

A CRITICAL REVIEW ON THE EFFICACY OF HIMVAAN AGAD MENTIONED IN ASHTANG HRUDYAM

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ABSTRACT

Himvaan Agad an Ayurvedic antitoxic formulation, is designed to counteract vasculotoxic envenomation, inflammation and systemic toxicity. Rooted in *Agad Tantra*, it neutralizes poisons, restores *doshic* equilibrium and promotes recovery. Described by *Acharya Vagbhata*, it consists of 16 ingredients that exhibit *Kashaya* and *Tikta rasa*, *Sheeta veerya* and therapeutic actions such as *Dahahara*, *Jwaragna*, *Vishaghna*, *Shothahara* and *Vedanasthapana* effectively pacifying *Pitta dosha*, the root cause of indicated conditions. It is prescribed for *Mandali sarp vishachikitsa*, *Shotha*, *Visarpa*, *Vishphot*, *Jwar* and *Daah*. Ingredients with *Raktapittahara*, *Vranaropana* and *Kushtagna* properties systematically detoxify, mitigate oxidative stress and aid tissue repair. *Kshoudra* (honey) enhances absorption and efficacy. The formulation exhibits antipyretic, antimicrobial, anti-inflammatory, immunomodulatory and hepatoprotective effects supporting comprehensive healing. Its *Tridoshahara* nature ensures balanced therapeutic action, providing relief from envenomation, fever, skin disorders and systemic toxicities while promoting holistic well-being.

KEYWORDS: Ayurveda, Agad tantra, Himvaan agad, Visha, Mandali sarp.

INTRODUCTION

Agad Tantra, a specialized branch of *Ayurveda* focuses on toxicology and the management of poisons covering natural toxins from plants, animals, minerals and artificial sources. Rooted in ancient texts *Agad Tantra* provides insights into

the identification, symptoms, and antidotes for various toxic substances, reinforcing the importance of detoxification and systemic balance. This discipline utilizes specific formulations known as **Agads** which counteract poison by neutralizing toxins, restoring equilibrium among doshas and promoting recovery. One of such *agad* is **Himvaan agad** mentioned by *Acharya Vagbhata* in the context of *mandali sarp visha chikitsa*. It consists of 16 ingredients and indicated in the treatment of following conditions:

- *Mandali sarp visha chikitsa*
- *Shotha*
- *Visarpa*
- *Vishphot*
- *Jwar*
- *Daah* ^[1]

Method of preparation

All the 16 ingredients are taken in equal amount and grinded into *sookshma churna*. Add *kshodra* to this to get *lepa* consistency.

Administration of himvaan agad

Externally - *Lepa* form

Internally – No specific *anupana* mentioned

Table 1: Ayurvedic and pharmacological properties of the ingredients of himvaan agad.

S. No.	Ingredients ^[2]	Properties ^[3]	Pharmacological properties
1.	<i>Shirish</i> (L.N. - <i>Albizia lebbek</i> Family – Fabaceae)	Rasa - Kashaya, Tikta, Madhur Guna - Laghu, Ruksha Veerya - Ushna Vipaka - Katu Karma – Varnya, Vishagna, Shothahara, Vranaropana Dosha Prabhav – Tridosahara	Antioxidant, Anti Tussive, Anti Asthmatic, Antidiarrheal, Antiarthritic, Analgesic, Antidiabetic, Anti Inflammatory, Immunomodulatory, Antipyretic, Anti-Microbial ^[4]
2.	<i>Pippala</i> (L.N.- <i>Ficus religiosa</i> Family- Moraceae)	Rasa - Kashaya, Madhur Guna - Guru, Ruksha Veerya - Sheeta Vipaka - Katu Karma – Varnya, Vranashodhana, Vranaropana Dosha Prabhav - Kaphapittahara	Antidiabetic, Anti Inflammatory, Analgesic, Antioxidant, Anticonvulsant, Antimicrobial, Anti Amnesic, Anti Acetylcholinesterase Activity ^[5]
3.	<i>Vat</i> (L.N.- <i>Ficus benghalensis</i> Family- Moraceae)	Rasa - Kashaya Guna - Guru, Ruksha Veerya - Sheeta Vipaka - Katu Karma – Varnya, Sthambhana, Rakthapittahara, Visarpahara Dosha Prabhav - Kaphapittahara	Anti-Angiogenic, Antitumor, Anti Inflammatory, Anti-Oxidant, Antidiabetic, Antibacterial, Anti Diarrheal ^[6]
4.	<i>Plaksha</i> (L.N.- <i>Ficus lacor</i> Family- Moraceae)	Rasa - Kashaya Guna - Guru, Ruksha Veerya - Sheeta Vipaka -Katu Karma Mutrasangrahaniya, Rakthapittahara, Vranahara Dosha Prabhav - Kaphapittahara	Anti-Inflammatory, Anti Arthritic, Free Radical Scavenging Activity, Antidiabetic, Hepatoprotective, Anthelmintic, Antifilarial Activity ^[7]
5.	<i>Vetasa</i> (L.N.- <i>Salix caspera</i> Family- Salicaceae)	Rasa - Kashaya, Tikta Guna - Laghu Veerya - Sheeta Vipaka - Katu	Antimicrobial, Antibacterial, Antifungal, Anthelmintic, Anti-HIV Activity, Antioxidant, Anti Inflammatory, Anticancer,

