



# Clinical Importance of *Agrya Ausadha Aragvadha* in the Management of *Vicharchika*: A Pharmacological Review

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## Mini Review

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## Abstract

In *Ayurvedic* clinical practice, *agrya ausadha* are the first drug of choice for treatment of various diseases. *Aragvadha*, as an *agrya ausadha*, is employed for its therapeutic benefits in both internal and external applications. It is notably used for *mridu virechana* (mild purgation) and as a topical remedy for various types of *Kustha*. In *ayurvedic dermatology* *kustha* has been taken as supreme word for all skin diseases. *Vicharchika*, classified as a *Kshudra Kustha*, is treated through the dual principles of *Sodhana* (purification) and *Samana Chikitsa* (pacification). The *Majja* (pulp) of *Aragvadha* is utilized for internal *Sodhana* therapy, while the leaves are applied externally as a paste for *samana Chikitsa*. Preliminary findings indicate that *Aragvadha* meets the criteria for an ideal drug as per classical *Ayurveda*, given its accessibility (*Bahuta*), versatility in formulations (*anekvidhkalpana*), and effectiveness (*yogatyam*). *Aragvadha*, through its varied formulations, plays a crucial role in the *Ayurvedic* management of *Vicharchika*. Its use aligns with the principles of *Sodhana* and *Samana Chikitsa*, offering a comprehensive approach to treating this skin disorder. The study highlights the clinical significance of different parts of *Aragvadha* and supports its continued use in *Ayurvedic* dermatological practice.

**Keywords:** *Aragvadha*; *Mridu Virechan*; *Anekvidhkalpana*; *Agrya*

## Introduction

In clinical practice, the choice of drug is a crucial aspect of treatment. The term "*Agrya*" means "*Shrestha*", which signifies the best among all options [1]. *Ekal ausadhi*, or single drug therapy, often yields the best results in disease treatment. In *Ayurveda*, the term *Kustha* broadly encompasses various skin disorders, and *Vicharchika*, considered a low-intensity form of *Kshudra Kustha*, is analogous to eczema in modern terms. Eczema affects 15-20% of children and 1-3% of adults, with prevalence increasing in industrialized nations [2]. In India,

eczema has a point prevalence of 6.75%. Contemporary treatments are limited to symptomatic relief through antihistamines, corticosteroids, immunomodulators, and phototherapy, which can have long-term side effects. In contrast, *Ayurveda* offers a comprehensive approach to treating skin ailments through various methods, including internal and external therapies like:

- Anthaparimarjan chikitsa (mainly include *sodhana* and other *panchkarma* procedures)
- *Bahiparimarjan chikitsa* (*lepa*, *abhyang*, etc.)

Among all *dravyas*, *Aragvadha* is considered the *agrya aushadha* for *mridu virechana* [3] (mild purgation). Although *Khadir* is the *agrya dravya* and the drug of choice for all types of *kustha* (skin disorders), [3] *Acharya Chakrapani* considers *Aragvadha* to be one of the best drugs for *bahiparimarjana chikitsa* (external purification) in various skin disorders [4].

**In this statement, dates are the chief among the medicines for the cure of leprosy, yet he teaches the killing of the snakes instead of the dates, in order to explain that the killing of the snakes is the chief among the medicines for wiping the outside of the leprosy.**

*Acharya Charaka* mentions topical applications (*i.e, lepa*) that are applied for treating skin diseases (*Kushtha*) yield immediate results when administered after the aggravated *doshas* have been eliminated and the body's channels have been thoroughly purified [5].

**As stated, "The ointments which are used for leprosy, for the removal of the evils of the weapons, and for the repair of the hearts, are immediately perfected" (Cha.Chi. A)**

While *Aragvadha* is often used as a single drug, it is also formulated in multiple ways and is equally effective in both *anta* and *bahimarjana chikitsa*. It is particularly beneficial in curing a variety of skin diseases, especially in *kapha pradhana kustha* [6] such as *vicharchika* (eczema).

## Aim and Objectives

1. To study the clinical importance of *Aragvadha* in the management of *Vicharchika*.

2. To evaluate clinical importance of different formulations of *Aragvadha* in *Vicharchika*.

## Aragvadha

*Cassia fistula*, commonly referred to as *Amaltas* in Hindi or Golden Shower in English, is a well-known plant found in deciduous forests, thriving at elevations up to 1300 meters in the outer Himalayas. Belonging to the Fabaceae family, this plant is highly adaptable, capable of growing in poor, shallow soils, as well as on rocky and stony terrain. It is widely cultivated across Bangladesh and other Asian regions, including India, the Philippines, Hong Kong, China, Mexico, Africa, South Asia, Malaysia, Indonesia, and Thailand. Known for its medicinal properties, the entire plant has been used for centuries in various treatments for numerous ailments [7].

