



## “A Critical Review on Bilwadi Agada”

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### Abstract-

Ayurveda has specified different medicinal compositions both for internal and exterior applications. Similarly, there are formulations which are advised for acute or chronic situations, toxic or non-poisonous instances and similarly for single or numerous reasons. The vati/gutika (tablet) formulation known as bilwadi agada is preferred in clinical practice because it is more pleasant, has a longer shelf life, and is easy to adjust the dosage. For acute toxico-pathological conditions, bilwadi agada is the recommended medication. This ayurvedic formulation uses multiple herbs. It is a medication option for acute toxico-pathological situations. Bilwa, surasa, karanja, nata, suvaha, haridra, daruharidra, triphala, trikatu, etc. are among the thirteen ingredients. It is mentioned in the following: Jwara Bhoota bhada, Gara visha, Ajeerna, Loota visha, dadru, visha, Vrischika visha, and Visuchika. Ayurvedic toxicologists most often use vata-kaphaghna, katu-tikta rasa, and ushna veerya as their formulations or agadas.

### Keywords-

Ayurveda, Bilwadi agada, Gutika, Vishaghna Yoga, Toxicology.

### Introduction-

Ashtanga Ayurveda, the eight clinical branches of Ayurveda, is the fundamental division of the system. Agad tantra is one of these eight therapeutic divisions that focuses on the study of poisons, namely their sources, characteristics, actions, manifestations, and management. Agad tantra explains toxicity from an Ayurvedic

perspective. Agadtantra mentions a number of Vishaghna yogas, or antitoxic compositions, which are useful for managing toxicity and may be suggested in a number of pathological situations, including infectious disorders. One of the most significant Agada formulations recorded in classics is Bilwadi Agada, also known as Bilwadi Yoga. It is the primary medication of choice in acute toxico-pathological situations. This formulation's source can be found in Ashtanga Hridaya<sup>1</sup> Saharsrayogam, and Visha Jyotsnika. Vati kalpana, an upakalpana of Kalka Kalpana, is often chosen in clinical practice due to its better shelf life and palatability. In the Indian Ayurvedic Formulary, "Bilwadi Agada/ Yoga" is referred to as "Bilwadi Gutika," and this term is still in use today. Mostly made from plants, minerals, and occasionally animal materials, ayurvedic medications are made. Ayurveda, the age-old science of life, is currently developing via evidence-based scientific research to become a fully integrated component of the healthcare system..<sup>2</sup> The thirteen constituents of Bilwadi agad Bilwa are Surasa, Karanja, Nata, Suvaha, Haridra, Daruharidra, Triphala, and Trikatu. It is mentioned in the scriptures of Jwara, Bhoota bhada, Loota visha, Unduru visha, Vrischika visha, Visuchika, Ajeerna, Gara visha, and Sarpa damsha. Ashtang Hrudaya Uttarstana mentions Bilwadi Agad, which is presently used extensively in Visha chikitsa.<sup>3</sup> Many gastrointestinal disorders are commonly treated with this Ayurvedic medication. The body produces Ama (Undigested Food Residue) primarily because of Jwar and Mandagni. Substances present in Bilwadi agad mostly act on the Kapha-Vata and possess the attributes of Katu, Tikta Rasa, Laghu, Tikshana, Ruksha Guna, Usna Virya, Madhura Vipaka, Deepana, Pachana, Anulomana, Rochana, Shoolhara, Krimighna, Jwaraghna, Triptighna, and Vishaghna.<sup>4</sup> The vishaghna, jwaraghna, and visuchikahara properties of the several constituents in Bilwadi Agada may be utilized to alleviate the symptoms of the illness.

