

A brief review of Agada Yoga and its utility in treatment

Tilavat YM^{1*}, Virani NN²

DOI:10.21760/jaims.10.3.36

^{1*} Yogita M Tilavat, Associate Professor, Department of Agadtantra, Eva College of Ayurved, Supedi, Gujarat, India.

² Niral N Virani, Associate Professor, Department of Swasthavritta, Eva College of Ayurved, Supedi, Gujarat, India.

Ayurveda is a conventional medical system with origins in the Indian subcontinent. There are eight main medical specialties in it. One of the specialist branches of Ayurveda, known as Agada Tantra, provides incredibly detailed knowledge regarding both living and non-living toxins, as well as how to remove them from the body. There are numerous ancient books in which we can find references of Agada Yoga. Agada Yoga are substances that are used to neutralise or deactivate the effects of toxins. Poisoning can occur through plant or animal bites such as snake bites, agricultural poisons, poisonous metals and minerals, and so on. The Agada Yoga which is mentioned in the Agada Tantra, is utilised to heal a wide range of illnesses, including poisoning cases, poisonous skin manifestations, and many systemic illnesses. These Agadas are used to treat poisoning cases and its complication. Various Agadas are mentioned in various ancient books for the treatment of toxicity. This article makes an effort to review different Agad Yogas mentioned in ayurvedic literature.

Keywords: Agad Yoga, Agadtantra, poison, toxins

Corresponding Author	How to Cite this Article	To Browse
Yogita M Tilavat, Associate Professor, Department of Agadtantra, Eva College of Ayurved, Supedi, Gujarat, India. Email: dr.yogitilavat@gmail.com	Tilavat YM, Virani NN, A brief review of Agada Yoga and its utility in treatment. J Ayu Int Med Sci. 2025;10(3):231-235. Available From https://jaims.in/jaims/article/view/4209/	

Manuscript Received
2025-02-15

Review Round 1
2025-02-26

Review Round 2
2025-03-05

Review Round 3
2025-03-15

Accepted
2025-03-26

Conflict of Interest
None

Funding
Nil

Ethical Approval
Not required

Plagiarism X-checker
11.65

Note



© 2025 by Tilavat YM, Virani NN and Published by Maharshi Charaka Ayurveda Organization. This is an Open Access article licensed under a Creative Commons Attribution 4.0 International License <https://creativecommons.org/licenses/by/4.0/> unported [CC BY 4.0].



Introduction

Agada Tantra is a branch of Ayurveda that deals with the treatment of various poisons, according to the eight branches of *Ashtang Ayurveda*. [1] If we search at what a toxin is, we can see that it is a substance that, when introduced into or applied to the body, is capable of damaging health or destroying life. It adversely affects tissues and cause illness or death in the organism. [2] "*Vishad Jannatwama Visham*" means "the substance that causes *Vishad* (sadness) to the World." It was given the name *Visha* because it made people grief. [3] *Visha* is classified into different types, with *Sthavar* (Plant) and *Jangam* (Animal) being the most common. In *Ayurveda*, *Agada* is referred to as an antidote for poisoning. A mixture of antitoxic medications and certain antioxidant, immunomodulator, or hepatoprotective substances make up the herb mineral or polyherbal formulation known as *Agada*.

Materials and Methods

This article will compile references of various *Agada* mentioned in Ayurvedic literature viz. *Charak Samhita*, *Sushruta Samhita*, *Ashtanga Samhita*, *Ashtanga Samgraha* etc. Descriptions of *Agada* were compiled from a number of ancient Ayurvedic texts.

Literary Review

Dushivishari Agada

पिप्पल्यो ध्यामकं मांसी रोध्रमेला सुवर्चिका । कुटत्रटं नतं कुष्ठं यष्टी चन्दनैरिक्कम् ॥ दूषीविषारिर्नाम्नाऽयं न चान्यत्रापि वार्यते । (A.H.U.35/39) [4]

The person suffering from effects of *Dushi Visha* (weak poison) should be *Swedana* (sudation) greatly, purified both the way *Vamana* (emesis) and *Virechana* (purgation) then be made to consume *Agada* to remove the poison.

