



ISSN 2456-3110

Vol 7 · Issue 11

December 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

A Review on Eksara Gana

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ABSTRACT

Agad Tantra is a branch of Astang Ayurveda and it deals with the toxicology. Many formulations are explained in different type of poisoning in which one is Eksara Gana. Total seventeen drugs are described in this context and the usage is totally up to doctor's intellectuality. Eksara Gana can be used as single drug form or can be mixed with two or more drug. All the drugs are called as anti-poisonous and can be used in every poisoning condition. In researches, all the drugs had been proved beneficial for different system of body. So, it should be used according to target of poison. For ex- if poisoning is of due to Mandali (viper) snake bite, then its main target is blood and kidney so Varuna and Shyama can be used.

Key words: Agad, Astang, Eksara, Mandali, Snake

INTRODUCTION

In nature, every herb is useful. There is nothing called waste. Every herb has its own properties and they can be beneficial and harmful according to their way of use and dose. But some herbs and substance are having some special properties due to which they are harmful. It can be animate or inanimate. By referring the Samhita, it can be concluded that existence of these herbs and other substance was known before origin of the whole world.^[1]

Agad Tantra is a branch of Ayurveda which deals with all types of Visha (poison) i.e., Sthavar (Inanimate) and Jangam (Animate), their detailed description is given in Samhita. With the explanation of these animate or inanimate poison, the antidote and other treatment is also explained. The branch which includes this

description about poison and treatment is called Agad Tantra and it is one among the Ashtang Ayurveda.^[2]

Many formulations with their administration route, Anupana, Pathya-Apathya are explained to fight with the poisonous condition, in which one is Eksara Gana. This Eksara Gana^[3] is explained in Sushruta Samhita, Kalpa Sthana, Chapter- 5 -Sarpadashchikitsa, Shloka- 84-86. In this Gana total 17 drugs are given.

Rasapanchak and action of Eksara Gana ingredients are given in Table no. 1 & 2

Table 1: Rasapanchak^[4] of ingredients of Eksara Gana

S N	Name	B. Name	Rasa	Guna	Virya	Vipaka
1.	Bakuchi Pushp	Psoralea Corylifolia	Katu, Tikta	Laghu, Ruksha	Usna	Katu
2.	Katabhi ^[5]	Careya Arborea	Katu	Ruksha	Usna	Katu
3.	Sindhuvar	Vitex Negundo	Katu, Tikta	Laghu, Ruksha	Usna	Katu
4.	Varun	Crataeva Nurvala	Tikta, Kashay	Laghu, Ruksha	Usna	Katu
5.	Kustha	Saussurea Lappa	Tikta, Katu, Madhu ra	Laghu, Ruksha Tiksha na	Usna	Katu
6.	Sarapgang ha	Rauwolfia Serpentina	Tikta	Ruksha	Usna	Katu

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Submission Date: 11/10/2022 Accepted Date: 23/11/2022

Access this article online

Quick Response Code



Website: www.jaims.in

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7.	Saptala ^[6]	Euphorbia Tirucalli	Tikta	Laghu	Sheeta	Katu
8.	Punarnva	Boerhavia Diffusa	Madhur, Tikta, Kashya	Laghu, Ruksha	Usna	Madhur
9.	Sheerish Pushpa	Albizzia Lebbeck	Kashaya, Tikta, Madhura	Laghu, Ruksha, Tikshana	Ishad Usna	Katu
10.	Aargwadh	Cassia Fistula	Madhur	Guru, Mridu, Snigdha	Sheeta	Madhura
11.	Shyama (Priyangu)	Callicarpa Macrophylla	Tikta, Kashaya, Madhur	Guru, Ruksha	Sheeta	Katu
12.	Ambastha	Cissampelos Pareire	Tikta	Laghu, Tiksha	Usna	Katu
13.	Vidanga	Embelia Ribes	Katu, Kashya	Laghu, Ruksha, Tikshan	Usna	Katu
14.	Aamra	Mangifera India	Kashaya	Laghu, Ruksha	Sheeta	Katu
15.	Asmantak	Ficus Rumphii	Kashaya	Laghu, Ruksha	Sheeta	Katu
16.	Bhumi (Krishan Mrittika) ^[7]	-----	Madhura	Snigdha, Sheeta, Guru	Sheeta	Madhura
17.	Kurbak (Sairyek)	Barleeria Prionitis	Tikta, Madhura	Laghu, Snigdha	Usna	Katu

Table 2: Properties of ingredients of Eksara Gana^[4]

