

A Conceptual Study of Aragvadhadi Gana

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Abstract: *Aragvadhadi Gana is one of the important herbal groupings described in classical Ayurvedic texts, primarily in the context of Gana dravyas classified by their therapeutic actions. The present conceptual study aims to analyze Aragvadhadi Gana with respect to its classical references, constituent drugs, rasa, guna, virya, vipaka, doshaghna properties, and therapeutic utility. Aragvadhadi Gana mainly exhibits Kusthaghna, Krimighna, Kandughna, Shothaghna, and Vishaghna actions, making it especially useful in the management of skin disorders, pruritus, parasitic infestations, inflammatory conditions, and toxin-related diseases. Most of the drugs in this Gana predominantly possess tikta and kashaya rasa, laghu-ruksha guna, ushnavirya, and kaṭuvipaka, contributing to their efficacy in alleviating Kapha and Pitta dosha predominance. The study highlights the relevance of Aragvadhadi Gana in both preventive and curative aspects of Ayurvedic therapeutics. Understanding its pharmacodynamic principles provides a strong conceptual basis for its clinical application and scope for further pharmacological and clinical research in contemporary healthcare.*

Keywords: Aragvadhadi Gana, Virechana, Rakta Dushti, Kustha, Dosha Shamana.