Ingredients:

Pippali (*Piper longum*), *Dhyamaka* (*Cymbopogon martinii*), *Jatamamsi* (*Nardostachys jatamamsi*), *Lodhra* (*Symplococus racemosa*), *Ela* (*Elettaria cardamomum*), *Suvarchika* (*Tribulus terrestris*), *Kutannatum* (*Oroxylum indicum*), *Natam* (*Valeriana wallichii*), *Kushta* (*Saussurea lappa*), *Yastimadhu* (*Glycyrrhiza glabra*), *Chandana* (*Santalum album*) and *Gairika* (*Ferrous oxide*).

Method of preparation:

All should be made into powder or decoction and administered mixed with *Madhu* (honey).

Overall properties: All the ingredients are *Pittakaphaghna*, *Vishaghna* and *Raktaprasadaka*.

Indication: *Dushivisha*, *Pakvasaya Gata Visha*.

Route of administration: Internal (oral).

Anupana: *Madhu* (honey) in *Dooshi Visha*, *Dadhi* or *Madhu* in *Pakvasaya Gata Visha*.

Dose: *Guika Mathra* (1 *Karsha*) in *Dooshi Visha*, *Aksha Pramana* in *Pakvasaya Gata Visha*.

Research updates on *Dushivishari Agada* [5]

Pharmacological action of *Dushivishari Agada*

- Apoptosis activity-cells are incubated with different concentrations of methanolic extract of *Dushivishari Agada* and cell morphologic change and apoptosis were determined by these studies.
- Cell cycle arrest - The laboratory study demonstrated that DVA (*Dushivishari Agada*) is having cytotoxic effect with cell cycle arrest.
- Antimicrobial, antifungal, antioxidant activity DVA is proved with its antimicrobial action, antioxidant action, antifungal actions.
- Butyl-cholinesterase activity in Alzheimer's disease of DVA.
- Anti-allergic action of DVA is proved with anti-inflammatory and immune modulator activity.
- It is effective against cumulative toxicity and cosmetic induced toxicity.

Bilwadi Agada

बिल्वस्य मूलं सुरसस्य पुष्पं फलं करञ्जस्य नतं सुराह्वम् । फलत्रिकं व्योषनिशाद्वयं च बस्तस्य मूत्रेण सुसूक्ष्मपिष्टम् ॥

भुजङ्गलूतोन्दुरवृश्चिकाद्यैविसूचिकाजीर्णगरज्वरैश्च आर्तान्नरान् भूतविधर्षितांश्च स्वस्थीकरोत्यञ्जनपाननस्यैः ॥ (A.H.U.36/84-85) [6]

Ingredients:

Bilwa (*Aegle marmelose*), *Surasa* (*Ocimum sanctum*), *Karanja* (*Pongamia pinnata*), *Nata* (*Valeriana wallichii*), *Surahva/Devadaru* (*Cedrus deodara*), *Haritaki* (*Terminalia chebula*), *Vibheetaki* (*Terminalia bellerica*), *Amalaki* (*Emblica officinalis*),

Shunthi (*Zingiber officinale*), *Maricha* (*Piper nigrum*), *Pippali* (*Piper longum*), *Haridra* (*Curcuma longa*), *Daruharidra* (*Berberis aristata*).

Method of Preparation:

All the drugs are taken in equal quantity. Proper missing and *Bhavana* or trituration are done in *Basta Mutra* (goats' urine) in very fine consistency (*Susukshma Pishtam*). The *Bhavana* of *Bilwadi Gulika* is mentioned differently by different acharyas. In general practice, 3-4 of *bhavana*/day for 6 months or 21 days are done.

Dose: There is no classical opinion on dose of *Bilwadi Gulika*. Generally, 1000-2000 mg is taken in divided dose.

Application: Internally 2000mg/day is taken in divided dosage.