### **Bilwadi Agada-**

Ashtanga Hridaya mentions the traditional vishaghna yoga known as Bilwadi Agada. Thirteen medicinal plants, or medicines, are used to prepare it, and they are triturated in goat urine. This antivenin formulation is recommended for venom intoxication from snakes, spiders, rats, scorpions, and similar organisms, as well as illnesses such as dyspepsia, dyspepsia, fever, and psychological disorders. There are several ways to administer Bilwadi Agada, including oral, collyrium, and nasal medicine.<sup>5</sup>

### **Method of Preparation -Bilwadi Agada:**

The approved vendor in Kaushambi, Uttar Pradesh, India provided all thirteen raw medicines needed to prepare Bilwadi Agada. The farmer provided fresh goat urine, which was needed for preparation. The Dravyaguna Department of the Chandrashekhar Singh Ayurved Sansthan in Kausambi, Uttar Pradesh, India, verified the authenticity of these 13 medications. Table 1 lists their authentication numbers. Each of the 13 medications was dried and ground into a fine powder using a grinder mixer on its own. These distinct tiny particles were filtered using a mesh with a 100-number count. All of the drug's fine particles were placed in a large steel container and evenly mixed. In Kharal, this mixture of powder was consumed (Mortar). Goat urine was added gradually to a mortar, and then, using a pestle, the process of bhavana (trituration) was initiated. Trituration is carried out until the mixture reaches the consistency of susukshma pishtam (fine powder paste).<sup>6</sup> Nine of these bhavanas were

distributed, and fresh goat urine was utilized for each one. When an ideal paste consistency formed on the ninth bhavana, 500 mg uniform tablets were made. These pills were sealed in an airtight bottle after being dried for 15 days in the shade.

### Siddha lakshanas - (Confirmatory signs)

**Susukshma Pishtam** - “Very fine in consistency” is mentioned as sidda lakshana. Regarding duration of bhavana (trituration) it is opined that 6 yaama (1 yaama is approximately 3hours). In general practice 3-4 hours/day for 6 months is done.

### Indications:

bites from all insects, microbes, rodents, spiders, snakes, and scorpions. Food poisoning, fever, dyspepsia and indigestion, cholera, and infectious diseases.<sup>7</sup>

### Ingredients of Bilwadi Agada-<sup>8,9,10,11,12,13,14</sup>

S.n o.	Name of the drug	Botanical name	Rasa	Guna	Virya	Vipaka	Useful part	Karma
1.	Bilwa	<i>Aegle marmelos</i>	Kashaya, tikta	Laghu, ruksha	Ushna	Katu	<i>Moola</i> (Root)	Kapha-vataghna, Vishamjwaraghna, shothaghna, balya, raktasthambhak, grahi, hrudya
2.	Karanja	<i>Pongamia pinnata</i>	Katu, Kashaya, tikta	Laghu, ruksha	Ushna	Katu	<i>Phala</i> (Fruit)	Kapha-vata shamaka, Krimighna, janthughna, Raktashodhak, kustaghna, Vishaghna, shothaghna, vedna sthapana, Deepana pachana
3.	Surasa	<i>Ocimum sanctum</i>	Katu, tikta	Laghu, ruksha	Ushna	Katu	<i>Pushpam</i> (Flower)	Kapha-vataghna, vishaghna, krimighna, Vishamjwaraghna, Deepanapachanaanulomana, janthughna, shothaghna, hrudya, shwasa-kasahikkaparshwashoolhara
4.	Natam	<i>Valeriana wallichii</i>	Tikta,	Laghu,	Ushna	Katu	<i>Moola</i> (Root)	Kapha-vata shamaka,