## Ayurvedic Disease Review

According to *Acharya Charaka*, *Vicharchika* is a skin disease characterized by eruptions with itching, dark pigmentation, and profuse discharge from the lesions [8]. *Acharya Vagbhata* further elaborates, describing *Vicharchika* as blackish eruptions with intense itching and watery discharge, referred to as *Lasikadhya* [9]. *Sushruta* defines it as a condition with dry skin lesions, severe itching, and marked lines [10]. He adds that if similar lesions appear on the feet with pain, it is termed *Vipadika* (Tables 1 & 2).

*Acharya Charaka* categorises *vicharchika* under *Kapha pradhana kustha* [11] and *Acharya Sushruta* considered as *pita Pradhan vyadhi* (Figure 1) [12].

S.no.	Nighantu	Rasa	Guna	Veerya	Vipaka	Therapeutic actions on doshas
1	<i>Bhav Prakash N, et al.</i> [13]	<i>Madhura</i>	<i>Guru</i>	<i>Sheeta</i>	-	<i>Pittahara, Kaphahara</i>
2	<i>Raj N, et al.</i> [14]	<i>Madhura</i>	-	<i>Sheeta</i>	-	<i>Kaphahara</i>
3	<i>Shaligrama N, et al.</i> [15]	<i>Madhura</i>	<i>Guru,snigdha, mru</i>	<i>Sheeta</i>	<i>Madhura</i>	<i>Pittahara, Kaphahara</i>
4	<i>Dhanvantri N</i> [16]	<i>Madhura</i>	<i>Laghu,Sara</i>	<i>Sheeta</i>	-	<i>Vatahara, Pittahara</i>
5	<i>Kaiyadev N, et al.</i> [17]	<i>Madhura, Tikta</i>	<i>Guru,Mrudu</i>	<i>Sheeta</i>	<i>Madhura</i>	<i>Vatahara, Pittahara</i>
6	<i>Abhinav N</i> [18]	<i>Madhura</i>	<i>Guru</i>	<i>Sheeta</i>		<i>Vatahara, Pittahara</i>
9	<i>Madanpal N</i> [19]	<i>Madhura</i>	<i>Guru, Mrudu</i>	<i>Sheeta</i>	<i>Madhura</i>	<i>Vatahara, Pittahara</i>
10	<i>Adarsha N</i> [20]	<i>Madhura</i>	<i>Guru, Mrudu</i>	<i>Sheeta</i>	<i>Madhura</i>	<i>Pittahara, Kaphahara</i>
11	<i>Priya N</i> [21,22]	<i>Madhura</i>	-	-	-	-

**Table1:** Pharmacological properties (*rasa panchaka of Aragvadha*).



**Figure 1:** Fruit pulp, root bark, stem bark, leaves, flowers, pods, Root.

Part used	Phytochemical Constituent	Therapeutic Action
Leaves	Rhein and its glycoside sennosides A and B	<i>Anti -ulcer ,anti -microbial ,anti-fungal activity 23,24</i>
Pod	Fistulicacid and rhein glycoside	<i>Laxative activity 25</i>
Flowers	Ceryl alcohol, fistulin, rhein dianthroquinone glucoside	Laxative <sup>25</sup>
Fruit pulp	Proteins, carbohydrates, arginine, leucine, methionine, phenylalanine	<i>Purgative, laxative,25</i>
Seeds	Galactomannam composed of D-galactose and D - mannose Plant Seven bioflavonoid and two tri	laxative and carminative properties <sup>26</sup>
Root bark	fistucacidin,	Strong purgative <sup>26</sup>

