



ISSN 2456-3110

Vol 7 · Issue 1

Jan-Feb 2022

Journal of  
**Ayurveda and Integrated  
Medical Sciences**

*www.jaims.in*

**JAIMS**

An International Journal for Researches in Ayurveda and Allied Sciences



**Maharshi Charaka**  
Ayurveda

**Indexed**

# Conceptual study of *Aragwadhadi Kashaya* on skin disorder w.r.t *Virudha Ahara Vihara*

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## ABSTRACT

Ayurveda describes varieties of herbo- mineral drugs. The use of herbo-mineral drugs is increasing day by day. Present generation is much more likely to consume junk foods, milk shakes, fruit salad etc. included in *Virrudha Ahara*. Behavioral pattern like cold water bath immediately after steam bath included in *Virrudha Vihara*. Due to *Virrudha Ahara Vihara*, *Tridosha* vitiates then there is vitiation of seven dhatus gradually. Skin gets affected as it is part of *Rasadhatu* leads to skin disorder. *Aragwadadhi Kashaya* is one of the Ayurvedic formulation which is useful in mostly skin disorder and is prepared out of herbal ingredients which consists of water-soluble active principles. This Ayurvedic formulation was explained in *Astang Hridaya Sodhanadhigana Samgrahaniya Adhayaya*. It is having detoxifier medical properties in it. It is mainly indicated in *Kapha* predominant diseases. This *Yoga* have properties of *Kapha-Vata Hara*, *Ushna Virya*, *Katu Vipaka*. It is indicated in skin diseases mostly, *Visha*, *Prameha* etc. disorders as this drug consists of antimicrobial, anti-inflammatory, antihyperlipidemic etc. properties in it.

**Key words:** *Aragwadadhi Kashaya*, *Virrudha Ahara*, *skin disorder*, *Antimicrobial*, *Kaphahara*.

## INTRODUCTION

Substances, which cause the increase of *Doshas* (*Vata*, *Pitta*, *Kapha*) in the body but do not expel them out of the body are known as *Virudha* (antagonist). They remain antagonistic to *Dhatus* (tissues) and such diet is called as *Virudha Ahara*. *Virudha Ahara* includes milkshakes, excess of curd etc. and *Virudha Vihara* includes cold water bath immediately after steam bath etc. These *Virudha Ahara Vihara* are responsible for vitiation of *Tridosha* and then gradually vitiates seven

*Dhatus*. Skin gets affects as it is part of *Rasadhatus* causes many skin disorder. *Aragwadhadi Kashaya* is one of the Ayurvedic formulation which is prepared out of herbal ingredients which consist of water soluble active principles. This formulation was explained in *Ashtanga Hridaya Shodhanadhigana Samgrahaniya Adhaya*. This *Yoga* have a properties of *Kapha-Vata Hara*, *Ushna Virya* and *Katu Vipaka*. It is indicated in skin disease, *Visha* etc. Charaka has mentioned *Aragwadha* as mild purgative and emphasized its utility in *Kushtha*.

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Submission Date: 00/00/2022 Accepted Date: 00/00/2022

### Access this article online

Quick Response Code



Website: [www.jaims.in](http://www.jaims.in)

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## AIMS AND OBJECTIVES

### Aim

To study the effect of *Aragwadhadi Kashaya* in skin disorder w.r.t. *Virudha Ahara Vihara*.

### Objectives

1. To highlight the effect of *Aragwadhadi Kashaya* in skin disorder.
2. To study the effect of *Virudha Ahara Vihara* on skin.

**MATERIALS AND METHODS**

Vagbhata while explaining about *Shodhanadi Gana Dravyas* he had mentioned about separately *Aragwadhadi Gana*. The drugs in this *Gana* are formulated in *Kashaya* form for internal and external usage.

**Aragwadhadi Kashayam Ingridients<sup>[1]</sup>**

1. *Aragwadha* - *Cassia fistula*
2. *Indrayava* - *Holarrhena antidysenterica*
3. *Patali* - *stereospermum suaveolen*
4. *Kakatika* - *Leela hirta roxb*
5. *Nimba* - *Azadiracta indica*
6. *Amruta* - *Tinospora cordifolia*
7. *Madhuras* - *Moringa oliefera*
8. *Sruvavriksha* - *Butea monosperma*
9. *Pata* - *Cyclea peltat*
10. *Bhunimba* - *Andrographis paniculata*