			Katu, Kashaya	snigdha				vishaghna, vednasthapaka, jwaraghna, Bootaghna, madahara, shirorogahara, akshepahara, saraka, medhya
5.	Surawh a	<i>Cedrus deodara</i>	Tikta	Laghu, snigdha	Ushna	Katu	<i>Kanda sara</i>	Kapha-vata shamaka, Deepana, kasashwasahikkahara, shothahara, kandughna, jwaraghna, tandrahara, kushtaghna bhootaghna, krimighna, raktaprasadana
6.	Haritak i	<i>Terminalia chebula</i>	Pachrasa Lavan varjit	Laghu, ruksha	Ushna	Madhura	<i>Phala (Fruit)</i>	Tridoshahara, anulomana, rasayana, hrudya, indriya prasadana, medhya, shothahara, vednasthapana, vrushyakrimighna, kasashwasapliharogahara, vishamjwarahara
7.	Vibhita ki	<i>Terminalia bellerica</i>	Kashaya	Laghu, ruksha	Ushna	Madhura	<i>Phala (Fruit)</i>	Tridoshahara, krimighna, shothhara, raktasthambhana, vednasthapana, deepana, anulomana, jvaraghna, shwasa, kasa, vami, gara nashna
8.	Amalak i	<i>Embica officinalis</i>	Amla pradhan lavana varjit	Guru, ruksha	Sheeta	Madhura	<i>Phala (Fruit)</i>	Tridoshahara, Rasayana, hrudya, vyasthapana, kanthya, jwaraghna, kasahara, raktapittaghna, shulaprashmana, dahaprashmana, deepana, anulomana
9.	Shunti	<i>Zingiber officinale</i>	Katu	Laghu, snigdha	Ushna	Madhura	<i>Kanda (Rhizome)</i>	Vata-kaphahara, deepana, shothahara, shoolaprashmana, hrudaya,

								atisara, kasashwasahikkahara, vednasthapana, naadi utejaka. jwarahara
10.	Maricha	<i>Piper nigrum</i>	Katu	Laghu, tikshna	Ushna	Katu	Phala (Fruit)	Vata-kaphahara, krimighna, vishaghna, bhootaghna hrudya, kasashwasahara, deepana, pachana, shoolaprashmana
11.	Pippali	<i>Piper longum</i>	Katu	Laghu, snigdha tikshna	Ushna	Madhura	Phala (Fruit)	Kapha-vata shamaka, kushtaghna, jwaraghna, balya rasayana, hrudya Shoolaprashmana, janthughna deepana hikkani-grahana, pachana, shwaskasa pliharogahara
12.	Haridra	<i>Curcuma longum</i>	Tikta, Katu	Ruksha , laghu	Ushna	Katu	Kanda (Rhizome)	Kapha-vata shamaka, kushtaghna, jwaraghna Vishaghna, krimighna, raktadoshahara, pitta rechaka, shothahara, vednasthapana
13.	Daruharida	<i>Berberis aristata</i>	Tikta, Kashaya	Ruksha , laghu	Ushna	Katu	Kanda (Rhizome)	Kapha-pitta shamaka, katu-paushtika netrya, vishaghna, shothahara, vednasthapana,

								kandughna, krimighna, varnya, raktashodhaka, vishamjvaraghna
14.	Goat mutra		Katu, lavan	Laghu, ruksha, tikshna	Ushna	Katu		Kaphaghna, vatakara, Kasashwasaghna, shoophaghna, pandughna

### **Karma (Pharmacological action) of individual ingredients of Bilwadi gutika:**

**Bilwa-** Strengthening (Balya), anti-inflammatory (Shothaghna), antipyretic (Vishamjvaraghna), bleeding control (Raktasthambhak), and kapha-vata shamaka (which balances the doshas of Kapha and Vata). Bilwa has been the subject of numerous research that have demonstrated its antihyperlipidemic, anti-inflammatory, anti-ulcer, analgesic, antipyretic, antidiarrheal, antioxidant, anticancer, antibacterial, and radioprotective qualities.<sup>15</sup>

