

Conceptual study of haridradi yoga in moola visha: A review

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Abstract

Scientific evaluation and documentation are inevitable for a novel drug development. Ayurvedic formulations are proven and practiced since thousands of years. But to enhance the entire world through the treasure of its knowledge, it should be evidence based and standardised. *Agada Yogas* are the idiosyncratic contribution among formulation in Agadatantra (a branch of Ayurveda). *Haridradi Yoga* is an *Agada Yoga* which is mentioned under the context of *Moola Visha Chikitsa*. Here through this paper an effort has been done to throw a light on *Haridradi Yoga* which is not explored recently.

Keywords: agada yoga, haridradi yoga, moola visha

Introduction

Ayurveda has a vast treasure of drugs for the treatment of various disorders mentioned in our renowned treaties. *Visha* is having many definitions indicating its mythological origin and action such as *Aashukaari* and *Praanahara*. The fundamentals of Ayurvedic pharmacology based on the theory of *Rasa* (Taste), *Guna* (Quality), *Veerya* (Potency), *Vipaka* (Biotransformation) and *Prabhava* (Specific Action) are capable to give a better scientific lead in mode of drug action. The 24 modalities of treatment are explained in which *Prativisha* (Counter poison) and *Agada* (Antidotal formulations) are considered as antidotes. Antidotes used to treat acute poisoning are usually used only in life threatening situations and used only in a single dose or short course of treatment. The antidote was administered orally as this is the common mode of administration of Ayurvedic drugs. Thus, pharmacology of these is discussed here in the bases of Ayurveda [1].

Many cases of intentional, suicidal and accidental intake of *Moola Visha* have been recorded because of the abundant availability and presence of these plants in the tropical conditions of south India [2]. Ayurveda classics illustrate a number of formulations for the management of each *Visha*. Apart from all these there is a need for universal formulation while dealing with all types of *Moola Visha* which is appropriate, easily available and cost effective.

Haridradi Yoga [3] specially explained as a universal formulation in *Moola Visha Chikitsa* of *Ashtanga Sangraha*. The drugs mentioned in this *Yoga* like *Ghrutha* and *Kshoudra* possessing *Hrudayavarana* action, which is explained in *Chaturvimshathi Upakarama*.

The detailed reviewing and documentation of such classical compounds with respect to the ingredients, their properties and probable mode of action will broaden the scope for further researches in the pharmaceutical and clinical fields. Hence an attempt is made to study a formulation from *Ashtanga Sangraha* indicated in *Moola Vishas*.

Materials and Methods

Collection of Data

Literary source: *Ashtanga Sangraha* - 40/51

Name of the compound: *Haridradi Yoga*

Drug Source: The drugs used in *Haridradi Yoga* were collected from the local market and authenticated after identification at Department of Dravyaguna, Alva's Ayurveda Medical College, Moodbidri, D.K, Karnataka.

Table 1: The ingredients of *Haridradi Yoga*

Sl. No.	Ingredients
1	<i>Haridra</i> (<i>Curcuma longa</i>)
2	<i>Saindhavalavana</i> (NaCl)
3	<i>Kshoudra</i> (Honey)
4	<i>Ghrutha</i> (Ghee)

The texts of *Dravyaguna Vignana* Ayurvedic (Materia Medica) were thoroughly reviewed to note down the properties of the ingredients of *Haridradi Yoga* and their action on various ailments based on the *Rasapanchaka* (Factors determining the therapeutic action) were listed out and tabulated as mentioned in Table No-2.