**Rasa Panchaka of Aragwadhadi Kashaya**

SN	Drug	Rasa	Virya	Vipaka	Guna	Karma	Indication
1.	<i>Aragwadha</i> <sup>[2]</sup>	<i>Madhura</i>	<i>Sita</i>	<i>Madhura</i>	<i>Mrudu, Guru, Snigdha</i>	<i>Kapha-Pittahara, Sramsana</i>	<i>Kushtha, Prameha</i>
2.	<i>Indrayava</i> <sup>[3]</sup>	<i>Tikta, Kashaya</i>	<i>Sita</i>	<i>Katu</i>	<i>Laghu, Ruksha</i>	<i>Kapha-Pittahara</i>	<i>Kushtha, Krimi, Visarpa</i>
3.	<i>Patali</i> <sup>[4]</sup>	<i>Tikta, Kashaya</i>	<i>Anusna</i>	<i>Katu</i>	<i>Laghu, Ruksha</i>	<i>Tridoshara</i>	<i>Shotha, Raktapitta</i>
4.	<i>Kakatika</i> <sup>[5]</sup>	<i>Tikta, Kashaya</i>	<i>Sita</i>	<i>Katu</i>	<i>Laghu, Ruksha</i>	<i>Kapha-Pittahara</i>	<i>Kandu, Visha, Krimi</i>
5.	<i>Nimba</i> <sup>[6]</sup>	<i>Tikta, Kashaya</i>	<i>Sita</i>	<i>Katu</i>	<i>Laghu, Ruksha</i>	<i>Kapha-Pittahara, Dipana, Grahi</i>	<i>Kushtha, Visha Roga, Vrana, Kandu</i>
6.	<i>Amruta</i> <sup>[7]</sup>	<i>Tikta, Kashaya</i>	<i>Usna</i>	<i>Madhura</i>	<i>Guru, Snigdha</i>	<i>Tridosha Shamaka, Medhyarasayan</i>	<i>Kandu, Kushtha, Visarpa</i>
7.	<i>Madhuras</i> <sup>[8]</sup>	<i>Tikta, Kashaya</i>	<i>Usna</i>	<i>Katu</i>	<i>Guru, Ruksha</i>	<i>Kapha-Vata Hara, Jwara Hara</i>	<i>Kushtha, Prameha</i>
8.	<i>Sruvavriksha</i> <sup>[9]</sup>	<i>Katu, Tikta, Kashay</i>	<i>Usna</i>	<i>Katu</i>	<i>Laghu, Snigdha</i>	<i>Vata-Kapha Hara, Grahi</i>	<i>Krimi, Pliharoga</i>

11. *Sarireyaka* - *Srobilanthes ciliates*
12. *Patola* - *Tricosanthes cucumerina*
13. *Karanja* - *Pongamia glabra*
14. *Pootikaranja* - *Holoptelia integrifolia*
15. *Saptachada* - *Alstonia scholar*
16. *Agni* - *Plumbago zeylanica*
17. *Karavella* - *Bitter gourd* - *Momordica charantia*
18. *Bana* - *Tephrosia purpurea*
19. *Madanphala* - *Randia dumetorum*

**Effect of Virudha Ahara Vihara on skin**

*Virudha Ahara* includes milk shakes, excess of curd etc. and *virudha vihara* includes cold water bath immediately after steam bath, suppression of natural urge-emesis. These are responsible for vitiation of *Tridosha* and then gradually vitiates seven *Dhatus*. Skin gets affects as it is part of *Rasadhatus* causes many skin disorder.