		Karma – Jwaragna, Vednasthapan, Dosha Prabhav - <i>Kaphapittahara</i>	Neuroprotective, Hepatoprotective, Anti-Obesity, Anti Lipidemic ^[8]
6.	<i>Aamlaki</i> (L.N.- <i>Emblica officinalis</i>) Family- Euphorbiaceae)	Rasa - Panchrasa (<i>Lavanrahit</i>) <i>Amla Pradhan</i> Guna - Guru, Ruksha, Sheeta Veerya - Sheeta Vipaka - Madhur Karma – Dahaprashman, Chaksusya, Keshya Dosha Prabhav - Tridosahara	Anti-Ageing, Cardio Protective, Hepato Protective, Immunomodulator, Cytoprotective, Anti-Inflammatory, Antipyretic, Hypolipidemic, Antidiabetic, Antioxidant, Anticancer, Antibacterial, Neuroprotective, Nephroprotective ^[9]
7.	<i>Haritaki</i> (L.N.- <i>Terminalia chebula</i>) Family- Combretaceae)	Rasa - Panchrasa (<i>Lavanrahit</i>), <i>Kashaya Pradhan</i> Guna - Laghu, Ruksha Veerya - Ushna Vipaka - Madhur Karma – Jwaragna, <i>Prajasthapan, Kushtagna, Kaashagna</i> Dosha Prabhav - Tridosahara	Antidiabetic, Antiviral, Anticancer, Antibacterial, Cardiotonic, Cardioprotective, Antifungal, Antioxidant, Cytoprotective, Anti- Inflammatory, Anti-Arthritic, Radioprotective, Antispasmodic, Hypolipidemic, Hypocholesterolic ^[10]
8.	<i>Vibhitaki</i> (L.N.- <i>Terminalia bellirica</i>) Family- Combretaceae)	Rasa - Kashaya Guna - Ruksha, Laghu Veerya - Ushna Vipaka - Madhur Karma – Jwarahara, Shothhara, <i>Vedanasthapan, Raktasthambhak</i> Dosha Prabhav – Tridosahara (Mainly <i>Kaphara</i>)	Analgesic, Anti Diarrhoeal, Anti- Hypertensive, Anti-Microbial, Anti Spasmodic, Wound Healing, Anticancer, Antiulcer, Antipyretic, Antithrombotic, Thrombolytic Activity ^[11]
9.	<i>Yashtimadhu</i> (L.N.- <i>Glycyrrhiza glabra</i>) Family- Leguminosae)	Rasa - Madhur Guna - Guru, Snigdha Veerya - Sheeta Vipaka - Madhur Karma – Dahashamak, Keshya, <i>Vedanasthapan, Shothhara, Varnya</i> Dosha Prabhav - Vaatpittahara	Antioxidant, Anti Tussive, Antidemulcent, Anti-Malarial, Antifungal, Immunostimulatory, Anti Inflammatory, Anti-Viral, Anti Thrombotic, Neuroprotective, Antidiabetic, Anti Dyslipidemic, Skin Lightening ^[12]
10.	<i>Nagapushpa</i> (L.N.- <i>Mesua ferrea</i>) Family- Guttiferae)	Rasa - Kashaya, Tikta Guna - Laghu, <i>Ruksha Veerya</i> - Ushna Vipaka – <i>Katu</i> Karma – Vedanasthapan, <i>Chardinigrahan, Shonitsthan,</i> <i>Kushtagna, Vishagna</i> Dosha Prabhav - Kaphpittashamak	Anti-Oxidant, Analgesic, Anti Inflammatory, Anti Arthritic, Antimicrobial, Antifungal, Water Disinfectant Properties, Anti Venom Activity (In Scorpion) Anti Hemorrhoid, Wound Healing, Antiulcer, Antidiabetic, Immunomodulatory, Hormone Balance, Hepatoprotective, Cardioprotective, Anticancer ^[13]
11.	<i>Elavaluka</i> (L.N.- <i>Prunus cerassus</i>) Family- Rosaceae)	Rasa - Kashaya Guna - Laghu, Sheeta Veerya – Sheeta	Antidiabetic, Immunomodulatory, Enhanced Sleep, Antioxidant,
		Vipaka – Katu Karma – Grahi, Jwarahara Dosha Prabhav - Varnya, <i>Rakthapittahara</i>	Antimicrobial, Anti Tumor, Anti Estrogen, Anticancer ^[14]
12.	<i>Jeevaka</i> (L.N.- <i>Malaxis accuminata</i>) Family- Orchidaceae)	Rasa - Madhura Guna - Guru Veerya – Sheeta Vipaka – Madhura Karma – Shukraprada, dahahara, <i>jwarahara</i> Dosha prabhav - Vaatpittahara	Aphrodisiac, Analgesic, Antidysentric, Antimicrobial, Anti- Inflammatory, Digestive Stimulant, Immunomodulatory, Depurative, Antioxidant, Carminative, Anti- Ageing ^[15]
13.	<i>Rushabhaka</i> (L.N.- <i>Melaxis musifera</i>) Family- Orchidaceae)	Rasa – Madhura Guna – Guru, Sheeta Veerya – Sheeta Vipaka – Madhura Karma – Jeevaniya, Jwaragna, <i>Shukrala</i> Dosha Prabhav - Vaatpittahara	Rejuvenative, Haemostatic, Antidiarrhoeal, Antioxidant, Anti- Inflammatory, Anti-Aging, Spermatogenic, Antidysenteric ^[16]

