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COMPREHENSIVE REVIEW OF AGRYA AYUSHADI DRAVYAS: INSIGHTS FROM CHARAKA SAMHITA

Dr. Shivangi Mittal[1]*, Dr. Shiromani Mishra[2] and Dr. Kavita Malviya[3]

[1,3]PG Scholar- Department of Dravyaguna, Govt. Dhanwantari Ayurved College Ujjain.
[2]Asso. Professor, Department of Dravyaguna, Govt. Dhanwantari Ayurved College Ujjain.

***Corresponding Author: Dr. Shivangi Mittal**
PG Scholar- Department of Dravyaguna, Govt. Dhanwantari Ayurved College Ujjain.

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ABSTRACT
This review systematically examines Agrya Ayushadi Dravyas, a class of superior medicinal substances documented in the *Charaka Samhita* (Sutrasthana Chapter 25), to elucidate their therapeutic effects across modern physiological systems. By harmonizing traditional Ayurvedic principles—such as Dosha equilibrium and Dhatu nourishment—with contemporary biomedical frameworks, this study categorizes these substances into ten body systems. Methodologically grounded in textual analysis of primary Ayurvedic literature and modern research, the findings underscore the integrative nature of Ayurveda, revealing both targeted and multisystem applications of these agents.

INTRODUCTION
Ayurveda, a holistic medical system originating in ancient India, prioritizes natural substances and therapies to sustain health and mitigate disease. Among its foundational texts, the *Charaka Samhita* identifies Agrya Ayushadi Dravyas in the "Yajjah Purushiya Adhyaya" (Sutrasthana Chapter 25) as preeminent agents for health promotion. The term *Agrya* denotes superiority, while *Ayushadi Dravyas* refers to substances that enhance longevity and vitality. This review aims to classify these substances according to their actions on modern physiological systems.

MATERIALS AND METHODS
Primary data were extracted from the *Charaka Samhita* (Sutrasthana Chapter 25), supplemented by English translations and secondary Ayurvedic literature. The substances were analyzed for their therapeutic properties and categorized into ten body systems (e.g., digestive, respiratory, nervous) through iterative interpretation of traditional concepts like Dosha (Vata, Pitta, Kapha) and Dhatu (tissues). This cross-mapping required reconciling Ayurvedic holism with modern reductionist frameworks, acknowledging inherent complexities such as overlapping therapeutic effects.

RESULTS
Agrya Ayushadi Dravyas exhibit systemic specificity while retaining multisystem influences, as demonstrated in Table 1.

Body System	Examples	Therapeutic Effects
Digestive	Pippalimoola, Cow ghee	Enhances digestion, alleviates Grahami (malabsorption), IBS, hemorrhoids
Respiratory	Pushkaramoola, Vamana	Reduces asthma, cough; balances Kapha for airway health
Cardiovascular	Kutaja bark, Sour foods	Strengthens cardiac function, manages bleeding disorders (e.g., Rakta Pitta)
Nervous	Talia (sesame oil), Basti	Mitigates Vata disorders, improves neuromuscular coordination
Musculoskeletal	Bala, Meat	Augments muscle strength, supports bone/joint integrity
Reproductive	Vidarigandha, Nakra Retas	Enhances Shukra Dhatu (reproductive tissue), aphrodisiac properties
Integumentary	Khadira, Sandalwood	Treats Kushta (skin diseases), reduces inflammation, improves skin texture

Urinary	Gokshura	Alleviates dysuria, prevents urinary tract infections
Hematological	Goat milk, Ananta	Promotes blood production, hemostatic effects
General Health	Amalaka, Haritaki	Rasayana (rejuvenation), boosts immunity, enhances vitality

DISCUSSION

The systemic categorization of Agrya Ayushadi Dravyas underscores Ayurveda's integrative philosophy, wherein single agents exert multifaceted effects. For instance, Pippalimoola's role in digestive health aligns with Pitta regulation, critical for metabolic functions, while Pushkaramoola's Kapha-modulating properties address respiratory pathologies. The Dosha-centric mechanism explains such specificity: Vata-balancing agents (e.g., Rasna) target neuromuscular functions, whereas Kapha-alleviating therapies (e.g., Vamana) optimize respiratory health.Modern applications are evident: Gokshura's utility in urinary ailments parallels interest in phytotherapies for UTIs, while Khadira's dermatological potential merits exploration for eczema or psoriasis. Such synergies highlight opportunities for evidence-based integration of Ayurveda into contemporary practice.

CONCLUSION

This review elucidates the multisystem efficacy of Agrya Ayushadi Dravyas, affirming their role in holistic health. By contextualizing traditional knowledge within modern frameworks, it provides a scaffold for interdisciplinary research to validate these agents' therapeutic efficacy. Future studies should prioritize pharmacological validation, clinical trials, and mechanistic investigations to harness Ayurveda's potential in global healthcare.

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