Indications: *Sarpa Damsa* (snake bite), *Lutha Visha* (spider poison), *Unduru Visha* (rat poison), *Vrishchika Visha* (scorpion poisoning), *Visuchika* (cholera), *Ajirna* (indigestion), *Garavisha* (combination of poisons), *Jwara* (rise in temperature) and *Bhutabadha* (infectious conditions).

Methods of Administration: *Anjana* (collyrium), *Paana* (internal administration), *Nasya* (nasal instillation).

Probable mode of action:

- Most of the drugs are *Kapha Vata Samana* or *Tridosha Samana*/and *Vishaghna*
- Due to *Bhavana Dravya Basta Mutra (Laghu)*, it absorbs into body quickly, and disintegrates very fast and bio-availability is more.
- *Bilwadi Gutika* helps to expel toxins from the body due to its rich detoxifying factors
- *Bilwadi Gutika* is good in carminative properties that improves digestion and appetite
- The digestive stimulant of *Bilwadi Gutika* helps in indigestion
- The paste of *Bilwadi Gutika* can be applied to the affected areas to get rid of wounds
- The antibacterial and antiviral properties of *Bilwadi Gutika* helps in curing gastro-enteritis symptoms
- The febrifuge properties of *Bilwadi Gutika* helps in controlling fever.

Recent Research Updates:[7]

Various ingredients of *Bilwadi Agada* have anti-oxidant, immune modulatory, anti-inflammatory, anti-ulcerative and hepatoprotective actions. *Bilwadi Agada* may act by following way:

- Prevent synthesis of prostaglandins, which may help as anti-inflammatory
- It may suppress CYP450 which plays an important role in producing toxic metabolite in liver.
- It may increase synthesis of glutathione (GSH) in liver and helps in hepato-protective action.
- It helps in regeneration and production of hepatocytes.

Dashanga Agada[8]

वचा हिङ्गु विडङ्गानि सैन्धवं गजपिप्पली । पाठा प्रतिविषा व्योषं काश्यपेन विनिर्मितम् । दशाङ्गमगदं पीत्वा सर्वकीट विषं जयेत् ॥ (A. H. U. 36/84-85)

Ingredients:

Vacha (*Acorus calamus*), *Hingu* (*Ferula asafoetida*), *Vidanga* (*Embelia ribes*), *Saindhava* (rock salt), *Gajapippali* (*Scindapus officinalis*), *Patha* (*Cyclea peltate*), *Prativisha* (*Aconitum heterophyllum*), *Shunthi* (*Zingiber officinale*), *Maricha* (*Piper nigrum*), *Pippali* (*Piper longum*).

Method of Preparation:

Generally, *Dashanga Agada* is made into *Gutika* form for easy administration. All ingredients are taken in equal quantity and made fine powder. As *Bhavana Dravya* has not been mentioned, we can use *Jala* or *Kashaya* of ingredient. Popular *Visha Vaidyas* of traditional *Keraleeya Vishachikitsa* use *Neeli Kashaya* (*Indigofera tinctoria*, *Fabaceae*) as *Bhavana Dravya*. It is grinded until drug mass attains required consistency of rolling pills. It is dry it under shade and kept in air tight glass containers.

Dose: As per the preparation, if it is made in the *Gutika* form the dose is one *Karsha*.

Indications: It relieves the toxic effects of insect bite.

Mode of Administration: Internal

Recent Research Updates:[9]

- *Dashanga Agada* is a proved anti-inflammatory agent.

- Many clinical and animal studies of *Dashanga Agada* proved its efficacy in toxic bite case especially *Vrishchika Visha*.

Murvadi Agada[10]

मूर्वामृतानतकणापटोलीचव्यचित्रकान् बचामुस्तविडङ्खानि
तक्रकोष्णाम्बुमस्तुभिः ।

पिबेद्रसेन वाऽम्लेन गरोपहतपावकः ॥ (A.H.U.35/57)

Ingredients:

Powder of *Murva* (*Marsdenia tenecissima*), *Amruta* (*Tinospora cordifolia*), *Nata* (*Valeriana wallichii*), *Kana* (*Piper longum*), *Patol* (*Trichosanthes dioica*), *Chavya* (*Piper chaba*), *Chitraka* (*Plumbago zeylaniaca*), *Vacha* (*Acorus calamus*), *Musta* (*Cyper rotundus*) and *Vidanga* (*Embelia ribes*)

Method of preparation:

Powder of above drugs mixed with either *Takra* (buttermilk), *Ushna Jala* (warm water), *Mastu*, meat soup or sour liquid.