14.	<i>Sheeta</i> (Chandana) (L.N.- <i>Santalum Album</i> Family- Santalaceae)	Rasa - Tikta, Madhura Guna - Laghu, Ruksha Veerya – Sheeta Karma – Varnya, Dahagna, Jwaragna, Visarpahara Dosha Prabhav - Kaphapittahara	Hepatoprotective, Antiulcer, Antibacterial, Antipyretic, Insecticidal, Anticancer, Anti- Inflammatory, Cardioprotective, Antihyperglycemic, Antihyperlipidemic, Antiviral, Hemolytic, Antioxidant ^[17]
15.	<i>Padmaka</i> (L.N.- <i>Prunus</i> <i>Cerasoides</i> Family- Rosaceae)	Rasa - Kashaya, Tiktha Guna – Laghu Veerya – Sheeta Vipaka – Katu Karma – Varnya, Rakthapittahara, Visarpahara, Kushtagna Dosha Prabhav - Kaphapittahara	Antibacterial, Diuretic, BPH Protective, Antioxidant, Cytotoxic Activity ^[18]
16.	<i>Utpala</i> (L.N.- <i>Nymphaea</i> <i>Nouchali</i> Family- Nymphaeaceae)	Rasa - Madhura, Kashaya, Tiktha Guna - Laghu, Snigdha, Picchil Veerya - Sheeta Vipaka – Madhura Karma – Rakthapithahara, Dahagna, Jwaragna Dosha Prabhav - Tridosahara	Antimicrobial, Antifungal, Antihepatotoxic, Analgesic, Anti Inflammatory, Antidiabetic, Antiulcer, DNA Protective ^[19]
17.	<i>Kshoudra</i> (Honey)	Rasa - Kashaya, Madhura Guna - Sheeta, Laghu, Ruksha Veerya - Sheeta Karma – Lekhana, Varnya, Vranashodanaropana, Dahagna, Kushtagna Dosha Prabhav - Kapha-Pitta Shamaka	
18.	<i>Sita</i> (Sugar)	Rasa – Atimadhura Veerya – Sheeta Karma – Dahahara, Jwaragna, Chardigna Dosha Prabhav - Vatapittahara	

Indications of himvaan agad

Mandali sarpa

Mandali Sarpa envenomation exhibits symptoms that closely resembles vasculotoxic snake poisoning primarily observed in viper bites. The local effects of *Shotha* (swelling), *Daha* and *Vedana* in *Mandali vishadamsa* align with the vascular damage, inflammation and tissue necrosis caused by hemotoxins. Similarly systemic manifestations like hemorrhagic complications (epistaxis, hemoptysis, hemetemeses, hematuria etc.), hypotension and multi- organ dysfunction commonly associated with vasculotoxic venom.

Himvaan Agada, a powerful anti-toxic formulation, contains medicinal ingredients that exhibit properties like *Dahaprashamana*, *Trushna Prashamana*, *Rakthapittahara*, *Jwaragna*, *Vishaghna*, *Shothahara*, *Vedanasthapana* and *Vranaropana* to effectively counter snake venom effects. Since *Pitta dosha* plays a dominant role in *Mandali Vishadamsa*, *Kashaya* and *Tikta Rasa* help pacify excess *Pitta*, while *Sheeta Veerya* of most ingredients further alleviates inflammation and heat. *Kshoudra* (honey) acts as a *Yogavahi* enhancing the absorption of herbal compounds. The combined pharmacological effects of *Himavan Agada* systematically neutralize venom-induced complications, offering comprehensive relief.