9.	<i>Pata</i> <sup>[10]</sup>	<i>Tikta</i>	<i>Usna</i>	<i>Katu</i>	<i>Laghu, Tikshna</i>	<i>Vata-Kapha Hara, Grahi</i>	<i>Krimi, Pliharoga</i>
10.	<i>Bhunimba</i> <sup>[11]</sup>	<i>Tikta</i>	<i>Sita</i>	<i>Katu</i>	<i>Laghu, Ruksha</i>	<i>Kapha-Pittahra, Dipana</i>	<i>Kushtha, Kandu</i>
11.	<i>Saireyaka</i> <sup>[12]</sup>	<i>Tikta, Madhura</i>	<i>Usna</i>	<i>Katu</i>	<i>Laghu</i>	<i>Kapha-Vata Hara, Kesranjaka</i>	<i>Kushtha, Visha Roga, Vrana, Kandu</i>
12.	<i>Patola</i> <sup>[13]</sup>	<i>Tikta, Katu</i>	<i>Usna</i>	<i>Katu</i>	<i>Laghu, Ruksha</i>	<i>Kapha-Pittahra, Dipana</i>	<i>Kushtha, Kandu</i>
13.	<i>Karanja</i> <sup>[14]</sup>	<i>Tikta, Katu, Kashay</i>	<i>Usna</i>	<i>Katu</i>	<i>Laghu, Tikshna</i>	<i>Kapha-Vata Hara, Shothhara</i>	<i>Kushtha, Krimi, Shotha</i>
14.	<i>Pootikaranja</i> <sup>[15]</sup>	<i>Tikta, Kashay</i>	<i>Usna</i>	<i>Katu</i>	<i>Laghu, Ruksha</i>	<i>Kapha-Pittahra, Krmighna</i>	<i>Kushtha, Krimi</i>
15.	<i>Saptachada</i> <sup>[16]</sup>	<i>Tikta, Kashay</i>	<i>Usna</i>	<i>Katu</i>	<i>Laghu, Snigdha</i>	<i>Tridoshara, Dipana, Hrdya</i>	<i>Kushtha, Krimi, Vrana</i>
16.	<i>Agni</i> <sup>[17]</sup>	<i>Katu</i>	<i>Usna</i>	<i>Katu</i>	<i>Laghu, Ruksha, Tikshna</i>	<i>Vata -Kapha Hara, Dipana</i>	<i>Krimi, Sula</i>
17.	<i>Karavella</i> <sup>[18]</sup>	<i>Tikta, Katu</i>	<i>Sita</i>	<i>Katu</i>	<i>Laghu, Ruksha</i>	<i>Kapha-Pittahra, Dipana</i>	<i>Krimi, Prameha</i>
18.	<i>Bana</i> <sup>[19]</sup>	<i>Tikta, Kashay</i>	<i>Usna</i>	<i>Katu</i>	<i>Laghu, Ruksha, Tikshna</i>	<i>Kaphavatahara, Vishaghna</i>	<i>Pliharoga, Jwara</i>
19.	<i>Madanphala</i> <sup>[20]</sup>	<i>Madhura Tikta,</i>	<i>Usna</i>	<i>Katu</i>	<i>Laghu, Ruksha</i>	<i>Kaphavatahara, Lekhana</i>	<i>Visharoga, Kushtha, Vrana</i>

### Method of preparation of Aragwadhadi Kashaya

Herbal ingredients (coarse powder) part boiled in 16 parts of water and reduced to 4 parts

### Aragwadhadi Kashay Indication<sup>[21]</sup>

*Visha, Kushtha, Jwara, Chardi, Dushta Vrana, Prameha, Kandu, Kaphahara*

### Pharmological action of Aragwadhadi Kashaya on skin disorders

Ingredients in *Aragwadhadi Kashayam* reduce *Kapha Dosh* and most of them act on the skin. It has anti-bacterial, anti- microbial, anti-parasitic, and anti-inflammatory properties. So, it is also helpful for clearing the skin infections. *Aragwadhadi Kashaya* indicated in skin disease like *Kushta, Visrpa, Kandu*, etc.

### Posology

*Kashayam* - 5-15ml diluted with 15-45ml of water twice daily before food

*Kashay* tablet - 1-2 tab

### DISCUSSION

*Virudhaahara* and *Vihara* is responsible for skin disorder. *Aragwadhadi Kashayam* is a concentrated decoction prepared out of herbal ingredients, which consist of water-soluble active principles. *Aragwadhadi Kashayam* is mentioned in Ashtanga Hridaya 15<sup>th</sup> chapter *Shodhanadigana Sangraha*. The drugs mentioned in these have *Vishahara, Kushta, Kaphahara* properties. It has mild laxative effects and it aids to eliminate accumulated toxins through stools. In skin diseases it works as the principles of

detoxification. It reduces itching and burning sensation of skin. It is anti-microbial, anti-bacterial Ayurvedic medicine.

## CONCLUSION

Due to *Virudhahara-Vihara*, *Tridosha* vitiates and gradually seven *Dhatus* vitiates. Skin gets affected as it is a part of *Rasadhatu*. *Aragwadhadi Kashaya* works on skin disease because of having detoxification property mostly *Kaphahara*. It reduces itching and burning sensation of skin. There is no much contraindications and side effects of drugs so it is safe to use. It is having *Vishahara*, *Krimighna*, *Kushtaghna* property.

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**How to cite this article:** Amrita Baidya, Chaitanya Baraskar. Conceptual study of Aragwadhadi Kashaya on skin disorder w.r.t Virudha Ahar Vihar. J Ayurveda Integr Med Sci 2022;1:146-149.

**Source of Support:** Nil, **Conflict of Interest:** None declared.

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