SN	Name	Doshaghanta	Karma
1.	Bakuchi, Bakuchi Pushp	Kapha-Vatta	Krimi, Kustha, Twaka Vikara, Visha, Kandu, Vaman, Swasha, Kasha, Sotha, Pandu
2.	Katabhi ^[5]	Kapha	Prameha, Nadivrana, Visha, Krimi,
3.	Sindhuvar	Kapha-Vaata	Keshya, Netrahitta, Shola, Sotha, Krimi, Kustha, Pleeha, Gulma

4.	Varun	Kapha-Vatta	Gulam, Krimi, Agnideepana, Raktadosahara, Vidhardhi
5.	Kustha	Kapha-Vatta	Vattaroga, Visarpa, Kasa, Kstha, Hikka, Jwara
6.	Sarapgandha	Kapha-Vatta	Ruchyaa, Sholaprashaman, Nidraprada, Hridyavsadini, Krimi, Jwara, Agnimandya, Visha, Rakta-Catadhikya
7.	Saptala ^[6]	Kapha	Sotha, Aanah, Pittanashan, Udavarata, Raktaparakopa
8.	Punarnva	Tridoshha	Sopha, Garavisha, Slehsmahara, Udar Roga, Pandu, Hridroga, Kasa, Urkshata, Shoola
9.	Sheerish Pushpa	Tridosha	Vishghana. Visarpa, Kasa, Vrana, Twakadosha, Swasha
10.	Aargwadh	Vatta-Pitta	Mridu Virechaka, Jwara, Hrid Roga, Pitta Rechaka, Udavarta, Shola, Ruchikaraka
11.	Shyama	Tridosha	Rakta-Atisara, Swedanashak, Jwaranashka, Gulma, Trishna, Daha
12.	Ambastha	Tridosha	Shola, Jwara, Chardi, Kustha, Atisar, Hridroga, Daha, Kandu, Visha, Swasha, Gulma, Garavisha, Vrana
13.	Vidanga	Kapha-Vatta	Agnideepana, Shola, Adhman, Vibandh, Krimi, Kustha, Prameha, Shiroroga
14.	Aamra	Kapha-Pitta	Asirgdara, Grahi, Ruchikrit, Hardya, Vranya, Sukravardhanam
15.	Asmantak	Kapha-Pitta	Sangrahi
16.	Bhumi ^[8]	Kapha-Pitta	Kshata, Daha, Raktapradar
17.	Kurbak	Kapha-Vatta	Kustha, Kandu, Visha, Keshranjana

Method of preparation

In Shloka, it is said that these are drugs can be use as *Ekala* (single) or can be used as mixture of two or more. All drugs are anti-toxic. No specific preparation is given.

Anupana - Anupana is not mentioned in context.

Matra - not mentioned in context so by general rule it can be taken.

DISCUSSION

All the ingredient of *Eksaar Gana* is anti-oxidant in nature. *Sheerish* has been proven as hepatoprotective in various study. It has been also proved as anti-asthmatic, analgesic, anti-inflammatory, anti-allergic.^[9] Acharya *Charak* and *Sushruta* had told the *Sheerish* as best anti-toxic drug. So *Sheerish* can be given in all *Visha* and specially in the condition where patient suffer from respiratory problem.

Punarnva is known for its anti-inflammatory and diuretic property. It is also proved as hepatoprotective, anti-fungal, anti-diabetic activity.^[10] So *Punarnva* drug can be used in the poisoning with dominancy of inflammation, nephrotic symptoms.

Sarpagandha has very good anti-hypertensive activity along with sedative and good impact in mental agitation, insomnia. Thus, *Sarpagandha* can be used in poisoning condition with clinical feature of hypertension, schizophrenia condition.^[11]

Varuna is known for its diuretic activity as well as hepatoprotective and nephroprotective activity. So, in poisoning with nephritis condition^[12], *Varuna* can be used. With *Varuna*, *Punarnva* also can be used.

Nirgundi has been proven as very good anti-oxidant as well as cardiotoxic. It is also having anti-asthmatic activity and anti-inflammatory, anti-pyretic activity.^[13] So, *Nirgundi* would be very beneficial in poisoning with symptoms of fever, inflammation. Thus, all the drugs can be used according to poisoning condition and the main target organ of poison.

Probable mode of action is explained in table no 3,4,5 and 6.

