancamula Sothahara*	*Tikta, Kashaya, Madhura*	*Guru*	*Ushna*	*Katu*	*Tridoshagna Sophagna, Jvarahara*
Patala	*Brhatpancamula Sothahara*	*Tikta, Kashaya*	*Lagu, Ruksha*	*Anushna*	*Katu*	*Tridoshagna, Swasahikkahara, Sophagna*
Brhati	*Sothahara Lagupanca Mula*	*Katu, Tikta*	*Lagu, Ruksha, Tikshna*	*Ushna*	*Katu*	*Kaphavatahara Swasahara, Kasahara, Sophagna, Jvarahara,*
Kantakari	*Kasahara Sothahara Lagupanca Mula*	*Katu, Tikta*	*Lagu, Ruksha, Tikshna*	*Ushna*	*Katu*	*Kaphavatahara Swasahara, Kasahara, Jvarahara,*
Salaparni	*Sothahara Vayasthapana varga Lagupanca Mula*	*Madhura Tikta*	*Guru, Snigdha*	*Sita*	*Madhura*	*Tridoshagna Swasahara, Kasahara, Sophagna, Jvarahara, Rasayani*
Prsniparni	*Sothahara Lagupanca Mula*	*Madhura Tikta*	*Lagu, Snigdha*	*Usna*	*Madhura*	*Tridoshagna Swasahara, Jvarahara, Sophagna*
Gokshura	*Sothahara Lagupanca Mula*	*Madhura*	*Guru, Snigdha*	*Sita*	*Madhura*	*Vatapittahara Swasahara, Kasahara*
Kapikacchu	*Balya varga*	*Madhura Tikta*	*Guru, Snigdha*	*Usna*	*Madhura*	*Tridoshagna Balya*

Shanka pusphi	-	*Kashaya, Katu*	*Snigdha, Picchila*	*Sita*	*Madhura*	*Tridoshagna Balya, Rasayani*
Shati	*Swasahara Hikkanigraniya*	*Katu, Tikta, Kashaya*	*Laghu, Tikshna*	*Ushna*	*Katu*	*Kaphavatahara Swasahara, Kasahara, Sophagna*
Bala	*Balya varga*	*Madhura*	*Guru, Snigdha*	*Sita*	*Madhura*	*Vatapittahara Balya, Rasayani*
Gajapippali	-	*Katu*	*Ruksha*	*Usna*	*Katu*	*Vatahara Swasahara, Kantamayahara*
Apamarga	*Krimigna varga*	*Katu, Tikta*	*Sara, Tiksna*	*Sita*	*Madhura*	*Kaphavatahara Sophagna*
Pippalimula	*Kasahara Hikkanigraniya varga*	*Katu*	*Tikshna, Lagu, Snigdha*	*Anusna*	*Madhura*	*Kaphavatahara Swasahara*
Chitraka	*Dipaniya varga*	*Katu*	*Tiksna*	*Usna*	*Katu*	*Kaphavatahara Kasahara, Sothahara*
Bharangi	-	*Katu, Tikta*	*Lagu, Ruksha*	*Sita*	*Madhura*	*Kaphavatahara Swasa, Kasa, Jvara, Sophahara*
Puskarmool	*Swasahara Hikkanigraniya varga*	*Katu, Tikta*	*Tiksna, Lagu*	*Usna*	*Katu*	*Kaphavatahara Swasahara, Jvarahara, Sothahara*
Hareetaki	*Kasahara Jvarahara Hikkanigraniya Vayasthapana*	*Kashaya Pradhana Lavana Varjita Pancharasa*	*Lagu, Ruksha*	*Usna*	*Madhura*	*Tridoshagna Swasahra, Kasahara, Sothagni, Jvarahara, Ayushyam, Rasayani*
Yava	-	*Kashaya, Madhura*	*Ruksha, Guru, Picchila*	*Usna*	*Katu*	*Kaphahara Swasahra, Kasahara, Pinasahara, Kantamayahara*

Most of the drugs are classically placed under the *Sophanga varga, Dasamoola, Swasahara varga*. Also the drugs in *Agasthyahareetaki* have *Tridosahara*, *Kaphavatahara*, *Svasahara sothagna* and *Jvarahara* properties. Drugs like *Hareetaki*, *Salaparni*, *Bala* are also having *Rasayana* property.[29]

DISCUSSION

Respiratory diseases impose an immense worldwide health burden. Five of these diseases like chronic obstructive pulmonary disease (COPD), asthma, acute lower respiratory tract infections, tuberculosis and lung cancer are among most common causes of severe illness and death worldwide[1]. In general a drug with anti-inflammatory, antibacterial, bronchodilator and immune modulator activity will works here. While analyzing the properties of ingredients of *Agasthya hareetaki avaleha* all the drugs have got anti-inflammatory, antimicrobial and immune modulator actions. Most of them are proven to be anti asthmatic also.

According to Ayurveda *Swasa roga* is primarily affecting the *Pranavahasrotas* as *Kapha* and *Vata* are mainly vitiated. In the management of *Swasa*, Acharya mentioned that the main aim is to remove the obstruction made by *Kapha* and normalize the function of *Vayu*. Most of the drugs in *Agasthyahareetaki avaleha* are having the dominance of *Katu*, *Tikta* and *Kashaya Rasa*, *Laghu, Ruksha* and *Tikshna Guna, Ushna Virya, Katu Vipaka* and

Tridoshahara predominantly *Vatakaphahara* properties. *Katu Rasa, Laghu, Ruksha Guna, Ushna Virya* and *Katu Vipaka* properties of these drugs will remove the obstruction in *Pranavahasrotas* made by vitiated *Kapha*, leading to *Samprapti vighatana*. And the ingredients are capable of bringing back the normalcy of vitiated *Dosha* in *Swasaroga*.

Owing to the *Swasahara, Kashara, Sothahara* actions most of the drugs will effectively works on *Swasa samprapti vighatana*. While analyzing the classical categorization of each ingredient, most of them are placed under *Sothahara varga*, hence these drugs can hamper the inflammatory pathology.

Drugs like *Hareetaki*, *Bala*, *Salaparni* are having potent *Rasayana* properties and will helps in increasing *Vyadhikshamatva* of body.

CONCLUSION

After analyzing the properties of each ingredient in *Agasthyahareetaki Avaleha*, it can be concluded that the formulation has potent effect in curing *Swasaroga*.

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***Address for correspondence**
Dr V S Nithya
P.G Scholar,
Dept. of Dravyagunavijnanam,
Govt. Ayurveda College,
Thiruvananthapuram, Kerala.
Email:
nithyasarangi3@gmail.com