**Surasa-** Vishaghna (anti-toxic), Deepana -Pachana-Annomana (appetiser), Krimighna (antihelminthic), Janthughna (antibiotic), Shothaghna (anti-inflammatory), Hrudyaya (heart-strengthening), Shwasa (dyspnea), Kasa (cough), Hikka (hiccups), Vami, Parshwashoolhara (useful in respiratory disorders, vomiting and abdominal pain), mootrala (diuretic), Vishamjvaraghna (anti-pyretic). Numerous biological and pharmacological activities have been linked to tulsii, including CNS depressant, memory enhancer, antihypercholesterolemic, hepatoprotective, antidiabetic, antiulcer, antiarthritic, adaptogenic/antistress, anticataract, antileucoderma, antibacterial, antiviral, antifungal, antiprotozoal, antimalarial, anthelmintic, antidiarrheal, analgesic, antipyretic, antiinflammatory, antiallergic, antihypertensive, cardioprotective, and antihypertensive properties.<sup>16</sup>

**Karanja-** The following are some examples of their uses: janthughna, krimighna, vranaropaka (wound healing), pliha roga (helpful in splenomegaly), Raktashodhak (blood purifier), Deepana-pachana, pliha roga (useful in splenomegaly), and Kapha Vata hara (destroys kapha and vata dosha).<sup>17</sup>

**Nata-** Vishaghna, vedna sthapaka, vranaropaka, jvaraghna (antipyretic), Bootaghna, madahara (stimulant), kapha vata hara, shiro roga (head illness), and apasmara (epilepsy).<sup>18</sup> The notable decrease in locomotor activity verified the sedative impact of the plant extract. The findings suggest that the plant extract has sedative and anticonvulsant properties.

**Devdaru-** Deepana, kasa, shwasa, hikka, shothahara, kandughna (itching), jvara (fever), tandrahara (gets rid of sleepiness), bhootaghna, krimighna, vata shamaka, vrana shodhana, and vrana ropaka (healing of wounds). Research has indicated that Cedrus deodara possesses anti-inflammatory and analgesic properties.<sup>19</sup>

**Haritaki-** The following are some of the benefits of anulomana: it induces downward movements; it is rejuvenative; it is hrudaya, indriya prasada (clarity to senses); it is medhya (nootropics); it is shothahara, vednasthapana, rechaka (laxative); it is krimighna, vatrakta, mootrala (diuretic); it is kasa, shwasa, pliharoga, vishamjvara, and tridoshaghna (mostly vatashamak). T. chebula has qualities that are antiulcer, wound-healing, antidiabetic, antifungal, antiviral, antioxidant, and antimutagenic. It is also used to treat kidney dysfunction and avoid heart harm. In conventional medicine, this laxative is gentle, secure, and efficient.<sup>20</sup>

**Bibhitaki-** In addition to curing the diseases of rasa, rakta, mamsa, and meda, other remedies include krimighna, shothhara, vednasthapana, raktastambhana, deepana, anulomana, jvaraghna, shwasa, kasa, vami (vomiting), and primarily kaphahara.<sup>21</sup>

**Amlaki-** Strong antioxidants such as amlaki are beneficial for treating rasayana, vyasthapana (anti-aging), hrudaya, kanthya, jvaraghna, pradara (leucorrhea), kasa, vami, trisna, raktapittaghna (bleeding disease), tridoshahara (mostly pitta shamaka), sholaprashmana (pain), and dahaprashmana (helpful in burning feeling).<sup>22</sup>

**Maricha-** Hrudyarogahara, vishaghna, bhootaghna, krimighna, shoolaprashmana, kasa, shwasa, and deepana Maricha's incorporation in a multitude of formulations is justified by its imperative pharmacological activities and bioavailability improving activity on companion components.<sup>23</sup>

**Pippali-** Shoolaprashmana, kasahara, hikkani-grahana, janthughna (antibiotic), rakta utklesaka, shwasa, kasa, pliharoga, and vatakaphahara are among the substances.<sup>24</sup>

**Shunti-** Naadi utejaka (stimulant), vatakaphahara, hikka, raktapitta, jwarahara, shothahara, vednasthapana, trishnahara, deepana, hrudaya, and atisara. Shunti possesses anticancer, antioxidant, antibacterial, and anti-inflammatory properties. It helps with gastrointestinal, cardiovascular, respiratory, amavata, and sexual diseases. Sunthi is referred to as mahaushadh, which in Ayurveda implies a wonderful remedy.<sup>25</sup>