Table 2: Showing the *Rasa Panchaka* of Ingredients

Sl no.	Name of Drug	Rasa	Guna	Virya	Vipaka	Doshaghnata	Karma
1.	<i>Haridra</i> ⁴	Tikta, Katu	Laghu, Ruksha	Ushna	Katu	Kapha-Pitta Hara	Varnya, Leghana, Vishaghna
2.	<i>Saindhava</i> ⁵	Lavana	Snigdha, tikshna	Sita	Madhura	Tridosahara	Dipaniya, Ruchya, Chakshushya, Hrudya
3.	<i>Kshoudra</i> ⁶	Madhura, Kashaya	Laghu, Ruksha	Sita	Katu	Kapha – Pitta Hara	Vishaghna, Hrudya, Yogavahi
4.	<i>Ghrutha</i> ⁷	Madhura	Guru, snigdha	Sita	Madhura	Vata – Pitta Hara	Vishaghna, Yogavahi, Hrudya

Method of Preparation

- *Haridra, Saindhava, Kshoudra and Ghrutha* were taken in equal quantity.
- *Kshoudra* was taken in *Khalva*, to this *Haridra Choorna* and powdered *Saindhava* were added, then trituration was done till uniform mixture is observed, after this *Ghrutha* was added and trituration is continued till homogeneous mixture is obtained.

Method of Administration

- This *Yoga* is administered as *Paana* (Oral route).

Dose and Anupaana

- Dose and *Anupaana* of the *Yoga* is not mentioned by the *Acharya Vagbhata*.
- This given as in the dose of *Ghrutha*.

Table 3: Showing organoleptic character of *Haridradi Yoga*

Sl. No.	Parameters	<i>Haridradi Yoga</i>
1	Colour	Light Yellow
2	Taste	<i>Madhura</i> and <i>Lavana</i>
3	Odour	Odour of <i>Ghrutha</i>
4	Consistency	Semi solid

Discussion

Haridradi Yoga ingredients possess *Vishagna* (anti-toxic), *Hrudayavarana* (protection to Heart), *Yogavahi* properties. Therapeutic properties of the drugs are analysed in Ayurveda based on its *Rasa Panchakas* i.e; *Rasa* (taste), *Guna* (basic nature of drug), *Virya* (potency), *Vipaka* (metabolite of drug) and *Prabhava* (specific action). The formulation shows *Madhura rasa* due to the predominance of this taste in all the ingredients with slight *Lavana rasa*. 60% of ingredients are having *Laghu Guna* and 40% have *Guru Guna*. *Guru Guna* act as *tonic* and *Laghu Guna* helps for easy absorption. These two *Gun*as along with other *Gun*as counter act the poisoning. *Sita Virya* (75%) and *Ushna Virya* (25%) drugs in this formulation together brings the potency to eliminate the *Visha* (poison) from the body. Probable Antidote action of *Haridradi Yoga* can be discussed based on its protective action. It has four ingredients among which *Haridra, Kshoudra* and *Ghrutha* having *Vishaghna* action, among this *Ghrutha* is considered as universal antidote for *Visha*. *Saindhava, Kshoudra, Ghrutha* are having *Hrudya Karma*, which protects the *Hrudaya*. *Tridosha Shamaka* effect of ingredients counter act the *Vata* and *Pitta Dosha* which is aggravated by *Moola Visha*. *Kshoudra* and *Ghrutha* having the *Yogavahi* property which enhances its action.

The chemical component Curcumin in turmeric having the anti-inflammatory and antioxidant action which give protection to kidney, liver and heart. The components in honey like Flavonoids and phenolic having action in kidney and liver. The electrolytes present in the rock salt helping the proper functioning of kidney. The components like Omega-3 and Linoleic acid in ghee gives protection to the heart.

Conclusion

The present review we can conclude that *Haridradi Yoga* is an effective formulation in *Moola Visha* as its ingredients which are tested and effective anti-toxic drugs. The drugs are acting in two ways like counter acting the poisons effect and protective action in heart. In the present review an

attempt has been made to provide a collective knowledge on therapeutic, pharmacological and medicinal applications of *Haridradi Yoga* and its constituent drugs. This collective knowledge on these drugs would motivate to researchers and provide lead to further exploration of pharmacological activities of these ingredients as the demand for Ayurvedic products is growing exponentially due to its fewer side effects as compare to other systems of medicine

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