**Table 2:** *Phytochemical Constituent and Pharmacological Action of different part of Aragvadha.*



## Pharmacological Actions and Therapeutic Use of Different Part of Aragvadha in Vicharchika

### For Anthaparimarjan

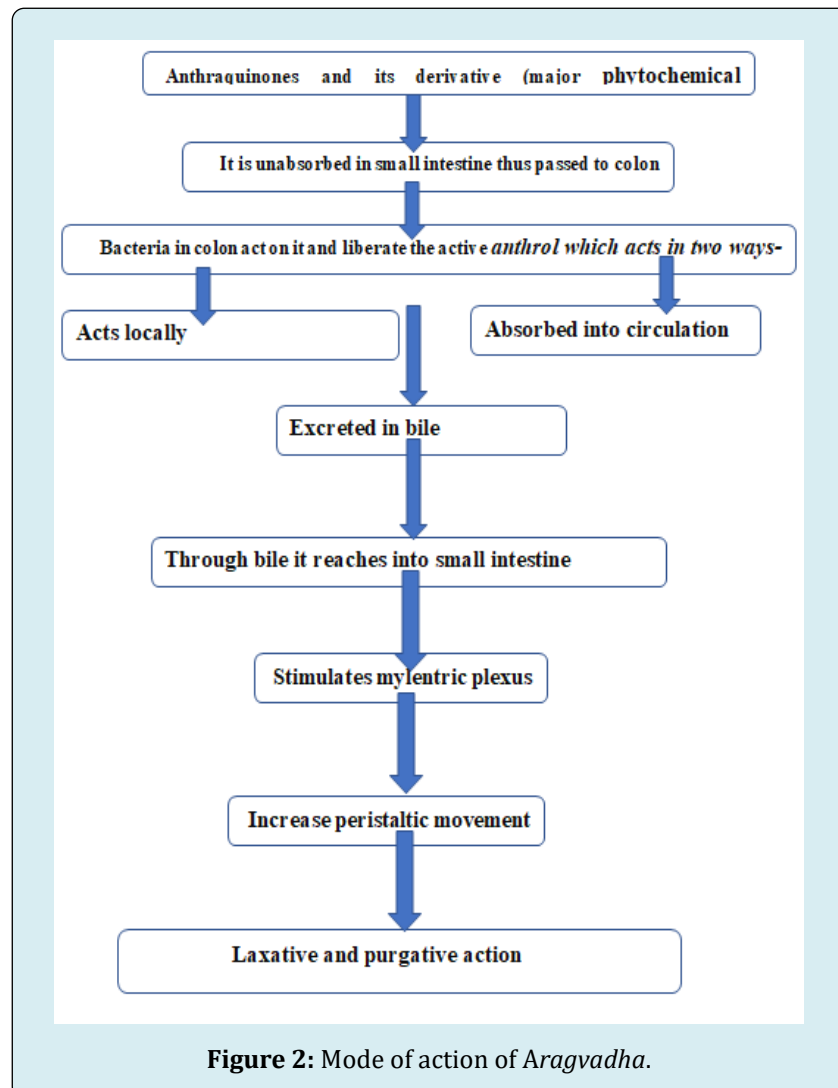
**Aragvadha Phal Majja as Laxative or Purgative:** It is clinically proven that the dose-dependent actions of *Aragvadha* make it effective as both a laxative and a purgative. Due to its purgative and laxative properties, it is used in *shodhana chikitsa* to expel morbid *doshas* from the body, which is the first line of treatment for *vicharchika* (eczema) and various types of *kustha* (skin disorders). As described by the *Acharyas*, *Aragvadha* is a safe drug for all age groups and is easily available in almost all parts of the country [25].

**Aragvadha flower as Laxative:** *Gulkand* is made from *Aragvadha* flowers and also acts as a laxative for *kostha shuddhi* (bowel cleansing).

**Aragvadha Root as Strong Purgative:** *Aragvadha* root is a

strong purgative. When combined with different *anupāna* (substances), *Aragvadha* root powder acts as a powerful purgative and is used as *virechaka aushadha* in *Panchakarma* procedures. Thus it helps in *sodhana chikitsa* [26].

**Aragvadha Patra (leaves) as bahirparimarjana Chikitsa & Aragvadha patra (leaves) as lepa kalpana:** In *Ayurvedic* scriptures, wherever *Kushtha* treatment is mentioned, *Lepa Kalpana* treatment is also described, without exception [27]. *Acharya Chakrapani* considered *Aragvadha* as the *pradhanatama dravya* for *Kushtha* in *bahirparimarjana chikitsa* [4]. The term "*Bahirparimarjana Chikitsa*" refers to a combination of medical procedures and drugs that involve skin contact, such as *Abhyanga*, *Sveda*, *Lepa*, *Pradeha*, *Parisheka*, and *Unmardana*, to relieve skin-related ailments. *Aragvadha* leaves exhibit wound-healing properties and have antimicrobial action. Additionally, *Acharya Charaka* included *Aragvadha* under the *Kusthaghana* [28] and *Kandughana* [29] *Mahakashayas*. Due to which it pacify many symptoms of *vicharchika* (Figure 2).



## Conclusion

In Ayurvedic clinical practice, *Agrya Ausadha* is considered a primary drug for treating various diseases. Ayurvedic dermatology, *Kustha* is useful for skin diseases. The *Majja* (pulp) of *Aragvadha* is utilized for internal *Sodhana* therapy, while the leaves are applied externally as a paste for *Samana Chikitsa*. Through its varied formulations, *Aragvadha* plays a crucial role in the Ayurvedic management of *Vicharchika*.

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