Shotha

In Ayurveda *Shotha* refers to swelling or inflammation primarily caused by an imbalance in *Vata dosha*, though *Pitta* and *Kapha* can also contribute. Most ingredients in *Himvaan Agad* possess a *Tridosahara* nature balancing all three doshas for effective healing. The *Kashaya Rasa* dries excess fluids and reduces swelling, while *Laghu Guna* and *Katu Vipaka* aid digestion, detoxify *Aam* and prevent fluid accumulation. *Ruksha Guna* helps control moisture, while *Ushna Veerya* boosts circulation and reduces *Kapha* stagnation, whereas *Sheeta Veerya* soothes inflammation. *Shothahara*, *Raktapittahara*, *Vedanasthapan* and *Jwaragna* play crucial roles. Classical texts highlight *Shirish*, *Vibhitaki* and *Yashtimadhu* as effective *Shothahara* herbs complemented by Anti-inflammatory, Analgesic, Antimicrobial, Diuretic, Antiarthritic, and Antipyretic properties for managing *Shotha*.

Visarpa

Visarpa, a skin disorder caused by *Pitta dosha* vitiation leads to spreading lesions, inflammation and systemic toxicity. *Himvaan Agad*, a polyherbal Ayurvedic formulation, contains *Tikta* and *Kashaya rasa*, which help pacify *Pitta*, while its *Tridosahara* nature balances all three *doshas*. Classical texts recognize *Vat*, *Chandan* and *Padmaka* as *Visarphara* (*Visarpa*-specific remedies) for effective treatment. The formulation's *Raktapittahara* (Blood purifier), *Kushtagna* (Skin disease remedy), *Vishagna* (Anti-toxic), *Shothahara*, and *Vranaropana* (Wound healing) properties aid in detoxification, wound healing and inflammation control. Additionally antipyretic, antiviral, antioxidant and analgesic effects enhance recovery, managing infections, oxidative stress and discomfort. Its anti-aging and skin-lightening properties restore skin integrity, ensuring faster healing and improved well-being.

Vishphot

In Ayurveda, *Vishphot* is a blistering skin disorder caused by an imbalance in *Pitta* and *Rakta dosha* and *Himvaan Agad* ingredients help pacify this condition. *Madhura Rasa* and *Sheeta Veerya* soothe inflammation while *Varnya*, *Vishagna*, *Shothahara* and *Vranaropana Karma* aid in cleansing, reducing swelling, and promoting skin regeneration. Anti-inflammatory, Analgesic, Antioxidant, and Free Radical Scavenging effects prevent skin damage, while Hepatoprotective, *Raktapittahara* and Wound Healing properties purify the blood and promote faster recovery.

Jwar

Most contents of *Himvaan Agad* have *Tikta* (bitter), *Kashaya* (astringent) and *Madhura* (sweet) *rasa* and *Sheeta* (cool) *veerya* which pacify the *pitta dosha*, helps to detoxify the body and nourish tissues for recovery. *Ushna* (hot) *veerya* stimulates metabolism and helps in elimination of toxins (*aam pachan*). Ayurvedic actions of some ingredients such as *Jwaragna* (fever- reducing), *Vishagna* (detoxifying), *Shothahara* (anti-inflammatory) synergize to combat increased temperature, inflammation, eliminate toxins.

Himvaan Agad's ingredients exhibit antipyretic, anti-inflammatory and immune-modulatory properties aiding fever reduction and immune response enhancement. Some components feature antimicrobial, antibacterial, antiviral and antifungal properties addressing the root causes of fever, while others offer antioxidant protection to safeguard cells.

Daah

In Ayurveda *Daah* is a burning sensation caused by *Pitta dosha* imbalance and *Himvaan Agad* ingredients help pacify this condition. *Madhura Rasa* and *Vipaka* and *Sheeta Veerya* directly counters internal heat. *Dahaprashman*, *Raktapittahara*, and *Jwaragna* properties of the ingredients play crucial roles alongside anti-inflammatory, analgesic, antipyretic, hepatoprotective and diuretic properties that reduce discomfort, detoxify and expel heat through urine.

CONCLUSION

The ingredients of *Himvaan Agad* are mainly characterized by *Kashaya* and *Tikta rasa*, *Sheeta veerya* and properties such as *Tridoshahara*, *Dahahara*, *Jwaragna*, *Vranashodanaropana*, *Rakthapithahara*, *Kushtagna* and *Varnya*, all of which effectively pacify *Pitta dosha*. Since *Pitta dosha* is the fundamental cause of the targeted disease mentioned *phala-shruti* of *Himvaan Agad*, these attributes of this agad play a crucial role in balancing it. Additionally, the pharmacological properties of its components as per contemporary science like antipyretic, antimicrobial, anti-inflammatory, immunomodulatory and hepatoprotective effects further validate their therapeutic potential in treating the indicated conditions.

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