Mode of Administration: Internal

Anupana: *Anupana* increases the palatability of medicine or food, also helps compensate the needed properties.

Here *Anupana* for *Murvadi Churna* is specifically mentioned. It inches all *Amla Dravyas*, (*Bijapura Rasa*, *Kanchi*), specifically *Takra*, *Mastu* and *Ushna Jala* have been mentioned. *Indu* commentary says *Mamsa Rasa* can also be used.

Indications: *Garaupahata* (*Pavaka* is diminished *Agni* due to *Gara Visha*)

Dose: As *Churna Matra* (1 *Karsha*)

Recent Research Updates:[11]

In day-to-day life, we are exposed to various types of *Visha* either natural or artificial, here *Kritrima Visha* or *Samyogaja Visha* is either poisonous or non-poisonous. This *Gara Visha* usually enters the body and causes *Agnimandhya*.

In this context of *Agnimandhya* due to *Gara Visha*, it consists of 10 ingredients and most of the drugs are *Katu Tikta Rasa*. *Tikta Rasa* is indicated for curing *Aruchi*, and also due to its *Deepana Pachana* action it acts as a good carminative also. This enhances *Agni* or digestive fire. The four *Anupana* used are *Laghu*, *Srotosodhana*, *Deepan* and so on.

Panchashirisha Agada[12]

शिरिषफलमूलत्वक्पुष्पपत्रैः समैधृतैः । श्रेष्ठः पञ्चशिरिषोऽयं विषाणां
प्रवरो वधे ॥ (Cha.Chi.23/218)

The ingredients and method of preparation:

Panchanga (five parts) *Phala* (fruit), *Mula* (root), *Twaka* (bark), *Pushpa* (flower) and *Patra* (leaf) of *Shirish* (*Albizia lebbbeck*) taken together in equal quantity is known as *Pancha Shirisha Agada*

Indications: All *Visha* conditions, skin diseases.

Mode of administration: Internal and external.

Shirisha due to its *Prabhava* is most effective against *Visha*.

Another reference

समूलपुष्पाङ्गुलकुरवल्कबीजात् । काथः शिरिषात् त्रिकटुप्रगाढः ॥
सलावणः क्षौद्रयुतोऽथ पीतो । विशेषतः कीटविषं निहन्ति ॥
(Su.Ka.5/81)[13]

The roots, flowers, leaf buds, bark and seeds of *Shirisha* made as decoction and added with more quantity of *Trikatu*, drugs of salt groups and honey and consumed internally destroy the poison of insect bite.

Discussion

Poison is a material that, when taken into or administered to the body, has the potential to harm or destroy life. *Agada* is medication that slow the progression of bad health effects caused by exogenous substances such as pharmaceuticals, metals, and poison.

The use of *Agada* depends upon its indications and availability of drugs. There are numerous *Agada Yogas* that, when correctly prepared, can serve as *Rasayana* (rejuvenation) and *Prativisha* (Antidote).

The *Ushna* (hot potency), *Teekshna*, and *Vyavayi* (rapid spreading) qualities of *Agada Yogas* will aid in the eradication of illnesses and *Visha* from the body. These *Yogas* are more effective due of its *Vishaghana* ingredient and *Prabhava*.

Conclusion

The *Kalpa/Agada* mentioned in different classical texts is extremely beneficial in both *Visha Chikitsa* and *Kaya Chikitsa* disorders.