Table 3: Probable mode of action Eksara Gana in Sarpa Visha

Snake	Symptoms ^[14]	Action	Eksara Gana
<i>Darvikara</i> (Cobra) & <i>Rajimantha</i> (Krait)	Pain	<i>Shoolaghna</i>	<i>Punarnva</i> , <i>Sinduvara</i> , <i>Sarpagandha</i> , <i>Aargwadh</i> , <i>Ambastha</i> , <i>Vidanga</i>

	Breathing & Swallowing	<i>Shwasa, Kasa, Hikka Hara</i>	<i>Bakuchi, Sheerish, Ambastha</i>
	Paralysis	<i>Vatahara, Nadibalya</i>	<i>Sarpagandha, Aargwadh</i>
	Nausea	<i>Deepana, Pachana, Chardighna</i>	<i>Varun Sarpagandha, Aargwadh, Vidanga</i>
Mandali (Viper)	Inflammation & Edema	<i>Shothaghna</i>	<i>Bakuchi, Sinduvara, Saptala, Punarnva, Aargwadh</i>
	Necrosis	<i>Vranahara, Ropaka</i>	<i>Bakuchi, Varun, Saptala, Sheerish, Krishn Mritikkaambastha</i>
	Renal Failure	<i>Mootrala</i>	<i>Varun</i>

Table 4: Probable mode of action Eksara Gana in Loota Visha

Symptom ^[14]	Karma	Eksar Gana
<i>Dadru Mandala & Vivarnatha</i>	<i>Kusthaghana, Raktaprasadak Varnya</i>	<i>Bakuchi, Sinduvara, Varun, Sheerish, Ambastha, Aamra</i>
<i>Kandu</i>	<i>Kandughna</i>	<i>Bakuchi, Varun, Ambastha, Aamra, Kurbak</i>
<i>Visarpatha</i>	<i>Visarpaghna</i>	<i>Kustha, Saptala, Sheerisha</i>
<i>Shotha</i>	<i>Shothaghna</i>	<i>Bakuchi, Sinduvara</i>
<i>Trishna</i>	<i>Dahaprashaman, Sheetavirya</i>	<i>Shyama, Aamra, Asmantak</i>
<i>Bahuvudana</i>	<i>Shoolaghna</i>	<i>Sarpagandha, Vidanga</i>
<i>Jwara</i>	<i>Jwaraghna</i>	<i>Kustha, Argwadh, Shyama</i>
<i>Aashupaka & Kotha</i>	<i>Vrana Shodhaka, Vrana Ropaka</i>	<i>Kustha, Sheerish, Ambastha, Kurbak</i>

Table 5: Probable mode of action Eksara Gana in Mooshika Visha

Symptom ^[43]	Karma	Eksaar Gana
<i>Granthi & Karnika</i>	<i>Kapha & Medohara</i>	<i>Katabhi, Saptala</i>
<i>Shopha</i>	<i>Shothaghna</i>	<i>Bakuchi, Sinduvara, Saptala</i>

Mandala	Kusthaghana	Bakuchi, Sinduvara, Sheerisha, Kurbak
Pidaka & Visarpa	Visarpaghna	Sinduvara, Varun, Kustha, Saptala, Sheerisha
Kitibha	Raktaprasadana, Kusthaghana	Bakuchi, Siduvara, Varun, Sheerisha
Vedana	Soolaghna	Punarnva, Sinduvara, Sarpagandha, Vidanga

Table 6: Probable mode of action Eksara Gana in Vrischika Visha

Symptom	Karma	Eksara Gana
Vedna	Shoolaghna	Punarnva, Sinduvara, Sarpagandha, Aargwadh, Vidanga
Vepathu	Vaataashaman	Kustha
Gatestambha	Usna	Katabhi, Sinduvar, Varun, Kustha, Sarpagandha
Daha	Dahashaman, Sheetvirya	Ambastha, Shyama, Krishan Mrittika
Sweda	Dahashaman, Sheeta Virya	Shyama
Jwara	Jwaraghna	Kustha, Sarpagandha, Shyama, Ambastha
Murcha	Sanjnaprabhodana, Hrudya, Indriyaprasadna	Punarnva, Aargwadh, Ambastha
Sphota	Kusthaghana, Varnya, Rakdoshahara	Sinduvara, Kustha, Saptala

CONCLUSION

Eksara Gana is explained for all type of poisoning and no restriction about administration route or *Anupana* is given. It can be given in single drug or can be combined with other also. Only the thing is to keep in mind that the quantity and route of administration should be according to condition of patient and totally on doctor's intellectuality.

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How to cite this article: Jyoti Rani, Priyanka Katru, Renu Sharma, Prof. Anita Sharma. A Review on Eksara Gana. J Ayurveda Integr Med Sci 2022;11:145-149.

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

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