**Haridra-** Vishaghna, Krimighna, Shothahara, Varnya, Raktadoshahara, vrana shodhana, vrana ropana, lekhana (scarring), vednasthapana, and kapha vata hara are some examples of vranas.<sup>26</sup> Due to its anti-melanogenic, anti-oxidative, and free radical scavenging profile, along with its anti-inflammatory and anti-tumor activity, it is a fundamental component of cosmetic products. It is also used as a nutraceutical product in the treatment of various diseases, such as diabetes, hepatic disorders, and skin allergies.

**Daruharidra-** The following are helpful for eye disorders: raktashodhaka, vishamjvaraghna (antipyretic), vednasthapana, visha, shothahara, vrana shodhana, vrana ropana, kandughna, kaphapittahara, vishaghna, krimighna, varnya (complexion), yakrut utejaka (hepatoprotective).<sup>27</sup> Antipyretic, antibacterial, antimicrobial,

hepatotoxic, anti-hyperglycemic, anti-cancer, antioxidant, and anti-lipidemic properties are all beneficial properties of the plant. Furthermore helpful in treating conditions like diarrhea, hemorrhoids, gynecological problems, HIV-AIDS, osteoporosis, diabetes, eye and ear infections, wound healing, jaundice, skin illnesses, and malarial fever are *B. aristata* extracts and formulations.<sup>28</sup>

Bastamootra (goat urine) - shopha, aruchi (anorexia), gulma (bloating), krimi, meda, arsha (piles), pandu (anemia), kasa, shwasa, shopha, kamla (jaundice), and vatkara (increases vata).

## Discussion-

A herbal remedy called bilwadi agad is referenced in Ashtang Hrudya & Sahastrayogam. There are thirteen medications in all. These medications are utilized in diverse poisons because they all have distinct medical qualities in addition to the crucial Vishaghna property. After a detailed analysis from several Nighantus, a description of Bilwadi Yoga is written in this article. It possesses Tridoshghna property, especially when it is Kaphvatghna in action, according to several literatures. The Rasa, Guna, Virya, and Vipaka mentioned in Ayurvedic texts state that the effectiveness has also been examined. The pharmacological activities of all the medications in this yoga, which are Vishghna and Krimighna, have been shown to be anti-microbial, antiviral, antiseptic, antifungal, anti-diarrheal, and anti-protozoal. This review article's primary goals are to go over the therapeutic effects of Bilwadi Agad, as well as the different pharmacological characteristics of its constituents and how they affect different types of toxicity. Our goal in this research paper is to verify the information found in ayurvedic texts about Bilwadi Agada based on current research parameters.

## Conclusion-

From the current review, it is clear that Bilwadi agad, as described by Vagbhata and Shastrayogam, comprises a variety of medications with anti-allergic, anti-toxic, and Tvak Doshahara, Rakta Shodhaka, Kushtaghna, Jwaraghna, and Krimighna qualities. Along with a comprehensive understanding of Bilwadi agada as a whole, an attempt has been made to present a collective knowledge of all of its constituents on therapeutic, pharmacological, and medicinal uses in this review. An excellent Ayurvedic remedy for issues resulting from imbalances mostly of the Kapha Dosha is Bilwadi Gulika. Bilwadi agada's action stems from its samyoga visheshata, or particular action resulting from the combination's uniqueness. The majority of the medications are rasa pradhan, which acts as a kapha-vatahara (pacifies the vata and kapha) and is tikta (bitter) and katu (pungent). Since most medications have katu vipaka (hot potency) and are ushna veerya (hot potency), they might act visha/antidote swiftly. The mixture has anti-inflammatory, analgesic, antioxidant, and antibacterial properties. It is also helpful in treating allergic reactions and gastroenteritis.



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