These medications are used for poisoning management and also to treat numerous systemic diseases and complications caused by poisoning or bug, snake, or other dangerous bites. As a result, these are highly important drugs in this current period where life is incredibly rapid and the value of time has left all things behind. As a result, additional research and experimentation are required for the development of new *Agada Yoga* (drug compositions). Various *Agada* have been mentioned in *Agada Tantra* literature to minimize the negative effects of poison and also other systemic diseases. Though such explanations and references can be accessed, little effort has been done in these areas. As a result, studies conducted on these may shed further light on the activity of these *Agada*.

References

1. Kumar S, Swatika. Concept of antidotes vs. Prativisha in Ayurveda—A review article. *Int Ayurvedic Med J* [Internet]. 2021 [cited 2021 Oct]. Available from: [Article][Crossref][PubMed][Google Scholar]
2. Shastri AD. Sushruta Samhita. Vol. 1. *Jangam Vish Vigyaniya, Chapter 3. Varanasi: Chaukhambha Sanskrit Sansthan; 2018. p. 37* [Crossref][PubMed][Google Scholar]
3. Shastri AD. Sushruta Samhita. Vol. 1. *Sthavar Vish Vigyaniya, Chapter 3. Varanasi: Chaukhambha Sanskrit Sansthan; 2018. p. 41* [Crossref][PubMed][Google Scholar]
4. Lochan K. Astanga Hridaya of Vagbhata. Vol. 3. *Visha Pratishedha Adhyay, Chapter 35. Varanasi: Chaukhambha Publication; p. 313* [Crossref][PubMed][Google Scholar]
5. Deepa P, Nataraj HR, Anushree CG, Shirwar AK. A critical review on Dooshivishari Agada: A herbo-mineral formulation. *Int J Ayurveda Pharma Res.* 2022;10(10):70-7. [Crossref][PubMed][Google Scholar]
6. Lochan K. Astanga Hridaya of Vagbhata. Vol. 3. *Sarpavisha Pratishedha Adhyay, Chapter 36. Varanasi: Chaukhambha Publication; p. 333* [Crossref][PubMed][Google Scholar]
7. Vilwadi Gulika—Ingredients, uses, dosages, and side effects [Internet]. The Vaidyar. Available from: <https://thevaidyar.com/blog/ingredients-uses-dosages-and-side-effects-of-vilwadi-gulika-bilwadi-gulik>. [Crossref][PubMed][Google Scholar]
8. Lochan K. Astanga Hridaya of Vagbhata. Vol. 3. *Sarpavisha Pratishedha Adhyay, Chapter 36. Varanasi: Chaukhambha Publication; p. 340* [Crossref][PubMed][Google Scholar]
9. Prabha KU, Krishnakumar TS, Jayasmitha SJ, Ambili TS. Dasanga Agada in Keetavisha: A review. *J Ayu Int Med Sci.* 2022;7(5):75-9. [Crossref][PubMed][Google Scholar]
10. Lochan K. Astanga Hridaya of Vagbhata. Vol. 3. *Visha Pratishedha Adhyay, Chapter 35. Varanasi: Chaukhambha Publication; p. 313* [Crossref][PubMed][Google Scholar]
11. Aswathi G, Nair CK, Prasanth SR, Jayakrishnan PG. Conceptual study on the effect of Moorvadi Chooranam in post-chemotherapy complications. *Int J Ayurveda Pharma Res.* 2021;9(5):79-83. [Crossref][PubMed][Google Scholar]
12. Shastri K, Chaturvedi G. Charaka Samhita. Vol. 2. *Vishachikitsa Adhyay, Chapter 23. Varanasi: Chaukhambha Bharti Academy; p. 663* [Crossref][PubMed][Google Scholar]
13. Shastri AD. Sushruta Samhita. Vol. 1. *Sarpadasta Vishachikitsa Adhyay, Chapter 5. Varanasi: Chaukhambha Sanskrit Sansthan; p. 66* [Crossref][PubMed][Google Scholar]

Disclaimer / Publisher's Note: The statements, opinions and data contained in all publications are solely those of the individual author(s) and contributor(s) and not of Journals and/or the editor(s). Journals and/or the editor(s) disclaim responsibility for any injury to people or property resulting from any ideas, methods, instructions or products referred to in the content.